



# NOVEMBER GROUP EXERCISE SCHEDULE LIVE CLASSES CYCLING ROOM

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Live classes may be changed out to Virtual Classes whenever an instructor is not available.

Contact Annette Garrison for any questions, [agarrison.ymca@gmail.com](mailto:agarrison.ymca@gmail.com)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:30 p.m.	CYCLING		CYCLING			
<b>AEROBICS ROOM</b>						
	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
7 a.m. - 7:45 am			YOGA			
8:00 - 8:45 am					YOGA (45 MIN. CLASS)	
9:00 - 10:00 am	YOGA				FORM & FUNCTION 9:00-9:30 am	
10:30-11:15 am	SILVER SNEAKERS CLASSIC	SILVER SNEAKERS Yoga/TaiChi	SILVER SNEAKERS CLASSIC		FORM & FUNCTION 10:30-11:00 am	
12:15 -12:45 pm			LUNCH CRUNCH			
6:30-7:15 pm	GENTLE YOGA RELAX & UNNWIND		GENTLE YOGA RELAX & UNNWIND	YOGA 6:00 pm 45 min		
<b>LES MILLS ROOM</b>						
	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
5:35 -6:35 am			AM Engerizer			
8:00 - 9:00 am	Interval/Circuit		Step n' Sweat	BodyPump	Complete Conditioning	BodyPump 8:35 am
9:00- 10:00 am		Bodyblast		Bodyblast		
9:45 - 10:45 am						ZUMBA!
4:45 - 5:45 pm	BodyPump	TABATA	BodyPump	BodyPump		
5:45-6:45 pm		ZUMBA		ZUMBA		
<b>AQUA AEROBICS (POOL CLASSES)</b>						
	Monday	Tuesday	Wednesday	Thursday	Friday	
7:00 - 8:00 am starts Wed. November 2nd	Aqua Aerobics		Aqua Aerobics			
9:00 - 10:00 am	Arthritis class		Arthritis class		Arthritis class	
5:00 - 6:00 pm	Aqua Aerobics		Aqua Aerobics			

## Class Descriptions

**ARTHRITIS CLASS** - For those with Arthritis or need a low impact workout. All level of fitness welcome!!

**AQUA AEROBICS** - Arthritis or low impact workout. Great workout easy on the joints All levels of fitness welcome.

**AM ENERGIZER** – All over body workout using a variety of equipment and exercise options such as strength training and cardio! Fun, energetic class! All fitness levels.

**BODYBLAST** –Class offers various movements hi/lo impact, step, muscular strength and endurance, tabata and variety of resistance equipment

**COMPLETE CONDITIONING** - Designed to produce total body results that will strengthen cardiovascular system, improve muscular tone and strength.

**CYCLING** – Beginners to Advanced, Indoor Cycling Instructor led classes. Adjust your resistance levels & sprint speeds while you build up your strength!

**FORM & FUNCTION** - Learn proper technique and form to get the best results from the workouts you already do and daily activities.

Gentle Yoga is a combination of postures coordinated with the breath, performed at a gentle pace which allows time to be present in each pose.

**INTERVAL/CIRCUIT** – Interval Circuit training is based on the concept of alternating upper and lower body exercises and the different muscle groups.

More on back!