



the power of **PLAY**

# FOGLIA YMCA Group Exercise Schedule

## Summer 2024

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY  | SUNDAY   |
|--|--|--|---|--|---|--|
| 5:30-6:30am<br><b>LES MILLS BODYPUMP™</b><br>Main Studio<br>Audrey   | 5:30-6:30am<br><b>LES MILLS BODYPUMP™</b><br>Main Studio<br>Meredith | 5:00-6:00am<br><b>TABATA</b><br>PT Studio<br>Jeff                    | 5:30-6:30am<br><b>FULL BODY CONDITIONING</b><br>Main Studio<br>Meredith | 5:15-6:00am<br><b>LES MILLS GRIT™ / CORE</b><br>Main Studio<br>Jen | 8:00-8:45am<br><b>LES MILLS BODYPUMP™</b><br>Main Studio<br>Vivian    | 9:00-10:00am<br><b>YOGA</b><br>SMB Studio<br>Atha / Maggie / Jennifer          |
| 6:45-7:15am<br><b>LES MILLS CORE™</b><br>Main Studio<br>Audrey       | 7:15-8:00am<br><b>CORE &amp; MORE</b><br>Main Studio<br>Alex         | 7:15-8:00am<br><b>FULL BODY STRENGTH</b><br>Main Studio<br>Alex      | 7:15-8:15am<br><b>LES MILLS BODYPUMP™</b><br>Main Studio<br>Erin        | 7:00-8:00am<br><b>TABATA</b><br>PT Studio<br>Jeff                  | 8:00-9:00am<br><b>YINYASA YOGA</b><br>SMB Studio<br>Steve             | 8:30-9:30am<br><b>STEP</b><br>Main Studio<br>Amoret                            |
| 7:20-7:50am<br><b>CARDIO EXPRESS</b><br>Main Studio<br>Amoret        | 8:10-9:10am<br><b>LES MILLS BODYCOMBAT™</b><br>Main Studio<br>Amoret | 7:15-8:15am<br><b>YOGA</b><br>SMB Studio<br>Rachel                   | 8:00-9:00am<br><b>YOGA</b><br>SMB Studio<br>Rachel                      | 7:15-8:15am<br><b>YOGA</b><br>SMB Studio<br>Atha                   | 8:15-9:15am<br><b>CYCLE</b><br>Cycle Studio<br>Daphne                 | 9:35-10:20am<br><b>BODY COND / BODY PUMP</b><br>Main Studio<br>Amoret / Audrey |
| 7:15-8:15am<br><b>YOGA</b><br>SMB Studio<br>Rachel                   | 9:15-10:00am<br><b>CHAIR YOGA / ARTHRITIS</b><br>SMB Studio<br>Atha  | 8:30-9:15am<br><b>FULL BODY STRENGTH</b><br>Main Studio<br>Alex      | 8:30-9:00am<br><b>CYCLE EXPRESS</b><br>Cycle Studio<br>Alex             | 8:30-9:30am<br><b>TABATA</b><br>PT Studio<br>Jeff                  | 9:00-10:00am<br><b>LES MILLS BODYCOMBAT™</b><br>Main Studio<br>Vivian | 10:30-11:30am<br><b>ZUMBA™</b><br>Main Studio<br>Vivian / Kortnee              |
| 8:15-8:45am<br><b>CYCLE EXPRESS</b><br>Cycle Studio<br>Alex          | 9:15-10:00am<br><b>CORE &amp; MORE</b><br>Main Studio<br>Lauren      | 9:15-10:15am<br><b>MAT PILATES</b><br>SMB Studio<br>Kortnee          | 9:15-10:15am<br><b>DYNAMIC STRENGTH</b><br>Main Studio<br>Heidi         | 8:30-9:00am<br><b>STRETCH &amp; FLOW</b><br>SMB Studio<br>Lauren   | 10:00-11:00am<br><b>BARRE</b><br>Main Studio<br>Lauren / Julie        |  |
| 9:00-10:00am<br><b>LES MILLS BODYPUMP™</b><br>Main Studio<br>Alex    | 10:15-11:15pm<br><b>BARRE</b><br>Main Studio<br>Julie                | 9:30-10:15am<br><b>DYNAMIC STRENGTH LITE</b><br>Main Studio<br>Heidi | 9:15-10:15am<br><b>BARRE</b><br>SMB Studio<br>Lauren                    | 9:00-10:00am<br><b>LES MILLS BODYPUMP™</b><br>Main Studio<br>Alex  | 10:45-11:30am<br><b>NEW! SILVER SNEAKERS™</b><br>Atha<br>SMB Studio   |  |
| 9:00-10:00am<br><b>TABATA</b><br>PT Studio<br>Jeff                   | 10:30-11:30am<br><b>YOGA</b><br>SMB Studio<br>Steve                  | 9:30-10:30am<br><b>TABATA</b><br>PT Studio<br>Jeff                   | 10:30-11:30am<br><b>YOGA</b><br>SMB Studio<br>Steve                     | 9:15-10:00am<br><b>CHAIR ARTHRITIS</b><br>SMB Studio<br>Lauren     |   |  |
| 9:15-10:00am<br><b>CHAIR ARTHRITIS</b><br>SMB Studio<br>Lauren       | 11:45-12:30pm<br><b>NEW! SILVER SNEAKERS™</b><br>Atha<br>SMB Studio  | 10:30-11:30am<br><b>ZUMBA GOLD™</b><br>Main Studio<br>Kortnee        |   | 10:15-11:00am<br><b>LOW IMPACT TRAINING</b><br>Main Studio<br>Alex |   |  |
| 10:15-11:00am<br><b>LOW IMPACT TRAINING</b><br>Main Studio<br>Lauren |  | 12:00-1:00pm<br><b>LUNCHTIME POWER YOGA</b><br>SMB Studio<br>Maggie  |   |  |   |  |
|  |  | <b>EVENING CLASSES</b>   |   |  |   |  |
| 5:30-6:30pm<br><b>LES MILLS BODYPUMP™</b><br>Main Studio<br>Erin     | 5:00-6:00pm<br><b>FULL BODY STRENGTH</b><br>Main Studio<br>Maribeth  | 5:30-6:30pm<br><b>YOGA</b><br>SMB Studio<br>Atha                     | 5:15-6:00pm<br><b>TABATA</b><br>PT Studio<br>Jen                        | 6:30-7:30pm<br><b>RESTORATIVE YOGA</b><br>SMB Studio<br>Steve      |   |  |
| 7:30-8:30pm<br><b>YOGA</b><br>SMB Studio<br>Atha                     | 6:00-7:00pm<br><b>BARRE</b><br>Main Studio<br>Maribeth               | 5:45-6:15pm<br><b>LES M SPRINT™</b><br>Cycle Studio<br>Audrey        | 6:00-7:00pm<br><b>YOGA</b><br>SMB Studio<br>Bill                        |  |   |  |
|  | 6:00-7:00pm<br><b>YOGA</b><br>SMB Studio<br>Bill                     | 6:30-7:30pm<br><b>BODYPUMP™</b><br>Main Studio<br>Audrey             | 6:00-7:00pm<br><b>ZUMBA™</b><br>Main Studio<br>Vivian                   |  |   |  |
|  | 7:00-8:00pm<br><b>ZUMBA™</b><br>Main Studio<br>Vivian                |  |   |  |   |  |

Online Reservation Required: [fogliaymca.org](http://fogliaymca.org)

Check our website or app for the most current information on substitutions & cancellations

# GROUP EXERCISE CLASS DESCRIPTIONS

## CARDIO CLASSES

**CARDIO EXPRESS:** Combination of high impact cardio and intervals for a fun cardio vascular endurance workout \*\*\*

**CYCLE/CYCLE EXPRESS:** This class delivers an experience at a self-directed pace. Indoor cycling bikes offer the feel of an outdoor bike - multiple levels of adjustments help to fit every rider. All fitness levels are welcome! \*\*

**GRIT™ (LES MILLS) / CORE:** A 30-minute cardio interval workout designed to improve muscular endurance, strength & power is followed by a 15-minute Core class. It will motivate you with inspiring & powerful music to help you go harder and get stronger, faster! \*\*\*

**LES MILLS SPRINT™:** High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. \*\*\*

**ZUMBA™:** Be prepared to move to hypnotic Latin and international rhythms. You will enjoy this awe-inspiring, muscle-pumping, caloric-burning blast as you lose yourself in the music and find yourself in shape. No experience required! \*\*

## STRENGTH CLASSES

**BARRE/BARRE EXPRESS:** A combination of ballet-inspired moves with elements of Pilates, dance, yoga, and strength training. These movements focus on high reps, challenging muscles that help you stabilize your body, helping you to move more freely! \*\*

**BODYPUMP™ (LES MILLS):** The original barbell class, will sculpt, tone, and strengthen your entire body, fast! THE REP EFFECT™ focuses on low weight and high repetition, helping you to torch fat and gain strength and quickly! \*\*

**CORE & MORE:** This standing and floor class enhance your core strength, stability, and flexibility. Focusing on your abs, lower back, and glutes with a variety of exercises; helping to prevent injuries, so you can move faster & play harder! \*\*

**LES MILLS CORE™:** A scientific core workout that tones your core muscles, improves balance, and prevents injury. It uses resistance tubes, weight plates, and bodyweight exercises to challenge you at your own level and guide you with correct technique. \*\*

**FULL BODY STRENGTH:** Challenge your whole body in every possible way, utilizing a variety of equipment. This simple, easy to follow strength workout increases your lean body mass while reducing your body fat! \*\*

**MAT PILATES:** Low impact, Mat Pilates exercises help to strengthen muscles while improving your overall posture and flexibility. \*

## CARDIO & STRENGTH CLASSES

**BODY COMBAT™ (LES MILLS):** Is a high intensity class that lets you punch and kick your way towards your fitness goals. Incorporating Mixed Martial Arts, unleashing newfound confidence, while releasing stress and improving coordination. \*\*\*

**DYNAMIC STRENGTH:** This class incorporates functional strength and higher impact cardio segments utilizing dumbbells, body bars, and bands for a total body workout. \*\*

**DYNAMIC STRENGTH LITE:** Is a total body workout incorporating low impact and joint friendly strength and cardio exercises, utilizing dumbbells, body bars, and bands. \*

**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 muscle workout along with cardio intervals and finish with core work and stretching. \*\*\*

**STEP:** This class utilizes a 4-inch to 12-inch raised platform with choreographed routines for maximum cardio vascular endurance training and strengthens quads and glutes all while having fun. \*\*\*

**TABATA:** Is a type of HIIT workout incorporating short bursts of a variety of exercises with small breaks in between. Get the most out of your workout and push yourself like you never have before while building confidence with Tabata! All fitness levels are welcome. \*\*\*

## MIND & BODY CLASSES

**LUNCHTIME POWER YOGA:** Guides you through energetic and quick flowing sequences, with a dynamic mix of postures; allowing you to release stress, while improving strength and flexibility. All levels welcome. Modifications for limitations available \*

**STRETCH & FLOW:** Active recovery focusing on flowing through a variety of stretches that will help you enter the weekend feeling less sore

**YOGA:** This class links the movement of the body to the movement of the breath with dynamic and flowing movements. Leading you through a balanced series of postures to strengthen and build flexibility, promoting physical stamina and performance, leaving you feeling a deep inner sense of relaxation. This class is suitable for all fitness levels. No experience required! \*

**YINYASA YOGA:** This class is a hybrid of yang, active yoga, with yin, passive yoga. Beginning with a flow of gentle, fundamental yoga postures, helping you build strength and warmth while relieving stress and tension by connecting breath with mindful movements. Transforming you into your healthiest, strongest, and most confident self! \*

## ART OF AGING CLASSES

**CHAIR ARTHRITIS:** The Arthritis Foundation Exercise Program (AFEP) is designed for individuals with arthritis, related rheumatic disease, or musculoskeletal conditions and will focus on range of motion, strength and endurance. The class is designed to be taken while sitting in a chair or standing beside a chair for added support. \*

**LOW IMPACT TRAINING:** This class begins with a light warm up, leading to a variety of low impact strength and cardio exercises, ending with a cool down of gentle stretching, making you feel better than when you walked in! \*\*

**SILVER SNEAKERS™:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance and a chair is used for seated and/or standing support. \*

**ZUMBA GOLD™:** This lower impact Zumba™ class is designed for people seeking a fun atmosphere to break a sweat in. Dance to music of all kinds, feeling your stress melt away. No experience required! \*

\* Low Intensity/Senior Friendly | \*\* Intermediate Intensity | \*\*\* High Intensity    \$\$ Paid Class

For additional information or questions, call 847-438-5300.