

## Auburn YMCA-WEIU Group Exercise effective SEPTEMBER 2023

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15-6:15am	Mix It Up Ashley		CYCLE Blend Erin		Barbell Pump Lindsay		
7:30-8:15am	Cycle* Emily	Cycle* Katie	Cycle* Emily		Y360 CYCLE *class on TV will start at 7:30 for 40-45min	Cycle* with Y Staff	
8:30-9:15am	Stretch & Tone Danielle	Y-Cuts Loretta	Stretch & Tone Laura	Cycle* Katie	Y-Cuts Laura/Danielle		
9:30-10:15am	Barre Fit (Studio Room) Mary <small>9:30AM-10:15AM</small>			Pilates (Studio Room) Beth 9:30-10:15am			Zen Barre® 9-9:45am with Marie
9:30-10:15am	Blended Chair Danielle	Gentle Yoga Mary	9:20 -10:15 Barbell Pump Lindsay	Forever Gold Chair based class with Laura	Cycle* Danielle		Slow Flow Yoga 10-11am with Marie
10:30-11:30am		THRIVE (closed program)	LiveSTRONG 11am begins 9/18	Tai Chi Mike	*Yoga with Mary * <i>Strength UP (TRX Level with Lindsay)</i>		
12:15-12:45pm	TRX®* TRX floor Danielle		TRX®LEVEL II * TRX floor Beth	Gentle Yoga Mary 12:15-1:00pm	Body Blitz Danielle		
1:00-2:00pm	Enhance Fitness (beings 9/6 Must pre-reg)		Enhance Fitness		Enhance Fitness		
4:30-5:30pm	Dance Fit with Cassie	HIIT 4:30-5:15 Danielle	Yoga Scuptl MARY				
5:30-6:30pm	Boot Camp Kelly	Cycle* Katie 5:30-6:15pm	Chizzel Laura D.	Barre Fit with Cassie			
6:35-7:35pm	Vinyasa with Erin			Zumba® Katelyn			
6:00-7:00	Boxing Bootcamp Multi Purpose room	Boxing Technique	Boxing Bootcamp Multi Purpose room	Boxing Technique			

- Indicates PreRegistration
- Indicates class held in different room
- ZOOM classes/Schedule on next page

\* = CYCLE AND TRX classes REQUIRE reservations with member services

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:15-6:15am					
6:15-7:00am					
7:30-8:15am					
8:30-9:15am	<b>Stretch &amp; Tone</b> <a href="#">Join Zoom</a>	<b>Y-Cuts</b> with Loretta <a href="#">Join Zoom</a>	<b>Stretch &amp; Tone</b> <a href="#">Join Zoom</a>		
9:20-10:20am				<b>Pilates *</b> <b>(9:20 - 10:05am)</b> with Beth <a href="#">Join Zoom</a>	
9:30-10:15am	<b>Blended Chair</b> <a href="#">Join Zoom</a>	<b>Gentle Yoga</b> with Mary <a href="#">Join Zoom</a>		<b>Forever Gold</b> with Laura <a href="#">Join Zoom</a>	
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:** A chair based class providing strength, balance, low impact aerobics finishing with gentle yoga based stretching.

**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/Feel the Beat!:** Routines fused together with easy to follow moves creating a fun atmosphere to get your sweat on.

**Forever Gold:** Chair Based focusing on strength, flexibility and balance. There is some steady gentle aerobic work involved.

**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.

**Strength UP!:** Meet Upstairs on the TRX level to work on building strength. Some cardiovascular training will take place. All levels

**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. **Level I is great for beginner Level II is more advanced, fast paced.**

**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.

THRIVE: this class is for LiveSTRONG program graduates only

LIVESTRONG: A 12 week cancer survivor program. Pre-registration is necessary with Laura Clary - Program begins 9/18

EnhanceFitness: A 12 week program to help manage symptoms of arthritis. Pre-registration is necessary. Program begins 9/6