

# 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  
CARDIO BOXING: 4:30PM - 5:30PM  
\*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 : 5:30PM - 6:30PM

## THURSDAY

STRENGTH & FIT: 8:00AM - 9:00AM  
YOGA: 9:30AM - 10:30AM  
ZUMBA: 5:00PM - 6:00PM  
\*TAE KWON DO: 6:30PM - 8:30PM

## FRIDAY

ZUMBA : 8:00AM - 9:00AM  
BOOTCAMP: 9:15AM - 10:15AM

## SATURDAY

ZUMBA: 8:00AM - 9:00AM  
POWER CIRCUITS: 9:15AM - 10:15AM  
YOGA: 10:30AM - 11:30AM

## SUNDAY

ZUMBA: 2:00PM - 3:00PM  
CARDIO BOXING: 3:30PM - 4:30PM

### 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:**

A total-body class that 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.

## **CARDIO BOXING:**

A high-energy class that blends fast-paced boxing movements with cardio drills to boost endurance, burn calories, and improve coordination. No contact—just sweat, power, and fun!

## **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.

## **\*TAE KWON DO:**

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