

# WORTHINGTON YMCA

## GROUP EXERCISE SCHEDULE

### Sept. – Dec. 2021



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

#### MONDAY

|         | CLASS                          | INSTRUCTOR | LOCATION          |
|---------|--------------------------------|------------|-------------------|
| 5:40am  | Group Cycling (10)             | Becca      | Multipurpose Room |
| 8:00am  | Aquanastics (R-\$)             | Trista     | Aquatics Center   |
| 9:00am  | Fusion                         | Trista     | Multipurpose Room |
| 10:00am | Silver Sneakers Classic        | Anita      | South Gym         |
| 4:20pm  | Fusion                         | Trista     | Multipurpose Room |
| 5:15pm  | Strength Train Together (R-12) | Trista     | Multipurpose Room |

#### WEDNESDAY

|         |                         |         |                   |
|---------|-------------------------|---------|-------------------|
| 8:00am  | Aquanastics (R-\$)      | Trista  | Aquatics Center   |
| 9:00am  | Fusion                  | Trista  | Multipurpose Room |
| 10:00am | Silver Sneakers Classic | Anita   | South Gym         |
| 4:15pm  | Defend Together         | Christy | Multipurpose Room |
| 5:15pm  | Strong in 30 (R-10)     | Trista  | Multipurpose Room |
| 6:00pm  | Vinyasa Yoga            | John    | Multipurpose Room |

#### FRIDAY

|         |                    |        |                   |
|---------|--------------------|--------|-------------------|
| 5:40am  | Group Cycling (10) | Becca  | Multipurpose Room |
| 8:00am  | Aquanastics (R-\$) | Trista | Aquatics Center   |
| 9:00am  | Fusion             | Trista | Multipurpose Room |
| 10:00am | Senior Cycling     | Trista | Multipurpose Room |

#### TUESDAY

|         | CLASS                          | INSTRUCTOR | LOCATION          |
|---------|--------------------------------|------------|-------------------|
| 8:00am  | Strength Train Together (R-12) | Trista     | Multipurpose Room |
| 9:15am  | Silver Sneakers Yoga           | Anita      | South Gym         |
| 10:00am | Active Older Adults            | Anita      | South Gym         |
| 4:30pm  | Strength Train Together (R-12) | Christy    | Multipurpose Room |
| 6:30pm  | Zumba                          | Hector     | Multipurpose Room |

#### THURSDAY

|         |                                |         |                   |
|---------|--------------------------------|---------|-------------------|
| 8:00am  | Strength Train Together (R-12) | Trista  | Multipurpose Room |
| 9:15am  | Silver Sneakers Yoga           | Anita   | South Gym         |
| 10:00am | Active Older Adults            | Anita   | South Gym         |
| 4:30pm  | Strength Train Together (R-12) | Christy | Multipurpose Room |

**Some classes require registration, see R-#**

**R: This class requires a registration**

**#: This class has limited number of availabilities (5, 8, 10)**

**\$: This class requires an additional fee to participate**

## Exercise Class Descriptions

**SS FF Active Older Adults:** this class targets our senior members, of all ages. Tuesdays in the Fitness Center with a circuit of machines and Thursdays in the North Gym for free weight exercises using dumbbells. Join us for a fun filled session complete with coffee and fellowship afterwards in the Multipurpose Room.

**SS FF Aquanastics:** Get your body moving in our aquatic based wellness class. Anyone desiring to increase the amount they move their body each day with the low impact and assisted resistance from water. Each session begins with a warm-up and blends aspects of cardiovascular, strength, flexibility and balance as training tools. Registration is required, no limit to number of participants.

**SS Fusion:** Non-stop strengthening and sculpting of your core, arms, legs and glutes using your body weight. Then we add intensity with free weights to give you that toned look! You will keep moving the full 45-minutes of class once we begin and use active recovery while letting your body rest.

**IA SS Group Cycling** Our experienced instructors will push you in this class, taking you on different routines of intense cycling. You will need a water bottle as this class can have a high intensity! Limit of 10 participants per class.

**SS FF Senior Cycling:** This class is less intense and targeted towards our senior population. Come join the fun and social interaction of going on a ride at the YMCA. Limit of 10 participants per class.

**FF Silver Sneakers Classic:** A basic exercise class designed for seniors who would like to stay active. This class uses balls, bands, weights and chairs for assistance to give a challenging yet fun workout.

**FF Silver Sneakers Yoga:** A simpler yoga class designed for seniors where you can choose to use a chair for assistance or not. A great way to maintain or improve your flexibility.

**IA SS Strength Train Together:** Maximizes your workout results with 60 minutes of impactful strength training. You'll get stronger while improving movement when you combine traditional strength training with functional exercises using an adjustable barbell, weights and bodyweight.

**FF SS Strong In 30:** This class is a condensed Strength Train Together. You get a full body workout using the STT equipment in 30 minutes.

**IA SS Vinyasa Yoga:** Our certified instructors will lead you through a daily flow to challenge your body and help your mind unwind from the rigors of the day. Yoga mats are available at the YMCA but feel free to bring your own.

**SS Wave Fit:** Join us in the aquatics center on the YMCA's Stand Up Paddle boards (SUP) for a blend of balance, cardiovascular and strength training. This class utilizes your body weight, resistance bands and occasionally other tools to challenge your body and what you think you can do. Registration required, limit of 5 participants per class.

**Zumba:** A total workout, combining all elements of fitness: cardio, muscle conditioning, balance and flexibility. This workout mixes low-intensity moves with high intensity moves for an interval style, calorie burning dance fitness party.

**SS** **Starting Strong:** These classes are great for beginners just getting into a workout routine! Challenging yet scalable for all fitness levels so you can start strong and continue to progress over time.

**IA** **Inner Athlete** These classes are for the intermediate to advanced exerciser. Become fitter, faster and stronger with these high intensity workouts!

**FF** **Forever Fit:** These classes are challenging yet recognize the exercise needs of 60+ adults. Low impact and functional movements give you a workout that's easier on the body while still being effective. Improve strength, balance, endurance and flexibility.