

MONDAY	CLASS	INSTRUCTOR	LOCATION
5:45 – 6:30 am	LES MILLS RPM™	Angelica	Cycle Studio
8:00 – 9:00 am	ZUMBA®	Amanda	MB Studio
8:30 – 9:15 am	LES MILLS RPM™	Daniela	Cycle Studio
9:00 – 10:00 am	ACTIVE ADULT FITNESS	Amanda	GX Studio
9:00 – 10:00 am	BARRE PILATES	Angelica	MB Studio
9:30 – 10:30 am	T'AI CHI (BEGINNING)	Joan	Check location with Welcome Center
10:15 – 11:15 am	SILVERSNEAKERS® CLASSIC	Amanda	GX Studio
10:45 – 11:45 am	T'AI CHI (INTERMEDIATE)	Joan	MB Studio
11:15 am – 12:00 pm	STRIDE CARDIO	Amanda	GX Studio
5:30 – 6:30 pm	STRONG by ZUMBA®	Amanda	GX Studio
6:00 – 7:00 pm	CIRCUIT	Marlon	Circuit Landing
6:30 – 7:30 pm	LES MILLS RPM™	Oscar	Cycle Studio
6:30 – 7:30 pm	RESTORATIVE YOGA	Beate	MB Studio
TUESDAY	CLASS	INSTRUCTOR	LOCATION
8:00 – 8:45 am	LES MILLS RPM™	Oscar	Cycle Studio
9:00 – 10:00 am	VINYASA YOGA	Angelica	MB Studio
10:15 – 11:15 am	YOGA STRETCH	Angelica	GX Studio
10:15 – 11:15 am	ZUMBA® GOLD	Bea	MB Studio
5:00 – 6:00 pm	ZUMBA®	Bea	MB Studio
5:30 – 6:15 pm	BOOT CAMP	Marlon	GX Studio
6:30 – 7:30 pm	CYCLE ENDURANCE	Oscar	Cycle Studio
6:30 – 7:00 pm	CORE	Marlon	GX Studio
7:15 – 8:15 pm	TOTAL BODY CONDITIONING	Amanda	GX Studio
WEDNESDAY	CLASS	INSTRUCTOR	LOCATION
5:45 – 6:30 am	LES MILLS RPM™	Angelica	Cycle Studio
8:00 – 9:00 am	ZUMBA®	Amanda	MB Studio
8:30 – 9:15 am	LES MILLS RPM™	Angelica	Cycle Studio
9:00 – 10:00 am	ACTIVE ADULT FITNESS	Simone	GX Studio
9:00 – 10:00 am	MAT PILATES	Amanda	MB Studio
9:30 – 10:30 am	BEGINNING T'AI CHI	Joan	Check location with Welcome Center
10:15 – 11:15 am	SILVERSNEAKERS® CLASSIC	Amanda	GX Studio
11:15 am – 12:00 pm	STRIDE STRENGTH	Amanda/Steven	Healthy Living Center
10:45 – 11:45 am	INTERMEDIATE T'AI CHI	Joan	MB Studio
5:30 – 6:30 pm	STRONG by ZUMBA®	Amanda	GX Studio
6:00 – 7:00 pm	CIRCUIT	Marlon	Circuit Landing
6:30 – 7:15 pm	GLUTE CAMP	Amanda	GX Studio
6:30 – 7:30 pm	LES MILLS RPM™	Oscar	Cycle Studio
6:30 – 7:30 pm	RESTORATIVE YOGA	Beate	MB Studio
THURSDAY	CLASS	INSTRUCTOR	LOCATION
8:00 – 8:45 am	LES MILLS RPM™	Oscar	Cycle Studio
9:00 – 10:00 am	VINYASA YOGA	Angelica	MB Studio
10:15 – 11:15 am	YOGA STRETCH	Angelica	GX Studio
10:15 – 11:15 am	ZUMBA® GOLD	Bea	MB Studio
5:00 – 6:00 pm	ZUMBA®	Bea	MB Studio
5:30 – 6:15 pm	BOOT CAMP	Marlon	GX Studio
6:30 – 7:30 pm	CYCLE ENDURANCE	Oscar	Cycle Studio
6:30 – 7:00 pm	CORE	Marlon	GX Studio
FRIDAY	CLASS	INSTRUCTOR	LOCATION
5:45 – 6:30 am	LES MILLS RPM™	Angelica	Cycle Studio
8:00 – 9:00 am	ZUMBA®	Amanda	MB Studio
9:00 – 10:00 am	ACTIVE ADULT FITNESS	Colleen	GX Studio
9:00 – 10:00 am	MAT PILATES	Amanda	MB Studio
9:30 – 10:30 am	BEGINNING T'AI CHI	Joan	Basketball Court
10:15 – 11:15 am	SILVERSNEAKERS® CLASSIC	Amanda	GX Studio
10:45 – 11:45 am	INTERMEDIATE T'AI CHI	Joan	MB Studio
11:45 am – 12:30 pm	MEDITATION	Angelica	MB Studio
5:30 – 6:30 pm	HIP HOP CYCLE	Daniela	Cycle Studio
6:30 – 7:30 pm	RESTORATIVE YOGA	Beate	MB Studio

SATURDAY	CLASS	INSTRUCTOR	LOCATION
8:00 - 8:45 am	LES MILLS RPM™	Oscar	Cycle Studio
9:00 - 10:00 am	LES MILLS BODYPUMP™	Vincent	GX Studio
10:15 - 11:00 am	FAMILY YOGA	Angelica	MB Studio
10:15 - 11:00 am	STRONG by ZUMBA®	Amanda	GX Studio

CLASS DESCRIPTIONS

ACTIVE ADULT FITNESS	Stay active! This high-energy but low impact class is for adults of all ages who are looking to improve strength and overall cardiovascular fitness.	LES MILLS RPM™	Push your limits on a journey of hill climbs, sprints and flat riding. The RPM workout maintains your heart rate at an aerobic training base with interspersed peaks of intensity. This blend of steady-state and high-intensity builds cardio endurance, and drives the transformative fat-burning effects associated with high-intensity interval training.
BARRE PILATES	Barre Pilates is an energetic workout that fuses fitness techniques from dance, Pilates and strength conditioning to tone and define the whole body, using the barre.	SILVERSNEAKERSTM CLASSIC	Low-impact training designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support.
BODYPUMP®	Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout using a pre-choreographed full-body workout program. This class will burn calories, shape and tone your entire body, increase core strength and improve bone health.	SILVERSNEAKERSTM YOGA	Low-impact yoga for the ultimate stretch, and promotion of balance and a sense of calm.
BOOT CAMP	An intense workout for those who want to be challenged and pushed. This class is great for cardio conditioning and developing core strength.	STRIDE CARDIO	A dance-based fitness class specifically designed for the YMCA Stride Program servicing adults with intellectual and developmental disabilities.
CIRCUIT	Circuit Training involves exercising all major muscle groups in one continuous cycle, alternating between the different areas to allow for muscle recovery and to force your heart to work harder.	STRIDE STRENGTH	A circuit class specifically designed for the YMCA Stride Program servicing adults with intellectual and developmental disabilities.
CORE	Let's build some ABS! This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles and increase flexibility.	STRONG BY ZUMBA	Get stronger with this demanding High Intensity Interval Training class that syncs body weight, muscle conditioning, cardio and plyometric training moves to music. Squat, lunge, pushup and burpee to the music!
CYCLE 45	Cycling is a great cardiovascular workout performed on an indoor cycling bike. Instructors will guide you through an all-terrain ride while focusing on proper body alignment, heart rate and proper cycling techniques.	T'AI CHI (BEGINNING)	Integrate mind and body in a class best described as meditation in motion. This ancient practice improves flexibility, balance as well as mindfulness.
CYCLE ENDURANCE	Take your ride to the next level! Everything you love about Cycling in a longer class to keep your heart and legs pumping!	T'AI CHI (INTERMEDIATE)	Integrate mind and body in a class best described as meditation in motion. This ancient practice improves flexibility, balance as well as mindfulness.
FAMILY YOGA	Your whole family will benefit from the balance and flexibility that yoga provides!	TBC (TOTAL BODY CONDITIONING)	Join the party that combines Latin and international music with dance moves! This fun aerobic workout alternates fast and slow dance rhythms for an interval training workout that feels more like a dance party!
GLUTE CAMP	Get the backside you've always wanted in this class specifically designed to target the lower body. This mat-based class utilizes non-impact but precise bodyweight exercises to target large and small accessory muscles and effectively tone the lower body.	VINYASA YOGA	Looking to build strength and endurance as well as improve your flexibility? Vinyasa yoga artfully combines a continuous flow of traditional yoga poses with balance work. Leave invigorated and refreshed in mind and body!
HIP HOP CYCLE	Take a seat and get ready for the next episode of cycling! This class uses hip-hop rhythms to deliver a high-intensity rhythmic ride.	ZUMBA	Join the party that combines Latin and international music with dance moves! This fun aerobic workout alternates fast and slow dance rhythms for an interval training workout that feels more like a dance party!
MAT PILATES	An overall toning and sculpting class that targets the deepest layers of muscle. Emphasis is placed on core muscle strength using precise movements initiated from the center of the body.	ZUMBA GOLD	A modified Zumba® class that recreates the original moves and rhythms at a lower-intensity for all fitness levels. Join the dance party!
MEDITATION	Create a space of tranquility at the end of your week! Rejuvenate through intentional stillness of mind and body.		
SILVERSNEAKERSTM CARDIO	A safe and heart-healthy aerobics class using low-impact movements that focus specifically on building upper-body and core strength plus cardio endurance. A higher intensity class than Silver Sneakers Classic.		
RESTORATIVE YOGA	Experience a therapeutic approach to yoga that focuses on postural alignment mirrored with mindful movement aligned with breath. Leave lightened and with greater body awareness and mental clarity.		