



GROUP EXERCISE SCHEDULE - YMCA of the Highland Lakes

Effective: 10/30/2024

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	5:45AM		CYCLE Sandra/Cycle Studio		CYCLE Sandra/Cycle Studio		
	8AM	BODYPUMP Pam/Studio	 BODYSTEP Brooke/Studio	BODYSTEP Brooke/Studio	BODYPUMP Brooke/Studio	CORE Brooke/Studio (8:00am)	BODYPUMP Studio (8:15am)
	9AM	Cycle - RPM Pam/ Cycle Studio (9:15am)	BODYPUMP Brooke/Studio CYCLE Pam/Cycle Studio	CORE Brooke/Studio (9:10am)	 BODYSTEP Brooke/Studio (9:05am)	TOTAL SCULPT Kitty/Studio (9:05am)	BODYBALANCE Studio (9:30am)
	10AM	*PILATES Kitty/Studio	TOTAL FITNESS Barbara/Studio	*PILATES Kitty/Studio	BODYBALANCE Dani/Studio (9:45am)	*YOGA Kitty/Studio (10:05am)	
	10:30AM	SIT N' BE FIT Barbara/Gym		SIT N' BE FIT Barbara/Gym		SIT N' BE FIT Sonja/Gym	
	11AM		PILATES Barbara/Studio				
	PM	5:45PM		BODYBALANCE Brooke/Studio	BODYPUMP Pam/Studio	CYCLE Sandra/Cycle Studio	
POOL	9AM	AQUA FITNESS Karen	AQUA FITNESS Shirley	AQUA FITNESS Lou Ann	AQUA FITNESS Karen	AQUA FITNESS Sonja	
	5:30PM	AQUA FITNESS Sandra		AQUA FITNESS Sandra			

ChildWatch Hours

Monday-Friday **Saturday**
7:45-10:45am 8-10:30am
4:30-7pm

All classes included with membership unless noted by "\$."

\$ - Fee-based classes through our Personal Training Department. First class free! See flyers on kiosk for prices.

*Classes available via Zoom

**Sign up for classes via the YMCA CTX app.
See back for Class Descriptions and Zoom information**

*Zoom Information

Monday & Wednesday Pilates 10:05am Meeting ID: 456 665 0081 Passcode: 551331	Friday Total Sculpt 9:05am Meeting ID: 456 665 0081 Passcode: 551331	Friday <u>Yoga</u> 10:05am Meeting ID: 456 665 0081 Passcode: 551331
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Class Descriptions

BODYBALANCE

Ideal for anyone and everyone, BODYBALANCE is a new generation yoga class that incorporates elements of Pilates and Tai Chi. You will improve your mind and your body through a series of calm, strong movements. You can expect to bend, stretch, and build foundational strength that will improve balance while an inspiring soundtrack plays in the background. CORE/FLEXIBILITY

BODYPUMP

Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 430* calories. Instructors will coach you through the scientifically proven moves and techniques, pumping out encouragement, motivation and great music- helping you achieve much more than on your own! Please arrive 10 minutes prior to class to allow for set up. DURATION: 60 minutes STRENGTH

BODYSTEP

Basic stepping, just like walking up and down stairs, is at the heart of BODYSTEP- a full body cardio workout to really tone your butt and thighs. We play invigorating, hit music and inject a whole lot of fun and personality along the way. You can burn up to 620* calories and you'll leave buzzing with satisfaction. DURATION: 45-60 minutes CARDIO

ZUMBA

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often classes exercise in disguise. DURATION: 60 minutes CARDIO

TOTAL SCULPT*

Weight training designed to change your body composition from fat to lean muscle. This 55 minute continuous weight training class focusing on muscle endurance, definition and range of motion. A total body workout that is good for the beginner and the experienced. DURATION: 45 minutes STRENGTH

CYCLE

Indoor cycling class using different levels of resistance to take participants through different terrains and intensities. Check the app to find our "themed rides!" Please arrive 10 minutes prior to class to allow for set up. DURATION: 60 minutes CARDIO

YOGA

This Restorative Class offers participants a chance to explore and refine the basic postures, breathing techniques and mind-body connections of Yoga. It is the perfect class for beginners – intermediate level students, physical therapy patients, and regular practitioners of Yoga. Mats are available however you have an option to bring your own mat. DURATION: 60 minutes CORE/ FLEXIBILITY

PILATES*

This one hour mat class will challenge your "power house"(core) in Standard Pilates format. Connect your breathing to your core; increase your strength, flexibility and range of motion. Mats are available however you have an option to bring your own mat. DURATION: 60 minutes CORE/ FLEXIBILITY

SIT 'N' BE FIT

Chair-based fitness program for individuals at all levels who want to improve endurance, strength, flexibility and balance. Come get fit with us and make friends. DURATION: 60 minutes CORE/ FLEXIBILITY

TOTAL FITNESS

Total fitness incorporates high energy, low impact cardio combined with strength training, core work, and balance using music and fun for motivation. DURATION: 60 minutes CORE/ STRENGTH/CARDIO

AQUA FITNESS

Cardio and strength water fitness class. Water exercise is great for all generations. Water buoyancy allows for less impact on joints, and water drag allows for work to be accomplished in all planes of movement. Class consists of cardio aerobic elements, as well as strength training for upper and lower body and abdominals. Dumbbells, noodles and any other equipment needed is provided. DURATION: 60 minutes CARDIO

CORE

Inspired by elite athletic training principles, LES MILLS CORE is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do. DURATION: 30 minutes CORE

 Denotes 30 minute class

 Denotes 45 minute class

*classes available via zoom