




Auburn YMCA-WEIU Group Exercise effective April 2025

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:05-6:00am	5:05am Bootcamp LINDSAY		5:15am CYCLE Blend Erin		5:05am Strength & Interval Bootcamp Lindsay		
7:30-8:15am	Cycle Emily	Cycle Katie	Cycle Emily		Cycle Emily	Cycle with Y Staff	
8:30-9:15am	Strength & Stretch Danielle	Y-Cuts Loretta	Strength and Stretch Laura	Cycle Katie	Strength & Stretch Laura/Danielle		
9:20-10:20am			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	45 min Gentle Yoga Joe		Blended Chair Laura	Cycle Danielle		Slow Flow Yoga 10-11am with Marie
10:30-11:30am	45 min CHAIR YOGA Joe		THRIVE - Alumni group x room YOGA in Studio Room	TAI CHI Mike	YOGA 45 minute MARY		
11:30 - 12:30pm	LiveSTRONG		Moving For Better Balance 3/26		Moving For Better Balance		
12:15-12:45pm	TRX® TRX floor		TRX®LEVEL II TRX floor		Body Blitz TRX floor		
1:00-2:00pm			BLENDED CHAIR 45 minutes				
4:30-5:30pm	Dance Fit Cassie	Strength & Stretch Danielle		Gentle Vinyasa Yoga TORI			
5:35-6:30pm	Strength Circuits Kelly	Cycle Y-Staff 5:30-6:15pm	Bootcamp Circuits Laura D.	Barre Victoria		 Indicates PreRegistration	
6:00-6:45pm			Please note clas is now 5:35pm			 Indicates class held in different room	
5:30pm	Breast Cancer Support Group: Meets 1st Monday in the little house.					 ZOOM classes	
	Moving For Better Balance is a 12-week evidence-based program. It is delivered by a certified instructor and is designed to improve strength, mobility, flexibility, and balance through the therapeutic movements of Tai Chi, a graceful form of exercise and deep breathing. The program meets twice a week to help reap the benefits of falls prevention.						
	Registration is OPEN.						

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 Danielle	Y-Cuts with Loretta	Stretch & Strength Laura		Stretch & Strength Danielle/Laura
	Join Zoom	JOIN ZOOM	JOIN ZOOM		JOIN ZOOM
9:20-10:20am				Pilates * (9:20 - 10:05am) with Beth	
				JOIN ZOOM	
9:30-10:15am	Blended Chair with Danielle	Gentle Yoga Joe		Blended Chair with Laura	
	Join Zoom	JOIN ZOOM		Join Zoom	
10:30-11:30am					Gentle Yoga Mary
					JOIN ZOOM
12:15-12:45pm					

* PILATES ONLY MEETING ID #787 4461 8584 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 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).

Circuit Bootcamp: Class meets in the group ex room to begin your 45 minute class of hi/lo strength & cardio

intervals. You'll see parts of the Y in a whole other way after this class!

Cycle Blend: 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.

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.

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

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 2025

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

Breast Cancer support group meets 1st Monday of each month in our Little House. Membership not required.