

GROUP EXERCISE NOVEMBER 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	45 minute Barre Box Marie 10/18-11/22	
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	TAI CHI Mike	YOGA 45 minute MARY		
11:30 - 12:30pm							
12:15-12:45pm	BODY BLAST Danielle Group ex room		CORE and MORE Beth GROUP EX ROOM		Body Blast		
1:00-2:00pm			BLENDED CHAIR 45 minutes				
4:30-5:30pm	Dance Fit Cassie	Strength & Stretch 45 minute Danielle					
5:35-6:20pm	45 Minute STRENGTH CIRCUITS BECKY	5:30-6:15pm Cycle Y-Staff	45 Minute Bootcamp Circuits Danielle	Barre Victoria		Indicates PreRegistration Indicates class held in different room	
6:30-7:30pm			Gentle Vinyasa Yoga Tori				
5:30pm	Beyond The Ribbon Breast Cancer Support Group meets 1st Monday in the little house					ZOOM classes	

***THRIVE is for LIVESTRONG GRADUATES only. You must complete the 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					
8:30-9:15am	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 9:30 -10:15 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 ZOOM 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 use

Barre: Ballet based movements to strengthen and tone the entire body.

Barre Box: Barre with a blend of cardio kickboxing. This class is for all levels looking for a new way to work Hi/Lo into

Blended Chair: A chair based class providing strength, balance, low impact aerobics finishing with gentle stretching.

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

Chair Strength and Flow: This gentle chair based class will blend strength elements with chair yoga.

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

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.

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.

StrongHER: building confident young women, this class will focus on basic strength training and self defense.

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.

Watch for new programming early fall 2025! New space coming to provide more functional training, higher intensity level formats, along with over all wellness specialty programs!

SPECIALTY PROGRAM INFORMATION:

Bingcize®: 10 weeks of Bingo fun meets exercise. Registration required, Class will meet twice a week.

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

EnhanceFitness: A fee based 12 week program to help manage symptoms of arthritis. TBA

LIVESTRONG: A free 12-week cancer survivor program. Pre-registration is necessary. Contact Laura Clary to register

Moving For Better Balance: A 12 week Falls Prevention Program. TBA next session

THRIVE: This class is for **LiveSTRONG** program graduates only- will resume in September.

