



AUBURN YMCA-WEIU Group Exercise Classes

Effective September 14, 2020

Reservations are required for all outdoor/pool classes. For reservations call Y at 315-253-5304.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30am	<u>Timed Intervals</u> with Ashley Join Zoom Meeting Meeting ID: 852 7530 2456 Passcode: 2535304			5:15-6:00am with Lindsay Aqua-Cardio Kick		
6:30-7:15am	Outdoor Class with Katie Group Cycling					7:15-8:00am with Lindsay Aqua-HIIT
8:30-9:15am	<u>Stretch & Tone-till 9am</u> with Wendy Join Zoom Meeting Meeting ID: 879 1196 7605 Passcode: 2535304	<u>Y-Cuts</u> with Loretta Join Zoom Meeting Meeting ID: 821 9257 7385 Passcode: 2535304	<u>Stretch & Tone</u> with Marianne Join Zoom Meeting Meeting ID: 864 0725 1863 Passcode: 2535304			
9:15-10:00am	Outdoor Class with Wendy Blended Chair					
9:30-10:15am		Outdoor Class with Mary Gentle Yoga	<u>Pilates</u> with Beth Join Zoom Meeting Meeting ID: 828 2535 0629 Passcode: 2535304 Outdoor Class with Emily Boot Camp till 10:30			
10:30-11:30am		Outdoor Class with Mary Line Dancing				
4:30-5:15pm		Outdoor Class with Becky Mix-it-Up		Outdoor Class with Erin Boot Camp		
5:30-6:30pm	Outdoor Class with Kelly Strength Circuit		Outdoor Class with Anne Boot Camp			
6:00-7:00pm		Outdoor Class with Joyce Run Group		Outdoor Class With Jen D. Run Group		

Class Descriptions

Aqua Classes: Held in the A-R pool. Class utilizes an aqua-belt and other aquatic equipment.

Boot Camp: Intervals of challenging moves, incorporating high/low movements, some plyometrics and strength.

Blended Chair: Gentle yoga poses, balance and weight based exercises done utilizing a chair

Gentle Yoga: Basic poses and stretching

Line Dancing: no experience needed, have fun while learning numerous line dances to all music genres.

Mix-it-Up: Full body workout, strength, cardio, bodyweight exercises.

Pilates: Strengthen muscles, while improving postural alignment, targets the core as well as other areas of the body. All fitness levels

Strength Circuit: target major muscle groups, works the whole body.

Stretch and Tone: improve flexibility and muscular strength with a variety of exercises. Class is designed for all fitness levels.

Timed Intervals: Exercises done in a range of timed intervals. (Intermediate).

Y-Cuts: Toning Class

Run Group: Y running program - should be able to run at least 20 minutes without stopping. (Intermediate)