



the power of **PLAY**

FOGLIA YMCA Group Exercise Schedule

LAND September – December Updated 11/14/23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:00am CYCLE EXPRESS Cycle Studio Audrey	5:30-6:30am BODYPUMP™ Main Studio Meredith	5:15-5:45am TABATA EXPRESS™ PT Studio / Jeff	5:30-6:30am FULL BODY CONDITIONING Main / Meredith	7:00-8:00am CYCLE Cycle Studio Daphne	8:00-8:45am FULL BODY CONDITIONING Main Studio / Vivian	8:00-9:00am YOGA SMB Studio Steve
6:05-6:35am CORE EXPRESS Main Studio Audrey	7:00-7:30am CYCLE EXPRESS Cycle Studio / Alex	7:00-8:00am FULL BODY CONDITIONING Main Studio / Alex	7:15-8:15am BODYPUMP™ Main Studio Erin	7:15-8:15am YOGA SMB Studio Rachel	8:00-9:15am POWERFLOW YOGA SMB Studio / Steve	8:30-9:30am STEP Main Studio Amoret
7:00-8:00am FULL BODY CONDITIONING Main Studio Amoret	7:45-8:15am CORE EXPRESS Main Studio Alex	7:15-8:15am YOGA SMB Studio Rachel	8:30-9:00am CYCLE EXPRESS Cycle Studio Alex	8:20-9:05am CHAIR ARTHRITIS SMB Studio Lauren	8:15-9:15am CYCLE Cycle Studio Daphne	9:35-10:20am FULL BODY CONDITIONING Main Studio Amoret
7:15-8:15am YOGA SMB Studio Rachel	9:15-10:00am CORE & MORE Main Studio Lauren	8:30-9:15am FULL BODY STRENGTH Main Studio Alex	9:15-10:15pm DYNAMIC STRENGTH Main Studio Heidi	8:30-9:30am TABATA™ PT Studio Jeff	9:00-10:00am BODYCOMBAT™ Main Studio Vivian	10:30-11:30am ZUMBA™ Main Studio Vivian
8:20-9:05am CHAIR ARTHRITIS SMB Studio Lauren	10:30-11:30am YOGA Main Studio Steve	8:00-9:00am CYCLE Cycle Studio Daphne	9:15-10:15am BARRE SMB Studio Lauren	9:00-10:00am BODYPUMP™ Main Studio Alex	9:30-10:30am BARRE SMB Studio Lauren/Rachel	
8:15-8:45am CYCLE EXPRESS Cycle Studio Alex		9:15-10:15am MAT PILATES SMB Studio Kourtnee	10:30-11:30am YOGA Main Studio Steve	9:15-10:00am CORE STRETCH & FLOW SMB Studio Lauren		
9:00-10:00am BODYPUMP™ Main Studio Alex		9:30-10:15am DYNAMIC STRENGTH LITE Main Studio Heidi		10:15-11:00am LOW IMPACT TRAINING Main Studio Alex		
9:15-10:00am BARRE EXPRESS SMB Studio Lauren		9:30-10:30am TABATA™ PT Studio Jeff				
9:00-10:00am TABATA™ PT Studio Jeff		10:30-11:30am ZUMBA GOLD™ Main Studio Kourtnee				
10:15-11:15am LOW IMPACT TRAINING Main Studio Lauren		12:00-1:00pm LUNCHTIME POWER YOGA Main Studio Maggie				
5:00-5:30pm GRIT CARDIO™ Main Studio Jennifer	5:00-6:00pm FULL BODY STRENGTH Main Studio Meribeth	5:30-6:30pm BODYCOMBAT™ Main Studio Amoret	6:00-7:00pm ZUMBA™ Main Studio Vivian			
5:35-6:35pm BODYPUMP™ Main Studio Erin	6:00-7:00pm BARRE Main Studio Maribeth	6:35-7:35pm BODYPUMP™ Main Studio Audrey	6:00-7:00pm YOGA SMB Studio Bill			
6:40-7:40pm BODYCOMBAT™ Main Studio Amoret/Vivian	6:00-7:00pm YOGA SMB Studio Bill					
7:30-8:30pm YOGA SMB Studio Atha						

Online Reservation Required: fogliaymca.org

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

GROUP EXERCISE CLASS DESCRIPTIONS

CARDIO CLASSES

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! **

WERQ™: WERQ™ is the wildly addictive cardio dance class, based on the hottest pop and hip-hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps, so you get the best sweat and have fun! No experience required! **

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! **

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! *

LES MILLS GRIT CARDIO™: Is a 30-minute cardio interval workout designed to improve muscular endurance, strength & power. It will motivate you with inspiring & powerful music to help you go harder and get stronger, faster! ***

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! *

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! **

LES MILLS BODYPUMP™: 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! **

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

CORE EXPRESS/CORE & MORE/CORE & STRETCH: These classes 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! **

CARDIO & STRENGTH CLASSES

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. *

LES MILLS BODY COMBAT™: 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. ***

STEP: This class utilizes a 4-inch to 12-inch raised platform. Step up, around, and down in different patterns to boost your heart rate and strengthen your muscles. Making you feel like everyday activities are easier to perform! **

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. Modifications for limitations available. **

TABATA EXPRESS™: Is a type of HIIT, a bit more intense than our original Tabata class. It still incorporates short bursts of exercise, just smaller breaks in between! Get the most out of your workout and push yourself like you never have before while building confidence with Tabata! Intermediate-advanced levels are welcome. Modifications for limitations available. ***

MIND & BODY CLASSES

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! *

YIINYASA 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! *

POWERFLOW 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 *

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! *

* Low Intensity/Senior Friendly | ** Intermediate Intensity | *** High Intensity