

GROUP TRAINING JULY 2026

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:05-6:00am	5:05am Bootcamp in THE HUB LINDSAY		5:15am CYCLE Blend Erin		5:05am Strength & Interval Training in THE HUB Lindsay		
6:15							
7:30-8:15am	Cycle Emily	CYCLE Sarah	Cycle Emily	Cardio Step & Kick with Marie	Cycle Emily	Cycle with Y Staff	
8:30-9:15am	Strength & Stretch Danielle	Y Cuts Loretta	Strength & Stretch Sarah	Zen Barre® with Marie	Strength & Stretch Laura		
9:20-10:20			Barbell Pump Lindsay	Pilates 9:30 -10:15 in THE HUB Beth			Zen Barre® 9-9:45am with Marie
9:30-10:15am	Blended Chair Danielle	45 Minute Gentle Yoga Sarah/Joe		Blended Chair Laura	Cycle Danielle		Slow Flow Yoga 10-11am with Marie
10:30-11:30am	45 min CHAIR YOGA Joe	Beginner TAI CHI Mike		TAI CHI Mike	YOGA 45 minute MARY		
12:15-12:45	ADVANCED TRX Danielle THE HUB		ADVANCED TRX Beth THE HUB		ADVANCED TRX Core & More Danielle		
1:00-2:00pm							
4:30-5:30pm	Dance Fit Cassie	Stretch & Strength 45 min Danielle	45 min Yogalates Danielle				
5:30-6:15pm	45 Minute STRENGTH CIRCUITS THE HUB BECKY	5:30-6:15pm Cycle Y-Staff	45 Minute Bootcamp Circuits Danielle (gr.X room)	45 min Barre Danielle/Becky Y360 on 7/23		<div style="display: flex; align-items: center; margin-bottom: 5px;"> <div style="width: 15px; height: 15px; background-color: #76a5af; border: 1px solid black; margin-right: 5px;"></div> Indicates PreRegistration </div> <div style="display: flex; align-items: center;"> <div style="width: 15px; height: 15px; background-color: #e1eef6; border: 1px solid black; margin-right: 5px;"></div> Indicates class held in different room </div>	
5:30pm	Beyond The Ribbon Breast Cancer Support Group meets 1st Monday in the little house						<div style="display: flex; align-items: center; margin-bottom: 5px;"> <div style="width: 15px; height: 15px; background-color: #ffff00; border: 1px solid black; margin-right: 5px;"></div> ZOOM classes </div>

***THRIVE is for LIVESTRONG GRADUATES only. You must complete the LiveSTRONG cancer survivor program before participating.**

**** THE HUB is located on the 4th floor (old TRX room) NO wet or dirty outside shoes allowed.**

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 used.

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 intensity

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

Bootcamp Circuits: Meet upstairs for a 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 intervals.

Cycle Blend: 30 minutes group cycle, 30 minutes full body strength/yoga off the bike.

Cycle: High intensity, low impact stationary ride.

Foundations & Flow: Class will focus on two yoga poses each week progressing into traditional yoga flow.

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: High Intensity Interval Training. Come prepared to pack in an all out workout on timed intervals of work and rest.

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:

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