



Auburn YMCA-WEIU Group Exercise Classes

>Effective November 2...all classes held inside except Running Group
 >Reservations are required for all classes. For reservations call Y at 315-253-5304.
 >Passcode for all Zoom Classes: 2535304

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30am	Timed Intervals with Ashley Join Zoom Meeting ID: 852 7530 2456		Strength Up with Leanne ends 11/25		Power Yoga ends-6:15am ends 11/20		
7:30-8:15am			15/15/15 with Jen R		Y-Cuts with Laura		
8:30-9:15am	Stretch & Tone- with Wendy Indoor and Join Zoom Meeting ID: 879 1196 7605	Y-Cuts with Loretta Indoor and Join Zoom Meeting ID: 821 9257 7385	Stretch & Tone with Marianne Indoor and Join Zoom Meeting ID: 864 0725 1863		Tai Chi with Mike	8:30-9:00am YOGA FLOW with Leanne Session date 11/14-12/5	
9:30-10:00am					GroupCycle With Danielle		
9:45-10:30am	Blended Chair with Wendy Indoor and Join Zoom Meeting ID: 859 8471 1506	Gentle Yoga with Mary	Pilates with Beth Indoor and Join Zoom Meeting ID: 828 2535 0629	Forever Gold (chair class) with Laura Indoor and Join Zoom Meeting ID: 890 9772 0994		Chair Yoga with Wendy 11/7-12/12 Indoor and Join Zoom Meeting ID: 824 7826 6401	
10:00-10:45am							Yoga Sculpt with Marie S. Join Zoom Meeting ID: 858 2315 8000
10:45-11:45am		Line Dancing with Mary					
12:15-12:45pm	TRX with Danielle		Chair Yoga with Wendy 11/4-12/9 Ends at 1:00pm				
4:30-5:15pm		Butt & Gut with Emily		Boot Camp with Erin			
5:30-6:15pm	Strength Circuit with Kelly	Group Cycling with Katie	Boot Camp with Anne				
5:45-6:30pm				Barre Fit with Cassie			
6:00-7:00pm		Outdoor Class Run Group with Joyce		Outdoor Class Run Group With Jen D.			

Class Descriptions

15/15/15: Cardio/Strength/Stretch

Boot Camp: Intervals of challenging moves, incorporating high/low movements, some plyometrics and strength.

Blended Chair: Gentle yoga poses, balance and weight based exercises done utilizing a chair

Butt & Gut: Full Body workout focusing on butt and gut

Chair Yoga: Gentle Yoga poses utilizing a chair

Gentle Yoga: Basic poses and stretching

Line Dancing: no experience needed, have fun while learning numerous line dances to all music genres.

Pilates: Strengthen muscles, while improving postural alignment, targets the core as well as other areas of the body. All fitness levels

Strength Circuit: target major muscle groups, works the whole body.

Stretch and Tone: improve flexibility and muscular strength with a variety of exercises. Class is designed for all fitness levels.

Timed Intervals: Exercises done in a range of timed intervals.

Y-Cuts: Toning Class

Forever Gold: Chair Based strength, flexibility and balance.

Strength Up: Total body strength training with conditioning. Various equipment used, including body weight.

Tai-Chi: Foster a calm and tranquil mind, focused on the precise execution of natural movements.

Yoga Sculpt: Blend of Vinyasa flows with sequences using light hand weights to sculpt and tone entire body.

Run Group: Y running program - should be able to run at least 20 minutes without stopping. (Intermediate)