



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Thanksgiving Group Exercise Schedule

Effective November 19th - 25th



Monday				
Time	Class / Format	Loc	Inst	
5:15-6:00a	Spinning™	CY	Cycle	Jane / Kristi
7:00-8:00a	Yo-lates	MB	St 1	Debbie
8:05-9:05a	Fit Fusion Minute Monday	CS	St 2	Kim
8:00-8:55a	Deep Water Exercise	C	Pool	Kim G
9:15-10:15a	Spinning™ #	CY	Cycle	Debbie
9:15-10:15a	Cardio-Strength Combo	C	St 2	Victoria
9:15-10:15a	BODYPUMP™#	ST	St 1	Maribel
9:30-10:30a	Full Body Conditioning	CS	Gym	Kim
10:20-11:20a	Mat Pilates	MB	St 2	Debbie
11:10-11:45a	Zumba® (AOA)	C	St 1	Deepti
11:45a-12:30p	SilverSneakers® #		St 2	Jessica
pick up number at Front Desk to reserve spot				
11:50a-12:35p	Senior Strength (AOA)		St 1	Deepti
5:30-6:25p	BODYATTACK™	CS	St 2	Maribel
6:30-7:25p	Zumba®	C	St 2	Victoria
7:30-8:25p	BODYJAM™	C	St 2	Maribel
7:30-8:25p	Restorative Yoga	MB	St 1	Meenakshi

Tuesday				
Time	Class / Format	Loc	Inst	
5:15-6:15a	Strength Foundations	ST	St 1	Debbie
7:00-7:55a	Shallow Water Ex	C	Pool	Gail
7:30-8:00a	Spinning™	CY	Cycle	Sherry
8:05-9:05a	Flow Yoga	MB	St 1	Meenakshi
8:05-9:05a	Full Body Strength	ST	St 2	Jane
9:15-10:15a	Running Club		Lobby	Caroline
9:15-10:15a	Zumba®	C	St 2	Victoria
9:15-10:15a	Cycle/Strength #	CY	Cycle	Jane
10:20-11:20a	Vinyasa Flow Yoga	MB	St 2	Debbie
11:30-12:15p	Silver Splash	C	Pool	Kim G
6:30-7:25p	Zumba®	C	St 2	Kavitha
6:30-7:30p	BODYPUMP™ #	ST	St 1	Maribel
7:30-8:30p	Y Fit Family Yoga	MB	St 2	Meenakshi

Wednesday				
Time	Class / Format	Loc	Inst	
5:15-6:15a	Cycle/Strength or Yochi		St 2/Cycle	Jane/Sherry
7:00-8:00a	Mat Pilates	MB	St 1	Neelam
8:00-8:55a	H2O Interval	C	Pool	Sandy
9:00-9:25a	Core Express		St1	Suzuka
9:30-10:15a	Spinning™	CY	Cycle	Jane
9:30-10:30a	Extreme Strength #	ST	St 1	Suzuka
9:30-10:30a	Step Circuit	CS	St 2	Lynne
10:35-11:25a	Yoga	MB	St 1	Saba
11:45a-12:30p	SilverSneakers® #		St 2	Amy
pick up number at Front Desk to reserve spot				
7:00-8:00p	BODYJAM™	C	St 2	Maribel

Thursday

HAPPY THANKSGIVING

Y is CLOSED

Friday				
Time	Class / Format	Loc	Inst	
8:00 - 9:40a	30/30/30 Burn Bird		Cycle / Gym	Jane
8:30-9:30a	Water Ex	C	Pool	TBD
9:15-10:30a	Spinning™ 75 min	CY	Cycle	Tammy

SATURDAY				
Time	Class / Format	Loc	Inst	
8:00-9:00a	Cycle Strength	CY	Cycle	Jane
8:30-9:30a	Mat Pilates	MB	St 1	Sampada
9:15-10:15a	BODYJAM™	C	St 2	Lynn

SUNDAY				
Time	Class / Format	Loc	Inst	
10-11:30a	DANCE A THON	C	St 2	Multiple
12:30-1:30p	BODYPUMP™ #	ST	St 1	Maribel
1:45-2:30p	Spinning™ #	C	Cycle	Jessica
2:35-3:00p	Ab Express		St 2	Jessica



LEGEND
\$ = Premium class requires registration and additional payment.
= a number may be required. Please check at the membership desk
St1 = Studio 1 -
St2 = Studio 2 Southeast Corner ("The Big Studio")
C = Cardio Classes
ST = Strength and Toning Classes
MB = Mind/Body Classes
CS = Cardio/Strength Combination Classes
CY = Cycling Classes
🏠 = family friendly class

CLASS PROTOCOL
Classes that require set up with not allow late entry out of respect for instructor and participants

AGE RESTRICTIONS
Children ages 8-12 are welcome to attend "Family Friendly" with parent or guardian
Parent or guardian must be prepared to assist child when necessary and child must be able to follow the instructor.
Must be 16 or older to participate in any strength, cycle class, or fit fusion class. 13 and older may participate in all other classes..
Children under the age of 8 are never allowed in the studio when class is in session.





CLASS DESCRIPTIONS/FORMATS

C=Cardio Classes

BODYJAM™	BodyJam™: The cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as on breaking a sweat. This class is suitable for all fitness levels and no experience is necessary.
Indoor Cycle	Instructors will lead you through an exhilarating ride designed to improve overall fitness while increasing performance with focus on endurance, strength, interval and all-terrain training. Express classes are a 30 minute version of our regular cycle class. This class is suitable for all fitness levels and no experience is necessary.
Step	Step up your cardio endurance while following along to high energy choreographed moves set to great music. This class is suitable for all fitness levels and no experience is necessary.
Multi-Step	Join the fun with this cardio step class using multiple benches for each participant. Recommended for advanced steppers.
Zumba®	Be prepared to move to hypnotic Latin and international rhythms. You'll enjoy this awe-inspiring, muscle-pumping, caloric-burning blast as you lose yourself and find yourself in shape. This class is suitable for all fitness levels and no experience is necessary. Gold level for beginners and seniors.
Dance/Ballet/Fusion	Dance your way through a great cardio workout enjoying different styles of dance. Recommended for all fitness levels. No partner needed
Line Dancing	This special event class will give you a fun cardio workout while teaching you the basics of line dancing. NO CLASS on 2/12. Class ends on 3/19.
Cardio Kickbox	This high energy class utilizes practical self-defense techniques combined with high and low impact moves to improve cardiovascular endurance. Jab, kick and jump your way through a great workout while burning away calories and stress! This class is suitable for all fitness levels and no experience is necessary.
BODYATTACK™	The sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor!

CS=Cardio/Strength Combination Classes

Power Hour	Challenge your entire body with a full range of resistance and cardio exercises using a variety of equipment.
Step Circuit	Step out of the box with this interval routine incorporating step and muscle conditioning designed to increase your overall strength and endurance. This class is suitable for all fitness levels and no experience is necessary.
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.
Fit Fusion	Combine high intensity cardio intervals with some low intensity metabolism building strength exercises followed by some ab work and stretching and you get a total workout that leaves you feeling energized and accomplished!

ST=Strength and Toning Classes

BODYPUMP™	BODYPUMP®, the original barbell class, will sculpt, tone and strengthen your entire body, fast! Great bodies aren't born, they are transformed, using the proven BODYPUMP® formula: THE REP EFFECT™ a breakthrough in resistance workout training. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning. This is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift & curl.
Extreme Strength	Master the next level in strength training. Challenge your muscles with advanced exercise science techniques and create the body of your dreams. Utilizing "Dynamic Set Training" and muscle confusion principles classes advance to ensure your muscles never adapt and you continue to make strides in strength. This class is for the intermediate to advanced participant.
Strength Foundations	Master the basics "strength training 101". Get stronger while mastering foundational strength training principles and technique. You'll be working your way to a stronger, leaner, more confident you while learning proper form and safety. This class is suitable for all fitness levels and no experience is necessary.
Core Strength	The Core is your foundation and the point at which all movement begins. Sculpt and strengthen your midsection through a series of focused movement techniques as you improve your body's overall functional strength, balance and coordination. The express class is a 30 minute version of the regular Core strength class. Suitable for all fitness levels.
Full Body Strength	Challenge your muscles using hand-held weights and bands in this total-body muscle conditioning class. This simple, easy-to-follow strength workout challenges every major muscle using a variety of equipment. Increase your lean body mass while reducing your body fat in this full body workout. Suitable for all fitness levels and no experience is necessary.
HIIT	(High Intensity Interval Training) Ignite the after burn effect to help your body keep burning calories. Give your max for up to 1-minute intervals during these classes, and you can burn calories and up to 9 times more fat for up to 24 hours

MB=Mind/Body Classes

Yoga Basics	Yoga is a great compliment to any fitness routine as it promotes relaxation, increases strength and improves flexibility. Yoga basics is a great place to start or take if you are recovering from an injury. Use of a chair as an assist is available in the basics class. However, any level can participate in yoga or yoga basics. Express is a 30 minute version.
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