



Auburn YMCA-WEIU Group Exercise Classes

Effective 1/2

Passcode for all Zoom Classes: 2535304

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15-6:15am	Mix It Up with Ashley		Strength Up with Laura		Cycle Circuit with Erin		
7:30-8:15am	Cycle* with Emily		Cycle* with Emily			Cycle* with Y Staff	
8:30-9:15am	Stretch & Tone with Wendy Join Zoom Meeting ID: 879 1196 7605	Y-Cuts with Loretta Join Zoom Meeting ID: 821 9257 7385	Stretch & Tone with Marianne Join Zoom Meeting ID: 864 0725 1863	Cycle* with Katie	Tai Chi with Mike		
9:20-10:20am	Barre Fit with Mary Studio Room 9:20-10:05am		Barbell Pump with Lindsay	Pilates with Beth Join Zoom Meeting ID: 878 3991 6972 Studio Room 9:20-10:05am			
9:30-10:15am	Blended Chair with Wendy Join Zoom Meeting ID: 859 8471 1506	Gentle Yoga with Mary Join Zoom Meeting ID: 810 9840 2827	Intro to TRX* with Beth 9:30-10:00am TRX Floor	Forever Gold (chair class) with Laura Join Zoom Meeting ID: 890 9772 0994	Cycle* with Danielle	Boxing Boot Camp with Dave (session 1/7-2/4) Multi Purpose Room	
10:30-11:30am	Thrive Closed Program (session 1/9-3/27)				Yoga with Mary 10:30-11:15am		Slow Flow Yoga with Marie 10:00-11:00am
12:15-12:45pm	TRX.* with Danielle TRX Floor		TRX.* with Beth TRX Floor	Gentle Yoga with Mary 12:15-1:00pm	Body Blitz In Studio Y360 Aerobic Room		
1:00-2:00pm	Enhance Fitness Closed Program		Enhance Fitness Closed Program		Enhance Fitness Closed Program		
4:30-5:30pm	Dance Fit with Cassie	HIIT with Danielle 4:30-5:15pm	Hip Hop Step with Kizzy				
5:30-6:30pm	Boot Camp with Kelly	Cycle* with Katie 5:30-6:15pm	Chizzel with Anne	Barre Fit with Cassie			
6:35-7:35pm				Zumba® with Katelyn			

We encourage yoga participants to bring their own mats. *The following classes require reservations: all Cycle classes & TRX.*

Boxing (12+) M-TH 6:15-7:15pm Multi-Purpose Room M/W Circuit, T/TH Technique, Saturday 9:30am Circuit Session 1: 1/7-2/4 Session 2: 2/8-3/4 Free for Y Members \$100 Non-Member per Session

In Studio Y360 classes are held in the Aerobic Room, they are a virtual class displayed on TV. Child Watch: M-TH 4:30-6:45pm

Saturday Cycle classes are on a rotation with our cycle instructors: Erin, Becky, Katie, Emily, Danielle and other Y staff who can sub when needed.

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.

Blended Chair: Gentle yoga poses, balance and weight based exercises done utilizing a chair.

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.

Boxing Boot Camp: Boxing inspired, full body strength and conditioning.

Chizzel: Strength based class (includes some cardio).

Cycle Circuit: 30 minutes group cycle, 30 minutes full body strength/yoga off the bike.

Cycle: High intensity, low impact stationary ride.

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/flow and stretching.

HIIT: Intervals of high intensity exercises improving cardiovascular fitness and muscular endurance. Full body workout.

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.

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