

YMCA GROUP FITNESS SCHEDULE



MONDAY

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

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.