GROUP TRAINING November 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		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	**THRIVE** (LiveStrong Alumni and Cancer Surivor Support)	TAI CHI Mike	YOGA 45 minute MARY		
12:15-12:45	ADVANCED TRX Danielle **THE HUB**	Brain Longevity 11:45am	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				
5:30-6:30pm	STRENGTH CIRCUITS **THE HUB** BECKY	5:30-6:15pm Cycle Y-Staff	**45 Minute** Bootcamp Circuits Danielle (gr.X room)	Barre Victoria			

Indicates PreRegistratio

Indicates class held in different room

ZOOM classes

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 Join Zoom	**Y-Cuts** with Loretta JOIN ZOOM	**Stretch & Strength** Laura JOIN ZOOM		**Stretch & Strength** Danielle/Laura JOIN ZOOM
9:20-10:20am				**Pilates** 9:30 -10:15 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 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. **TBA**

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 9/14**
THRIVE: This class is for **LiveSTRONG** program graduates AND cancer survivors