



# Auburn YMCA-WEIU Group Exercise Classes

Effective 9/15

Passcode for all Zoom Classes: 2535304

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:15-6:15am</b>	<b>Mix It Up</b> with Ashley		<b>Strength Up</b> with Laura		<b>Cycle Circuit</b> with Erin		
<b>6:30-7:15am</b>		<b>Body Blitz</b> In Studio Y360 Aerobic Room					
<b>7:30-8:15am</b>	<b>Cycle*</b> with Emily		<b>Cycle*</b> with Emily			<b>Cycle*</b> with Y Staff	
<b>8:30-9:15am</b>	<b>Stretch &amp; Tone</b> with Wendy <b>Join Zoom</b> Meeting ID: 879 1196 7605	<b>Y-Cuts</b> with Loretta <b>Join Zoom</b> Meeting ID: 821 9257 7385	<b>Stretch &amp; Tone</b> with Marianne <b>Join Zoom</b> Meeting ID: 864 0725 1863	<b>Cycle*</b> with Katie	<b>Tai Chi</b> with Mike	<b>Yoga</b> with Y Staff <b>8:30-9:30am</b>	
<b>9:20-10:20am</b>	<b>Barre Fit</b> with Mary Studio Room <b>9:20-10:05am</b>		<b>Barbell Pump</b> with Lindsay				
<b>9:30-10:15am</b>	<b>Blended Chair</b> with Wendy <b>Join Zoom</b> Meeting ID: 859 8471 1506	<b>Gentle Yoga</b> with Mary <b>Join Zoom</b> Meeting ID: 810 9840 2827	<b>Pilates</b> with Beth <b>Join Zoom</b> Meeting ID: 841 5316 2720 Studio Room	<b>Forever Gold</b> (chair class) with Laura <b>Join Zoom</b> Meeting ID: 890 9772 0994	<b>Cycle*</b> with Danielle		
<b>10:30-11:15am</b>	<b>Livestrong</b> (closed program) 10:30am-12:00pm		<b>Livestrong</b> (closed program) 10:30am-12:00pm		<b>Yoga</b> with Mary		<b>Slow Flow Yoga</b> with Marie <b>10:00-11:00am</b>
<b>12:15-12:45pm</b>	<b>TRX.*</b> with Danielle	<b>Yoga</b> In Studio Y360 Aerobic Room	<b>TRX.*</b> with Beth	<b>Gentle Yoga</b> with Mary <b>12:15-1:00pm</b>	<b>Body Blitz</b> In Studio Y360 Aerobic Room		
<b>4:30-5:30pm</b>	<b>Dance Fit</b> With Cassie	<b>Strength Up</b> with Nicole <b>4:30-5:15pm</b> (session 9/13-11/15)	<b>Hip Hop Step</b> with Kizzy				
<b>5:30-6:30pm</b>	<b>Boot Camp</b> with Kelly	<b>Cycle*</b> with Katie <b>5:30-6:15pm</b>	<b>Chizzel</b> with Anne	<b>Barre Fit</b> with Cassie			
<b>6:35-7:35pm</b>		<b>Vinyasa Flow</b> with Amanda		<b>Zumba®</b> with Katelyn			

We encourage yoga participants to bring their own mats. \*The following classes require reservations: all cycle classes, TRX.\* Run Group (12+) M/W/TH 6-7pm 10/3-12/10 Pre-Register Boxing (12+) M-TH 6:15-7:45pm (drop in) Multi-Purpose Room In Studio Y360 classes are held in the Aerobic Room, they are a virtual class displayed on TV. Child Watch: M/W 8:30-10:30am and M-TH 4:30-6:45pm (starts 9/19)

Classes are subject to change due to instructor availability.

## Class Descriptions

**Barbell Pump:** Strengthen your entire body with a barbell based workout set to motivating music...dumbbells also used.

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

**Body Blitz:** Challenge your full body strength with different formats (i.e. tabata, bootcamp, circuit, etc). This class is set up In Studio Y360 on demand (virtual), class will be displayed on TV in the Aerobic Room.

**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.

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

**Cycle Circuit:** Intervals on and off the bike, incorporates cardio on the bike and full body strength off the bike.

**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:** High intensity, low impact stationary ride.

**Hip Hop Step:** High intensity cardio using choreographed step routines. Most fitness levels.

**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.

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

**Strength Up:** Total body strength training with some 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.

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

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

**Vinyasa Flow:** Connects individual poses with breath in a series of flowing sequences, developing mindfulness with breath and movement. Most fitness levels.

**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 may vary each week.

**Zumba®:** Take the work out of workout, by mixing low and high intensity moves for an interval style, calorie burning dance fitness party.