



the power of **PLAY**

BUEHLER YMCA Group Exercise Schedule

April 2024

Revised 4/1/2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7-8am CARDIO STEP Studio 2, Joan	8-8:55am FULL BODY CONDITIONING Studio 2, Jane	5:30-6:30am CYCLE Cycle Studio, Dawn	8-8:50am MAT PILATES Studio 2, Jean	7-8am CARDIO STEP Studio 2, Joan	7:30-8:30am BALANCE & FLEX Studio 1, Terry	9-9:55am BALANCE & FLEX Studio 2, Terry
8-8:55am FULL BODY CONDITIONING Studio 1, Kara	9-9:55am CARDIO STEP Studio 2, Joan	8-8:45am CYCLE Cycle Studio Terry	9-9:55am CARDIO STEP Studio 1, Joan	9-10am TRX SUSPENSION TRAINING \$ Gym 1, Laura	7:45-8:45am BODY PUMP & COMBAT EXPRESS Studio 2, Erin K	10:05-11:05am BODY PUMP Studio 2, Suzanne
8-8:45am CYCLE Cycle Studio, Terry	9:15-10:15am CYCLE Cycle Studio, Terri	8-8:45am ARTHRITIS WATER FITNESS Family Pool, Nicole	9-9:55am FULL BODY CONDITIONING Studio 2, Agnes	9-9:55am BALANCE & FLEX Studio 2, Terry	8:30-9:30am PILATES REFORMER \$ Pilates Studio, Jean	
8-8:45am ARTHRITIS WATER FITNESS Family Pool, Nicole	9:15-10:15am Active Older Adult Gym 3, Laura	8:00-8:55am Tone & Tighten Studio 2, Jane	9:15-10:15am Active Older Adult Gym 3, Laura	9:15-10:15am WERQ Studio 1, Lisa	9-10:15am TOTAL BODY+ Studio 2, Agnes	
9-9:55am CARDIO STEP Studio 1, Joan	9:15-10am AQUA HYDROTONE Lap Pool, Becky	8:30-9:30am TRX SUSPENSION TRAINING \$ Gym 1, Laura	9:15-10am AQUA HIIT Lap Pool, Becky	10:05-11:05am FULL BODY CONDITIONING Studio 2, Agnes	9:30-10:30am PILATES REFORMER \$ Pilates Studio, Jean	
9-9:55am BALANCE & FLEX Studio 2, Terry		9-9:55am BALANCE & FLEX Studio 2, Terry	9:30-10:30am PILATES REFORMER \$ Pilates Studio, Jean	10:30-11:30am FUNCTIONAL FITNESS Gym 3, Lisa	10:30-11:30am ZUMBA GOLD Studio 2, Nori	
9:30-10:30am PILATES REFORMER \$ Pilates Studio, Jean	10:05-11:05am BODY PUMP Studio 2, Suzanne	9:15-10:15am WERQ Studio 1, Lisa	10:05-11:05am BODY PUMP Studio 2, Suzanne			
10:05-11:05am BODY COMBAT Studio 2, Suzanne	10:30-11:30am SILVER SNEAKERS Gym 3, Judy	10:05-11:05am FULL BODY CONDITIONING Studio 2, Agnes	10:30-11:30am SILVER SNEAKERS Gym 3, Judy			
10:30-11:30am FUNCTIONAL FITNESS Gym 3, Laura	11:35am-12:05pm CHAIR YOGA Gym 3, Judy	10:30-11:30am FUNCTIONAL FITNESS Gym 3, Laura/Lisa	11:35am-12:05pm CHAIR YOGA Gym 3, Judy			
10:30-11:30am ZUMBA GOLD Studio 1, Nori		10:30-11:30am ZUMBA GOLD Studio 1, Nori				
4:30-5:30pm BODY PUMP Studio 2, KayAnn		4:15-5:15pm BODY PUMP Studio 2, KayAnn				Check the Y Universal App for up to date class information
5-6pm SMALL GROUP TRAINING \$ PT Room, Jarolyn						Highlighted = new class or new time/location
5:30-6:15pm CARDIO & CORE Studio 1, Michelle	5:30-6:30pm BODY PUMP & COMBAT EXPRESS Studio 2, Erin K	5:30-6:30pm BALANCE & FLEX Studio 2, Terry	5:30-6:15pm CARDIO & CORE Studio 1, Michelle			
5:45-6:45pm YOGA Studio 2, Ying		5:45-6:45pm BOOTCAMP Studio 1, Ying	6-7pm Body Pump Studio 2, Erin C			
		6:45-7:45pm BODY COMBAT Studio 2, Erin K				
7-8pm ZUMBA Studio 2, Ying		7-8pm YOGA Studio 1, Ying				

Please arrive 5 minutes prior to class to allow time for set up

GROUP EXERCISE CLASS DESCRIPTIONS

STRENGTH & TONING CLASSES

LES MILLS BODY PUMP: This class will sculpt tone and strengthen your entire body! Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. You'll burn fat, gain strength and quickly produce lean body muscle conditioning.

PILATES REFORMER: Pilates Reformer provides varying degrees of resistance and stability to promote length, strength, flexibility, and balance. Suitable for all fitness levels, no experience necessary. This is a paid class. See front desk for details. \$\$Premium class requiring additional fee.

TRX SUSPENSION TRAINING: This class takes your workout to a whole new level utilizing the TRX suspension system trainer along with additional tools. You will build body strength and cardiovascular endurance while increasing flexibility and challenging your core all at the same time. All fitness levels welcome! \$\$Premium class requiring additional fee.

CARDIO & STRENGTH CLASSES

Body Pump & Combat Express: Get the best of both worlds with this amazing class that starts with an energetic barbell workout followed by a high-energy martial arts-inspired workout. You'll burn calories, gain strength, and quickly tone those muscles!

CARDIO & CORE: Cardio & Core class will give you the best of both worlds, giving you a great cardio workout plus work your important core muscles. The class format is in blocks alternating between cardio blocks and core blocks.

FULL BODY CONDITIONING: Get it all when you join us for this spectacular blend of cardio and strength training. Class will consist of a full body strength workout along with cardio intervals and finish with core work and stretching. All fitness levels welcome in this class.

TOTAL BODY+: An awesome 75 minutes of exercise that will consist of a 10-minute warm up, an incredible 60 minutes of cardio and strength moves, ending with an important 5-minute cool down/stretch. Intermediate levels or above

SMALL GROUP TRAINING: offers the intensity of Personal Training with the camaraderie of a small group of 3-6 people to help keep you motivated. Get the benefits of personal training at a fraction of the cost. This is a paid class. See front desk for details. \$\$Premium class requiring additional fee.

CARDIO & SCULPT: Cardio & Sculpt includes a combination of cardio exercises along with muscle strengthening exercises by utilizing hand weights, body weight, and a Step to help sculpt & tone your muscles for a fun, calorie burning workout! The class is suitable for all levels.

STONE & TIGHTEN: will transform your body into an entirely new fitness level! Challenge your body in this fun class combining cardio and weights to improve overall fitness! All fitness levels welcome!

BOOTCAMP: A mix of low and high intensity training using a variety of cardio and weighted exercises. This delivers a calorie drenching workout and boosts your metabolism to burn calories after class. All fitness levels are welcome in this class.

CARDIO CLASSES

CYCLE: Indoor cycling class geared to improve overall fitness while increasing performance with focus on endurance, strength, interval and all terrain training.

Les Mills BODY COMBAT: A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

MOSSA CARDIO STEP TOGETHER: A one-hour, results-driven cardio workout that uses The STEP as its primary training tool. Simple athletic movements, plyometrics, and balance, lateral, and quickness drills are set to exciting energetic music. An adjustable step height enables you to determine the intensity that is just right for you.

WERQ: WERQ is the wildly addictive cardio dance workout based on trending pop and hip-hop music. The mission is to create a judgement-free dance space built on good vibes, a great sweat, and a supportive community.

ZUMBA: Zumba is a fun aerobic fitness class in which dance to different kinds of lively tunes by mixing low and high intensity moves for a fun calorie burning workout!

MIND & BODY CLASSES

MOSSA BALANCE & FLEX TOGETHER: A perfect way to improve balance, mobility, flexibility, and strength. It puts back all that we take out and really centers your energy.

MAT PILATES: Pilates continues to be one of the most popular forms of exercise. Use just your body weight to increase core strength, improve overall muscle tone, flexibility, improve posture, and increase lung capacity. This low impact exercise burns calories and sheds fat. All fitness levels.

YOGA: A great complement to any fitness routine as it promotes relaxation, increases strength and improves flexibility.

SENIOR CLASSES

FUNCTIONAL FITNESS: Have fun and move to the music through exercises designed to increase muscular strength, range of movement and activities for daily living.

SILVER SNEAKERS and ACTIVE OLDER ADULT: Build endurance for daily living through exercises designed to increase range of motion and strength. This class is adaptable to all fitness levels and will use hand weights, resistance tubing, and rubber balls. A chair is used for seated exercises and support.

CHAIR YOGA: Is a gentle form of yoga that can be done while sitting in a chair or standing using a chair for support. Chair yoga will improve your flexibility, concentration and strength, while boosting your mood, and reducing stress and joint strain.

ZUMBA GOLD: Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance.

AQUATIC CLASSES

AQUATIC H.I.I.T.: incorporates specialized movement to enhance the full use of water's natural resistance and buoyancy. This popular workout offers high-intensity interval training (HIIT) that is low impacts on the joints. These sessions will work core, balance, strength, and flexibility. This class takes place in the deep end of our lap pool. Float belts are recommended but not required. They are available for use in the lap pool.

AQUA HYDROTONE: This multi-level workout is easy on the joints while providing the benefits of a light-to-mid intensity cardiovascular water workout in the deep end of our lap pool. The class is divided in three sections - focusing on your arms, lower body and finally core. Aqua Tone includes some strength exercises using water weights for a total body workout. Float belts are recommended but not required. Belts are available on the pool deck. For those participants not comfortable in deep water, please let the instructor know so modifications can be made for shallow water.

ARTHRITIS WATER FITNESS: Get a great stretch & incorporate movements used in daily living with our Arthritis Water Fitness Class! This class uses a variety of stretches and movements to help loosen your muscles & joints and relieve pain. Class in the Family Pool