



## WARREN COUNTY YMCA GROUP FITNESS 2026 SPRING SESSION - MARCH 23 - MAY 30

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00-6:45 AM		H.I.I.T		CARDIO BOXING	
7:00-7:45 AM	MORNING STRETCH		MORNING STRETCH		MORNING STRETCH
8:00-8:30 AM	SENIOR BOXING				SENIOR BOXING
8:00-8:45 AM		LOW AEROBIC		LOW AEROBIC	
8:15-9:00 AM	Y PUMP		Y PUMP		Y PUMP
9:00-10:00 AM		ROCK STEADY BOXING		ROCK STEADY BOXING	
9:10-9:40 AM	BASIC STEP		ZUMBA®		
10:00-10:30 AM	CHAIR BASE FITNESS		CHAIR BASE FITNESS		CHAIR BASE FITNESS
12:15-12:45 PM	WEIGHTS & MORE		BARRE & MORE		
5:00-5:30 PM	YOGA/PILATES	Y PUMP		Y PUMP	
5:30-6:15 PM		BALLROOM DANCE SEE THE DESK FOR DETAILS	CARDIO BOXING		
5:45-6:30 PM	ZUMBA®	BALLROOM DANCE SEE THE DESK FOR DETAILS		POUND®	

# GROUP FITNESS CLASS DESCRIPTIONS

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

**BASIC STEP:** A high energy workout using an adjustable step to improve heart health, coordination and strength.

**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. This class can be modified depending on fitness levels.

**CARDIO BOXING:** Join us for boxing skills and drills as we work through basic offense, defense, and footwork techniques that will provide your body and mind a great workout. Cardio boxing is a complete workout that trains your balance, accuracy, focus, and physical and mental endurance as well as your physical strength to land a blow and block attacks. This class will feature alternating rounds of cardio, agility, core, punching bag, and partner work.

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

**LOW AEROBICS:** This music driven class is a low impact, joint friendly, cardio class designed for all levels.

**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.

**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.

**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.

**SENIOR BOXING:** 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.

**WEIGHTS & MORE:** Spice your lunch hour up with a routine that includes weight lifting for a full body workout.

**Y-PUMP:** This weight lifting class will build muscle, endurance and challenge your body. You will work every muscle group from head to toe and won't skip on the core!

**YOGA/PILATES:** The best of 2 classes! This class will give you a great yoga stretch combined with the core strength moves of Pilates.

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

