

## Auburn YMCA-WEIU Group Exercise effective MAY 2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:05-6:00am	5:05-5:45am Bootcamp (Trx level) LINDSAY		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	Stretch & Strength 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 Joe		THRIVE 10:30 -11:15	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	BLENDED CHAIR LAURA		BLENDED CHAIR DANIELLE				
4:30-5:30pm	Dance Fit Richelle	Timed Intervals 4:30-5:15 Danielle		Zumba® Katelyn			
5:35-6:30pm	Strength Circuits Kelly	Cycle* Emily 5:30-6:15pm	Chizzel Laura D.	Barre Fit with Nicole			
6:35-7:35pm	Vinyasa Yoga Erin						
6:00-7:00							

- 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	<b>Stretch &amp; Strength</b> Danielle <a href="#">Join Zoom</a>	<b>Y-Cuts</b> with Loretta <a href="#">JOIN ZOOM</a>	<b>Stretch &amp; Strength</b> Laura <a href="#">JOIN ZOOM</a>		<b>Y-Cuts</b> Danielle/Laura <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> with Danielle <a href="#">Join Zoom</a>	<b>Gentle Yoga</b> with Mary <a href="#">Join Zoom</a>		<b>Blended Chair</b> with Laura <a href="#">Join Zoom</a>	
10:30-11:30am					
12:15-12:45pm					

\* PILATES ONLY MEETING ID #840 4788 6235 Passcode: 2535304

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).

**Bootcamp:** Meet upstairs for a 40 minute, full body, Hi/Lo Intensity level workout. Class begins promptly at 5:05am

**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.

**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 FALL 2024

**EnhanceFitness:** A fee based 12 week program to help manage symptoms of arthritis. Pre-registration is necessary.

**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.