

GROUP TRAINING September 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 Victoria		Indicates PreRegistration Indicates class held in different room ZOOM classes	

ALL Group exercise classes are cancelled Thursday 9/3 after 12pm until Tuesday 9/7 7:30am

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.

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

Bootcamp Circuits: Meet in Hub for the morning class and in the group exercise studio for a full body, Hi/Lo Intensity level workout.

Chair Yoga: a gentle yoga practiced based in and out of a chair. No floor work.

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

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: 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.

Yogalates: a blended class of two formats, Yoga and Pilates. Suitable for all levels.

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. **Begins 8/17**

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

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. **Fall Session begins 8/17**

THRIVE: This class is for **LiveSTRONG** program graduates only