

YMCA GROUP FITNESS SCHEDULE



MONDAY

BOOTCAMP: 9:00AM – 10:00AM
SILVER SNEAKERS: 10:30AM – 11:30AM
TONING: 4:30PM – 5:30PM
ZUMBA: 6:30PM – 7:30PM

TUESDAY

STRENGTH & FIT: 8:00AM – 9:00AM
YOGA: 9:30AM – 10:30AM
*TAE KWON DO: 6:30PM – 8:30PM

WEDNESDAY

STRENGTH & FIT: 9:00AM – 10:00AM
SILVER SNEAKERS: 10:30AM – 11:30AM
TONING: 4:30PM – 5:30PM
ZUMBA : 6:00PM – 7:00PM

THURSDAY

STRENGTH & FIT: 8:00AM – 9:00AM
YOGA: 9:30AM – 10:30AM
*TAE KWON DO: 6:30PM – 8:30PM

FRIDAY

ZUMBA : 8:30AM – 9:30AM
BOOTCAMP: 9:00AM – 10:00AM

SATURDAY

POWER CIRCUITS: 9:15AM – 10:15AM
YOGA: 10:30AM – 11:30AM

SUNDAY

NOTES:

*Indicates an extra charge

YMCA FITNESS CLASS DESCRIPTIONS



BOOTCAMP:

a fast-paced workout that alternates between short bursts of intense exercise and brief recovery periods, designed to improve cardiovascular fitness and strength in a time-efficient manner.

TONING:

focuses on strengthening and sculpting muscles through targeted exercises, often using resistance tools like bands or weights to enhance definition and endurance.

POWER CIRCUITS:

a high-intensity workout that alternates between strength and cardio exercises. It torches calories in a fast-paced, circuit-style format.

SILVER SNEAKERS:

a low-impact workout designed for older adults, focusing on improving strength, flexibility, and balance through seated and standing exercises that use a chair for support.

STRENGTH & FIT:

a fast-paced workout that alternates between short bursts of intense exercise and brief recovery periods, designed to improve cardiovascular fitness and strength in a time-efficient manner.

***TAE KWON DO:**

a martial arts class that teaches self-discipline, respect, and physical fitness through the practice of traditional techniques, forms, and sparring.

YOGA:

a calming, strength-building class that focuses on improving flexibility, balance, and mindfulness through guided poses and breathing techniques.

ZUMBA:

a high-energy dance fitness class that combines Latin and international rhythms with easy-to-follow choreography for a fun, full-body cardio workout.