



# Auburn YMCA-WEIU Group Exercise Classes

>Effective 2/24...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
5:15-6:15am	<b>Timed Intervals</b> with Ashley <a href="#">Join Zoom</a> Meeting ID: 852 7530 2456		<b>Strength Up</b> with Erin		<b>Strength &amp; Flow</b> With Erin		
8:30-9:15am	<b>Stretch &amp; Tone-</b> with Wendy <b>Indoor</b> and <a href="#">Join Zoom</a> Meeting ID: 879 1196 7605	<b>Y-Cuts</b> with Loretta <b>Indoor</b> and <a href="#">Join Zoom</a> Meeting ID: 821 9257 7385	<b>Stretch &amp; Tone</b> with Marianne <b>Indoor</b> and <a href="#">Join Zoom</a> Meeting ID: 864 0725 1863	<b>Group Cycle</b> with Katie	<b>Tai Chi</b> with Mike		
9:30-10:00am					<b>Group Cycle</b> With Danielle		
9:45-10:30am	<b>Blended Chair</b> with Wendy <b>Indoor</b> and <a href="#">Join Zoom</a> Meeting ID: 859 8471 1506	<b>Gentle Yoga</b> with Mary <b>Indoor</b> and <a href="#">Join Zoom</a> Meeting ID: 867 8899 9649	<b>Pilates</b> with Beth <b>Indoor</b> and <a href="#">Join Zoom</a> Meeting ID: 828 2535 0629	<b>Forever Gold</b> (chair class) with Laura <b>Indoor</b> and <a href="#">Join Zoom</a> Meeting ID: 890 9772 0994			
10:45-11:45am							
12:15-12:45pm	<b>TRX</b> with Danielle						
1:15-2:00pm				<b>Gentle Yoga</b> with Mary			
4:30-5:15pm	<b>Dance Fit</b> With Cassie	<b>Butt &amp; Gut</b> with Emily <b>Indoor</b> and <a href="#">Join Zoom:</a> Meeting ID: 858 8906 0532					
5:30-6:30pm	<b>Boot Camp</b> with Kelly	<b>Group Cycle</b> with Katie 5:30-6:15pm	<b>Chizzel</b> with Anne				
5:45-6:30pm				<b>Barre Fit</b> with Cassie			
6:00-7:00pm		<b>Run Group</b> with Joyce		<b>Run Group</b> 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

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

**Chair Yoga:** Gentle Yoga poses utilizing a chair

**Chizzel:** Strength based class (includes some cardio)

**Dance Fit:** Routines fused together with easy to follow moves creating a fun atmosphere to get your sweat on. (Similar to Zumba®)

**Gentle Yoga:** Basic poses and stretching

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

**Strength & Flow:** 30 minutes strength and cardio, 15 minutes yoga tone (various yoga poses incorporating light weights), and 15 minutes yoga flow

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

**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.

**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 the entire body.

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