

Auburn YMCA-WEIU Group Exercise March 2023

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|--|--------------------------------|--|--|----------------------------------|------------------------------------|-----------------------------------|
| 5:15-6:15am | Mix It Up with Ashley | | Circuit Blast TRX level with Lindsay | | Cycle Circuit with Erin | | |
| 6:15-7:00am | | 6:15-6:45 Triple 'S' with Tina | | 6:15-6:45 Triple 'S' with Danielle | | | |
| 7:30-8:15am | Cycle* with Emily | | Cycle* with Emily | | | Cycle* with Y Staff | |
| 8:30-9:15am | Stretch & Tone Y Staff | Y-Cuts with Loretta | Stretch & Tone Y Staff | Cycle* with Katie | Tai Chi with Mike | | |
| 9:20-10:20am | Barre Fit (Studio Room) with Mary 9:20-10:15am | | Barbell Pump with Lindsay | Pilates (Studio Room) with Beth 9:20-10:05am | | | Zen Barre® 9-9:45am with Marie |
| 9:30-10:15am | Blended Chair | Gentle Yoga with Mary | Intro to TRX* 9:30-10am with Beth | Forever Gold Chair based class with Laura | Cycle* with Danielle | Boxing Bootcamp Multi-purpose room | Slow Flow Yoga 10-11am with Marie |
| 10:30-11:30am | THRIVE (closed program) | | LiveStrong @ the Y next session begins 4/10/23 | | Yoga with Mary 10:30-11:15 | | |
| 12:15-12:45pm | TRX®* Trx level with Danielle | | TRX®* Trx level with Beth | Gentle Yoga with Mary 12:15-1:00pm | Body Blitz with Danielle | | |
| 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 4:30-5:15 | 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 | Boxing Bootcamp Multi-Purpose Room 6:15-7:30pm | | Boxing Bootcamp Multi-Purpose Room 6:15-7:30pm | Zumba® with Katelyn | | | |

ZOOM LINKS For highlighted classes in YELLOW can be found on Virtual/Zoom page

* = CYCLE AND TRX classes REQUIRE reservations with member services

ALL ZOOM LINKS: These are ONLY active while class in session

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| 7:30-8:15am | | | | | |
| 8:30-9:15am | Stretch & Tone Join Zoom | Y-Cuts with Loretta Join Zoom | Stretch & Tone Join Zoom | | |
| 9:20-10:20am | | | | Pilates * (9:20 - 10:05am) with Beth Join Zoom | |
| 9:30-10:15am | Blended Chair Join Zoom | Gentle Yoga with Mary Join Zoom | | Forever Gold with Laura Join Zoom | |
| 10:30-11:30am | | | | | |
| 12:15-12:45pm | | | | | |

*** PILATES ONLY MEETING ID #838 171 7327 PASSCODE: 7V9bJm**

All other ZOOMS: Passcode- 2535304

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).

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.

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.

Pilates: Strengthen muscles, while improving postural alignment, targets the core as well as other areas of the body. All levels welcome.

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 mind and body. All levels welcome.

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.

Triple 'S': Sweat, Strength, and Stretch will have your heart rate elevated, your muscles engaged, and close out with mobility. This is a great compliment to all fitness routines.

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 may vary each week.

Zen Barre® A perfect blend of Yoga, Barre, and Pilates. These practices flow from one format to the next within the 45 minute class.

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

Classes are subject to change due to instructor availability

