



Auburn YMCA-WEIU Group Exercise Classes

Revised October 14, 2020

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30am	Timed Intervals with Ashley Join Zoom Meeting Meeting ID: 852 7530 2456 Passcode: 2535304		Indoor Class Strength Up With Leanne Offered 10/7-11/25		5:30-6:15am Indoor Class Power Yoga with Leanne Offered 10/23-11/20	
8:30-9:15am	Stretch & Tone- with Wendy Indoor and Join Zoom Meeting Meeting ID: 879 1196 7605 Passcode: 2535304	Y-Cuts with Loretta Indoor and Join Zoom Meeting Meeting ID: 821 9257 7385 Passcode: 2535304	Stretch & Tone with Marianne Indoor and Join Zoom Meeting Meeting ID: 864 0725 1863 Passcode: 2535304		Indoor Class Tai Chi with Mike	
9:45-10:30am	Inside Class Blended Chair with Wendy	Inside Class Gentle Yoga with Mary	Pilates with Beth Indoor and Join Zoom Meeting Meeting ID: 828 2535 0629 Passcode: 2535304	Indoor Class Forever Gold (chair class) with Laura		
9:30-10:30am						
10:45-11:45am		Inside Class Line Dancing with Mary				
4:30-5:15pm		Outdoor Class Mix-it-Up with Becky		Outdoor Class Boot Camp with Erin		
5:30-6:15pm	Outdoor Class Strength Circuit with Kelly	Outdoor Class Group Cycling with Katie	Outdoor Class Boot Camp with Anne			
5:45-6:30pm				Yoga Sculpt with Marie Join Zoom Meeting Meeting ID: 845 4913 0259 Passcode: 2535304		
6:00-7:00pm		Outdoor Class Run Group with Joyce		Outdoor Class Run Group With Jen D.		

Class Descriptions

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.

Y-Cuts: Toning Class

Forever Gold: Chair Based strength, flexibility and balance.

Strength Up: Total body strength training with conditioning. Various equipment used, including body weight.

Tai-Chi: Foster a calm and tranquil mind, focused on the precise execution of natural movements.

Yoga Sculpt: Blend of Vinyasa flows with sequences using light hand weights to sculpt and tone entire body.

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