



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**



**WARREN COUNTY YMCA  
GROUP FITNESS  
2023 Winter Session  
January 2 - March 17**

<u>TIME</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
5:45 - 6:30 AM				Cardio and Core	
7:00-7:45 AM	Morning Stretch		Barre Above® & Stretch		Morning Stretch
8:00-8:45 AM	Y Pump ———— Senior Boxing (AP Room)	H.I.I.T. (8 - 8:30 AM)	Y Pump	Low Aerobics ———— Beachbody PiYo® (Up Stairs)	Y Pump ———— Senior Boxing (AP Room)
9:00 - 10:00 AM		Rock Steady Boxing®		Rock Steady Boxing®	Foam Rolling (9:00 - 9:45AM)
10:00 -10:30 AM	Chair Based Fitness		Chair Based Fitness		Chair Based Fitness
<b>**</b>	<b>PM</b>	<b>LAND</b>	<b>FITNESS</b>	<b>CLASS</b>	<b>**</b>
4:45 - 5:30				Yoga	
5:00 - 5:30 PM	Instructors Choice				
5:00 - 5:45 PM		Pound®	H.I.I.T.		
5:45 - 6:30 PM	Zumba®			Pound®	
6:00 - 6:45 PM		Cardio and Core			



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#### **GROUP FITNESS CLASS DESCRIPTIONS:**

**BARRE ABOVE®:** A workout that fuses Yoga, Pilates, Strength Training, and Ballet. This pattern of exercise helps to improve strength, balance, flexibility and posture. **Instructor - Carey**

**BEACHBODY PiYo®:** Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You will use body weight to perform a series of continuous, targeted moves to define every single muscle - big and small. This intense, yet low-impact workout will burn calories while you sweat, stretch, and strengthen - all in one empowering PiYo® workout. **Instructor - Staci**

**CARDIO AND CORE:** Get the best of both worlds and work the cardiovascular system and core in one class. Cardio and Core is a challenging mix of cardio exercises followed by a core dynamic segment. **Instructor - Mike**

**FOAM ROLLING:** Foam rolling, or self myofascial release (SMR), is a technique used to relieve tension from and increase blood flow to muscle tissue. Think of it as a massage, but a massage you do on yourself. **Instructor Staci**

**H.I.I.T. (HIGH INTENSITY INTERVAL TRAINING):** This type of training involves repeated bouts of high intensity effort followed by varied recovery times. **Instructor - John**

**INSTRUCTOR CHOICE:** This class is the best of all classes. Each week the instructor will mix it up and pick a workout from different styles like Step, HIIT, Y Pump, Cardio Boxing and much more. **Instructor - Morgan**

**LOW IMPACT AEROBICS:** Start your day with a light cardio workout. All moves can be modified to suit your specific fitness needs and goals. **Instructor - Nancy**

**ROCK STEADY BOXING (Parkinson's Class):** By exercising with coaches who know the ropes, you can fight your way out of the corner and start to feel and function better. Boxing works by moving your body in all planes of motion while continuously changing the routine as you progress through the workout. These classes have proven that anyone, at any level of Parkinson's, can actually lessen their symptoms and lead a healthier/happier life. **Instructor - Jim**

**SENIOR BOXING:** In this class designed for ages over 55, you will move through stances, jabs, punches and blocks. The aerobic part of boxing does double the work by helping to keep you mentally and physically fit. **Instructor - Jim**

**CHAIR BASED FITNESS:** Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels. **Instructor - Carey**

**MORNING STRETCH:** A great way to start your day. This class is designed to do a full body stretch to get your body loose and ready to move. **Instructor - Carey**

**POUND®:** This exhilarating full-body workout combines cardio, conditioning, and strength training with yoga and pilates inspired movements. Using Ripstix®, lightly weighted drumsticks for exercising. POUND® transforms drumming into an incredibly effective way of working out. **Instructor - Kim**

**Y-PUMP:** Add this workout to your day! This class will build muscle, endurance and challenge your cardiovascular system, along with strength training for total body conditioning. **Instructor - Staci**

**YOGA:** Renew your mind and body through simple, basic, and gentle movements. Hatha Yoga done in a vinyasa style is perfect for anyone looking to improve flexibility. Great for all fitness levels. **Instructor - Staci**

**ZUMBA®:** Add a little sizzle to your week by combining high energy and motivating Latin music with unique moves and combinations. **Instructor - Staci**