Auburn YMCA-WEIU Group Exercise effective May 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 & Stretch Laura	Cycle Katie	Strength & Stretch Laura/Danielle		
9:20- 10:20am			Barbell Pump Lindsay	Pilates 9:30 -10:15 (Studio Room) Beth			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 - Livestrong Alumni only (YOGA is in Multi Purpose)	TAI CHI Mike	YOGA 45 minute MARY		
11:30 - 12:30pm	LiveSTRONG		Moving For Better Balance		Moving For Better Balance		
12:15- 12:45pm	TRX® TRX floor		TRX®LEVEL II TRX floor		TRX Core & More 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	5:30pm Bootcamp Circuits Laura D.	Barre Victoria		Indicates PreRegistration	
6:00- 6:45pm	·					Indicates class held in different room	
5:30pm	Breast	Breast Cancer Support Group: Meets 1st Monday in the little house.					
	Moving For Better Balance is a 12-week evidence-based program. REGISTRATION IS CLOSED. THRIVE is for LIVESTRONG GRADUATES only. You must complete LiveSTRONG cancer survivor program before participating.						

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

* PILATES ONLY MEETING ID #787 4461 8584 Passcode: 2535304

All other ZOOMS: Passcode- 2535304

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 5:0

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.