



# Auburn YMCA-WEIU Group Exercise Classes

>Effective November 9...all classes held inside except Running Group  
 >Reservations are required for all classes. For reservations call Y at 315-253-5304.  
 >Passcode for all Zoom Classes: 2535304

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30am	<b>Timed Intervals</b> with Ashley <a href="#">Join Zoom</a> Meeting ID: 852 7530 2456		<b>Strength Up</b> with Leanne ends 11/25		<b>Power Yoga</b> ends-6:15am ends 11/20		
7:30-8:15am			<b>15/15/15</b> with Jen R		<b>Y-Cuts</b> with Laura		
8:30-9:15am	<b>Stretch &amp; Tone-</b> with Wendy <b>Indoor and</b> <b>Join Zoom</b> Meeting ID: 879 1196 7605	<b>Y-Cuts</b> with Loretta <b>Indoor and</b> <b>Join Zoom</b> Meeting ID: 821 9257 7385	<b>Stretch &amp; Tone</b> with Marianne <b>Indoor and</b> <b>Join Zoom</b> Meeting ID: 864 0725 1863		<b>Tai Chi</b> with Mike	<b>8:00-9:00am</b> <b>YOGA FLOW</b> <b>with Leanne</b> <b>Session date</b> <b>11/14-12/5</b>	
9:30-10:00am					<b>GroupCycle</b> With Danielle		
9:45-10:30am	<b>Blended Chair</b> with Wendy <b>Indoor and</b> <b>Join Zoom</b> Meeting ID: 859 8471 1506	<b>Gentle Yoga</b> with Mary	<b>Pilates</b> with Beth <b>Indoor and</b> <b>Join Zoom</b> Meeting ID: 828 2535 0629	<b>Forever Gold</b> (chair class) with Laura <b>Indoor and</b> <b>Join Zoom</b> Meeting ID: 890 9772 0994		<b>Chair Yoga</b> with Wendy <b>11/7-12/12</b> <b>Indoor and</b> <b>Join Zoom</b> Meeting ID: 824 7826 6401	
10:00-10:45am							
10:45-11:45am		<b>Line Dancing</b> with Mary					
12:15-12:45pm	<b>TRX</b> with Danielle		<b>Chair Yoga</b> with Wendy 11/4-12/9 Ends at 1:00pm				
4:30-5:15pm		<b>Butt &amp; Gut</b> with Emily		<b>Boot Camp</b> with Erin			
5:30-6:15pm	<b>Strength Circuit</b> with Kelly	<b>Group Cycling</b> with Katie	<b>Boot Camp</b> with Anne				
5:45-6:30pm				<b>Barre Fit</b> with Cassie			
6:00-7:00pm		<b>Outdoor Class</b> <b>Run Group</b> with Joyce		<b>Outdoor Class</b> <b>Run Group</b> With Jen D.			

## **Class Descriptions**

**15/15/15:** Cardio/Strength/Stretch

**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

**Butt & Gut:** Full Body workout focusing on butt and gut

**Chair Yoga:** Gentle Yoga poses 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.

**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)