



Auburn YMCA-WEIU Group Exercise Classes

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

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

Group Cycle 30/45: Stay for 30 or 45 minutes (instructor will cue cool down for 30 minute participants).

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: Strength and cardio 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)