

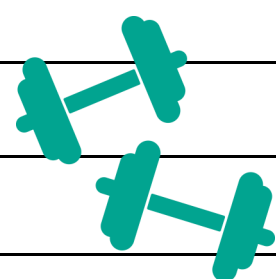


SCHALMO FAMILY YMCA

Group Exercise Class Schedule

Starting April 29th, 2024

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|--|---|---|
| MORNING | | | | | |
| Pilates, Push ups and Planks 8-8:45 am MPR | Power Hour 6 - 7:00 am Gym | Sunrise Yoga 6-7:00 am MPR | Power Hour 6 - 7:00 am Gym | 30/30 9 - 10:00 am Gym | Saturday Sweat 8:00-8:45am Gym |
| Bootcamp 9 - 9:45 am Gym | Total Body Toning 9 - 9:45 am Gym | Pilates, Push ups and Planks 8-8:45 am MPR | Total Body Toning 9 - 9:45 am Gym | Silver Sneakers Classic 9:30- 10:15 am MPR | Barre Toning 9:00-9:45 am MPR |
| Silver Sneakers Classic 9:30 - 10:15 am MPR | Silver Sneakers Classic 9:30- 10:15 am MPR | Strength 9 - 9:45 am Gym | Silver Sneaker Classic 9:30- 10:30 am MPR | | Yoga 10-10:45 am MPR |
| | 1st Tuesday of the month Intro to Group Exercise 10-11:00 am Gym | Chair Yoga 9:30 - 10:15 am MPR | Total Parkinson's Program 10:45-11:45 Gym | | |
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| AFTERNOON/EVENING | | | | | |
| Adaptive Fitness 4:45-5:30 pm MPR | Silver Sneakers Classic 2-2:45 pm MPR | Bootcamp 5:45-6:30 pm Gym | Total Body Toning 5:30- 6:15pm Gym |  | Indicates new class or change |
| Total Body Toning 5:45-6:30 pm Gym | Cardio X 5:30-6:15 pm Gym | | | | |
| | Pound 6:00-6:45 pm MPR | | | | |
| | Yoga 7:00-8:00 pm MPR | | | | |

GROUP EXERCISE CLASS DESCRIPTION

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|---------------------------------------|---|
| Bootcamp | A high intensity challenge designed to motivate and push participants past their plateaus. |
| Cardio X | A higher intensity cardio/strength class using various props and rep schemes. |
| 30/30 | A higher intensity 30 minute cardio workout followed immediately by a challenging resistance class, glutes and abs included. Uses a variety of props. |
| Power Hour | Full body workout incorporating various formats of cardio and strength. |
| Saturday Sweat | A different high intensity workout each week guaranteed to make you sweat. Start your weekend off right! |
| Barre Toning | A low impact body sculpting class focusing on muscle endurance. This class utilizes ballet fitness concepts for a full body workout. |
| Strength | A 45 minute full body strength class designed to challenge you to lift heavier weights with proper form. A more advanced weight training class. |
| Total Body Toning | Sculpt your body from head to toe using weights, tubing, bands, balls & more. Strengthen & define your muscles, lose fat & increase your metabolism. Suitable for all levels. |
| Pound | A full body workout set to exhilarating music that combines cardio, conditioning and strength using lightly weighted drum sticks. Modifiable for all levels |
| Pilates, Push ups & Planks | Mat Pilates core strengthening exercises combined with other forms of abdominal, hip, glute and back exercises. Can be modified to all levels. |
| Yoga | Offering you strength, suppleness, energy & peace- Come experience the harmony of spirit, mind & body (Please bring your own mat). |
| Zumba | "A party with exercise!" Mix of Latin and international music. Cardio interval training format, combining various rhythms with movements that tone and sculpt body. |
| Intro to Group Exercise | A class for new members wanting to attend a group exercise class but would like to know more. You will be introduced to basic exercises and movement patterns to get you ready to attend one of our amazing classes. This class is only offered the 1st Tuesday of each month. |
| Silver Sneakers/Silver Fitness | Variety of exercises designed to increase muscular strength, range of movement, and activities of daily living. Chair used for sitting and/or standing support. |
| Total Parkinson's Program | The Total Parkinson's Program focuses on symptom specific exercises that target both physical and cognitive function to help restore independence. Exercise plans are adapted to all levels of function. Lead by licensed therapists, anyone with physical limitations is welcome to join. This class is open to members and non-members. |
| Chair Yoga | Move your body through a complete series of seated & standing yoga poses. The chair is offered to safely perform a variety of postures designed to increase flexibility, balance, & range of motion. |
| Adaptive Fitness | Inclusive fitness class appropriate for all abilities. Low-impact strength, mobility, balance, and cardiovascular endurance. |

CLASS INTENSITY KEY

HIGH INTENSITY

MODERATE INTENSITY

LOW INTENSITY



SCHALMO FAMILY YMCA

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