

Auburn YMCA-WEIU Group Exercise effective NOVEMBER 2023

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:05-6:00am	5:05am Mix It Up Ashley		5:15am CYCLE Blend Erin		5:05am Barbell Pump Lindsay		
7:30-8:15am	Cycle* Emily	Cycle* Katie	Cycle* Emily		Cycle* Emily	Cycle* with Y Staff	
8:30-9:15am	Stretch & Strength Danielle	Y-Cuts Loretta	Stretch & Strength Laura	Cycle* Katie	Y-Cuts Laura/Danielle		
9:20-10:20am	Barre Fit (Studio Room) with Mary 9:30AM-10:15AM		Barbell Pump Lindsay	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		Blended Chair Laura	Cycle* Danielle		Slow Flow Yoga 10-11am with Marie
10:30-11:30am	45 min CHAIR YOGA MARY		THRIVE 10:30 -11:15 LiveSTRONG 11:15- 12:15pm	TAI CHI Mike	*YOGA with MARY* Barbell Pump (TRX) Lindsay		
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							
4:30-5:30pm	Dance Fit Cassie	HIIT 4:30-5:15 Danielle	Line Dancing 4:30 - 5:15 11/8-12/19 Mary	Cycle* 4:30-5:15 11/9-12/14 Laura D			
5:35-6:30pm	Strength Circuits Kelly	Cycle* Emily 5:30-6:15pm	Chizzel Laura D.	Barre Fit with Cassie			
6:35-7:35pm	Vinyasa Yoga Erin	Hip Hop Step Kizzy		Zumba® Katelyn			
6:00-7:00	Boxing Bootcamp Multi Purpose room			Boxing Bootcamp Multi Purpose room			

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

* = CYCLE AND TRX classes REQUIRE reservations with member services

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:15-6:15am					
6:15-7:00am	ALL ZOOM LINKS: These are ONLY active while class in session				
7:30-8:15am					
8:30-9:15am	Stretch & Strength Join Zoom				
9:20-10:20am				Pilates * (9:20 - 10:05am) with Beth Join Zoom	
9:30-10:15am	Blended Chair with Danielle Join Zoom	Gentle Yoga with Mary Join Zoom		Blended Chair 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: A chair based class providing strength, balance, low impact aerobics finishing with gentle 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.

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 & Strength: 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.

Yoga Sculpt: Yoga flow with strength building poses

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.

SPECIALTY PROGRAM INFORMATION:

THRIVE: this class is for LiveSTRONG program graduates only

LIVESTRONG: A free 12-week cancer survivor program. Pre-registration is necessary. Program begins Spring 2024

EnhanceFitness: A fee based 12 week program to help manage symptoms of arthritis. Pre-registration is necessary. Program begins 1/2024

Blood Pressure Self Monitoring Program: A fee based 16 week program. In this program participants will work with a trained coach to support you while self-monitoring your blood pressure, tips for maintaining your cardiovascular health, and nutrition education seminars.