



the power of **PLAY**

FOGLIA YMCA Group Exercise Schedule - Land

August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:00am SWEAT & SCULPT Main Studio Amoret	5:30-6:30am BODYPUMP™ Main Studio Audrey	5:15-6:15am SWEAT & SCULPT PT Studio Jen	5:30-6:30am FULL BODY CONDITIONING Main Studio Meredith	5:15-6:15am FULL BODY CONDITIONING Main Studio Jen	8:00-8:45am BODYPUMP™ Main Studio Vivian	8:30-9:15am FULL BODY STRENGTH Main Studio Vivian
8:00-9:00pm YOGA SMB Studio Maggie	7:15-8:00am CORE & MORE Main Studio Terri	7:15-8:00am CARDIO DRUMMING Main Studio Pat	7:15-8:15am BODYPUMP™ Main Studio Erin	7:00-8:00am STEP Main Studio Amoret	8:00-9:00am VINYASA YOGA SMB Studio Steve	9:30-10:15am CARDIO DRUMMING Main Studio Sarah
8:15-9:00am CYCLE Cycle Studio Michele O	8:00-9:00am MAT PILATES SMB Studio Laura C	7:15-8:15am YOGA SMB Studio Rachel	8:00-9:00am QIGONG & MEDITATION SMB Studio Amanda	8:00-9:00am YOGA SMB Studio Jennifer	8:15-9:15am CYCLE Cycle Studio Colleen	10:30-11:30am ZUMBA™ Main Studio Julie / Vivian / Kristy
9:00-10:00am BODYPUMP™ Main Studio Erin	8:15-9:15am BODYCOMBAT™ Main Studio Amoret	8:15-9:00am CYCLE Cycle Studio Michele O	9:15-10:15am DYNAMIC STRENGTH Main Studio Heidi	8:15-9:15am TABATA PT Studio Michelle C	9:00-10:00am BODYCOMBAT™ Main Studio Vivian	
9:00-10:00am TABATA PT Studio Jarolyn	9:15-10:00am CHAIR YOGA SMB Studio Debbie / Tammy	8:15-9:15am BARRE FUSION Main Terri	9:15-10:15am BARRE SMB Studio Melissa	9:00-10:00am BODYPUMP™ Main Studio Terri	9:30-10:30am VINYASA YOGA SMB Studio Steve	
9:15-10:00am CHAIR ARTHRITIS SMB Stud/Michele O	9:30-10:15am CARDIO DRUMMING Main Studio Pat	9:15-10:15am MAT PILATES SMB Studio Rachel / Kortnee	10:30-11:30am HATHA YOGA Main Studio Bill	9:15-10:00am CHAIR ARTHRITIS SMB Studio Michelle C	10:15-11:15am BARRE Main Studio Julie	
10:15-11:00am LOW IMPACT STRENGTH Main Studio /Amoret	10:30-11:30am HATHA YOGA Main Studio Bill	9:30-10:15am DYNAMIC STRENGTH LITE Main Studio Heidi		10:15-11:00am DRUMS & STRENGTH Main Studio Amoret	10:45-11:30am SILVER SNEAKERS™ SMB Studio Atha / Michelle C	
11:10-11:55am CARDIO DRUMMING Main Studio /Sarah	11:45-12:30pm SILVER SNEAKERS™ SMB / Michele O	9:30-10:30am TABATA PT Studio Michele O				
		10:30-11:30am ZUMBA™ Main Studio Alex				
		12:00-1:00pm LUNCHTIME POWER YOGA SMB Studio / Maggie				
		EVENING	CLASSES			
5:30-6:30pm BODYPUMP™ Main Studio Erin	5:00-6:00pm FULL BODY STRENGTH Main Stud/Maribeth	5:00-5:45pm SWEAT & SCULPT Main Studio / Megan	5:00-5:45pm FULL BODY CONDITIONING Main Studio / Jen	6:30-7:30pm RESTORATIVE YOGA Main Studio / Steve		
7:30-8:30pm YOGA SMB Studio / Atha	6:00-7:00pm BARRE Main Studio Maribeth	6:00-6:45pm BODYPUMP™ Main Studio Audrey	6:00-6:45pm BARRE SMB Studio Megan			
	6:30-7:30pm QIGONG & MEDITATION SMB Studio/Amanda	6:00-7:00pm YOGA SMB Studio Debbie	6:15-7:15pm ZUMBA™ Main Studio Julie			
	7:00-8:00pm ZUMBA Main Studio / Vivian					

Changes to Schedule:

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

GROUP EXERCISE CLASS DESCRIPTIONS

CARDIO CLASSES

BODY COMBAT™ (LES MILLS): 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. ***

CARDIO DRUMMING: A full body workout that combines drumming, rhythm, and music. Participants use drumsticks to hit an exercise ball placed on risers. It's a low to high impact exercise that's suitable for all ages and fitness levels, bringing out the inner child in you **

CARDIO EXPRESS: This fun cardio vascular endurance workout is designed to get your heart rate in the training zone. Each weekly class rotates between Tabata, Body Combat, 30 exercises-in-30 minutes and Cardio Drumming ***

CARDIO HIIT: High Intensity Interval Training alternates between short bursts of intense exercise and brief recovery periods ***

CYCLE: 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! **

STEP: This class utilizes a 4-12" raised platform with choreographed routines for maximum cardio vascular endurance training ***

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: 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! **

BARRE FUSION: This is a full body, low impact workout blending elements of ballet, Pilates, yoga, and cardio. Isometric movements with high repetitions build lean muscle, increase and improve balance, posture, core strength, and flexibility. **

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 enhances 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! **

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! **

LOW IMPACT STRENGTH: Geared towards a lighter variety of upper and lower body strength exercises. **

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

CARDIO & STRENGTH CLASSES

DRUMS & STRENGTH: This class will work the entire body! Class will begin with 4 songs of Cardio Drumming to work the cardiovascular system followed by 30 minutes of muscle toning exercises. It ends with gentle stretching for an all over workout! **

DYNAMIC STRENGTH: This class incorporates functional strength and higher impact cardio segments for a total body workout. **

DYNAMIC STRENGTH LITE: Is a total body workout incorporating low impact and joint friendly strength and cardio exercises *

FULL BODY STRENGTH / 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. ***

SWEAT & SCULPT: Get the best of both cardio & strength in one workout! Workouts vary to keep you on your toes! **

TABATA: A type of HIIT (Hi Intensity Interval) workout with short bursts of a variety of exercises with small breaks in between. ***

MIND & BODY CLASSES

CHAIR YOGA: This gentle form of yoga is practiced while seated on a chair or using a chair for support during standing poses *

HATHA YOGA: This active sun/moon yoga uses physical postures and breathing to focus on strengthening, relation and flexibility**

LUNCHTIME POWER YOGA: This class uses 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 ***

QIGONG & MEDITATION: Qigong is a system of coordinated body-posture, slow movement, breathing, and meditation. The focus is on simple, practical techniques that support stress reduction and recovery. *

RESTORATIVE YOGA: This is a practice that helps promote deep relaxation of the body and mind. Postures are done in a supported manner to minimize strain and maximize opening of your muscles and your spirit. No experience required! *

VINYASA 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. *

YOGA: This class links the movement of the body to the movement of the breath with dynamic and flowing movements. You will be led through a balanced series of postures to strengthen and build flexibility, promoting physical stamina and performance *

ART OF AGING CLASSES

CHAIR ARTHRITIS: The Arthritis Foundation Exercise Program (AFEP) is designed for individuals with arthritis, rheumatic disease, or musculoskeletal conditions and focuses on range of motion, strength & endurance. The class is designed to be taken while sitting in a chair

SILVER SNEAKERS™: This class moves through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. 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