



# Auburn YMCA-WEIU Group Exercise Classes

Effective 10/1

Passcode for all Zoom Classes: 2535304

| Time          | Monday   | Tuesday  | Wednesday  | Thursday   | Friday                                 | Saturday  | Sunday |
|---------------|--|--|--|--|--|---|--------|
| 5:15-6:15am   | Mix It Up<br>with Ashley   |  | Strength & Flow<br>with Leanne   |  | Strength Up<br>With Erin               |   |        |
| 7:30-8:15 am  |  |  | Group Cycle*<br>with Emily   |  |  |   |        |
| 8:30-9:15am   | Stretch & Tone-<br>with Wendy<br>Indoor and<br>Join Zoom<br>Meeting ID:<br>879 1196 7605 | Y-Cuts<br>with Loretta<br>Indoor and<br>Join Zoom<br>Meeting ID:<br>821 9257 7385    | Stretch & Tone<br>with Marianne<br>Indoor and<br>Join Zoom<br>Meeting ID:<br>864 0725 1863 | Group Cycle*<br>with Katie   | Tai Chi<br>with Mike                   | Yoga<br>with Y<br>Instructor<br>8:30-9:30am<br>(till 11/20) |        |
| 9:30-10:15am  |  |  |  |  | Group Cycle*<br>30/45<br>With Danielle |   |        |
| 9:45-10:30am  | Blended Chair<br>with Wendy<br>Indoor and<br>Join Zoom<br>Meeting ID:<br>859 8471 1506   | Gentle Yoga*<br>with Mary<br>Indoor and<br>Join Zoom<br>Meeting ID:<br>867 8899 9649 | Pilates<br>with Beth<br>Indoor and<br>Join Zoom<br>Meeting ID:<br>828 2535 0629            | Forever Gold<br>(chair class)<br>with Laura<br>Indoor and<br>Join Zoom<br>Meeting ID:<br>890 9772 0994 |  |   |        |
| 10:45-11:30am |  | Guided<br>Meditation<br>with Joe   |  |  |  |   |        |
| 11:00-12:30pm | Livestrong<br>(Closed Program)   |  | Livestrong<br>(Closed Program)   |  |  |   |        |
| 12:15-12:45pm | TRX*<br>with Danielle  |  |  | Gentle Yoga*<br>with Mary  |  |   |        |
| 12:45-1:30pm  |  |  | Chair Yoga*<br>with Wendy<br>(Session 9/22-10/13)  |  |  |   |        |
| 4:30-5:30pm   | Dance Fit<br>With Cassie   | Bosu Circuit*<br>with Danielle<br>(session 10/12-11/30)<br>4:30-5:15pm               | Yoga Sculpt<br>with Becky  | Group Cycle*<br>with Becky<br>(session 10/14-12/2)<br>4:30-5:15pm                                      |  |   |        |
| 5:30-6:30pm   | Boot Camp<br>with Kelly  | Group Cycle*<br>with Katie<br>5:30-6:15pm  | Chizzel<br>with Anne   | Barre Fit<br>with Cassie   |  |   |        |

We encourage yoga participants to bring their own mats.

\*The following classes require reservations: all group cycle classes, TRX, gentle yoga, chair yoga, Bosu circuit

## Class Descriptions

**Barre Fit:** A fun, high energy class incorporating aspects of Yoga, Pilates, ballet, and cardio to strengthen the entire body.

**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.

**Bosu Circuit:** Bosu Ball will be utilized to complete a full body workout that includes strength and cardio.

**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®)

**Forever Gold:** Chair Based strength, flexibility and balance.

**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).

**Guided Meditation:** Relax your body and mind with a set intention, deep breathing, and body scan.

**Mix It Up:** Strength and cardio exercises focusing on full body engagement, format of class may vary (i.e. Intervals/circuit).

**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, 30 minutes power yoga (may include use of light hand weights).

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

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

**TRX:** Total body resistance exercise, uses body weight and gravity as resistance to build strength, balance, flexibility, core and joint stability.

**Y-Cuts:** Similar to stretch and tone class, improves flexibility and strength...may be delivered at a higher pace.

**Yoga:** Practice that will place the body with intention and purpose through poses and flows...style will vary each week.

**Yoga Sculpt:** Vinyasa flow, barefoot training, cardio, and strength combined for total body sculpting.

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