



Auburn YMCA-WEIU Group Exercise Classes

Effective 1/3

Passcode for all Zoom Classes: 2535304

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15-6:15am	Mix It Up with Ashley		Strength & Stretch with Y Staff		Cycle & Flow With Erin		
7:30-8:15am			Group Cycle* with Emily			Group Cycle* with Y Staff (session 1/8-3/26)	
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		Yoga Flow with Marie (starts 1/9) 9:30-10:30am
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			
12:00-12:45pm			Chair Yoga with Wendy (session 1/12-2/16)				
12:15-12:45pm	TRX* with Danielle		TRX* with Beth	Gentle Yoga* with Mary 12:15-1:00pm			
4:30-5:30pm	Dance Fit With Cassie			Group Cycle* with Becky 4:30-5:15pm	Steps & Styles with Cassie (session 1/7-2/11)		
5:30-6:30pm	Boot Camp with Kelly	Group Cycle* with Katie 5:30-6:15pm	Chizzel with Anne	Barre Fit with Cassie			

We encourage yoga participants to bring their own mats.

*The following classes require reservations: all group cycle classes, TRX, gentle yoga

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).

Cycle & Flow: 30 minutes group cycle, 30 minutes yoga.

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.

Steps & Styles: Breaks down different dance styles, combining movements and choreographed steps for the perfect routine!

Strength & Stretch: 30 minutes strength and cardio, 30 minutes stretching, basic yoga poses.

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 Flow: Blend of Hatha and Vinyasa Yoga using the breath to smoothly move from one pose/posture to another to help bring balance to the body and mind. All levels are welcome

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

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