



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AUBURN YMCA-WEIU GROUP EXERCISE SCHEDULE

EFFECTIVE FEBRUARY 13TH

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am-6:15am		Pilates/Yoga Flow	Step Interval Circuit	Pilates/Yoga Flow ½ hour each	Mix-it-Up		
6:30-7:15am	Cardio Circuit		Yoga	Step Interval			
8:30-9:15am	Stretch-n-Tone	Y-Body Cuts	Stretch-n-Tone		Y-Body Cuts		
9:20-10:20am	Step	Step Interval Circuit	Barefoot Strength in Motion (formerly wPg)	Yoga^Lates	EVEN dates- Step circuit ODD- ZUMBA®	9:00am-10:15am Yoga Fusion	9:15am Cardio Circuit
10:30-11:20am	ZUMBA® 10:20-11:20	Pilates 10:30-11:15am	Y Body Cuts		Pilates 10:30-11:15am		Pilates 10:20am
11:30-12:10	ZUMBA® GOLD			ZUMBA® GOLD			
12:15-12:45pm	Gentle Yoga 12:15-1:00	Core Sculpt	Core/Strength	Stretch-n-Tone	Gentle Yoga 12:15-1:00		
3:30-4:30pm		Tai-Chi	ZUMBATOMIC® 3:45pm-4:25pm Age 4-10		Tai-Chi		
4:30-5:25pm	Pilates	Y-Body Cuts	Pilates	ZUMBA®			
5:30-6:30pm	Cardio Kick	Cardio Butt & Gut	Power Blast	Cardio Interval Challenge			
6:35-7:35pm	Core & More 6:35-7:15pm	6:15 ZUMBA® B-GYM 6:30 Mix it up	Pump It UP	Yoga Flow			
7:45pm-8:30pm		Beginner Yoga					



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Barefoot Strength in Motion: A functional movement class done barefoot. Class was formerly willpower&grace®

Body Cuts: Take toning to the next level utilizing weights, resistance bands, stability and medicine balls. This resistance training class is delivered at a higher level to increase strength and endurance.

Cardio Interval Challenge: This high intensity class uses hi/low impact techniques to develop cardiovascular fitness. Build endurance, strength, and speed from intense calisthenics and sports drills.

Cardio Interval Circuit: A high intensity class utilizing hi/low impact techniques to develop cardiovascular fitness. The format includes 3 to 5 min. of aerobics followed by 2 to 3 min. of strength training as well as utilizing work out stations.

Cardio Butt & Gut: A class that targets your abdominals and glutes while adding in cardio elements.

Cardio Kick: This fiercely energetic workout draws from a range of martial arts and boxing.

Core Sculpt: Core training that challenges each individual utilizing the stability ball, Bosu and mat based exercises. Although this class is adaptable for everyone it is best suited for the intermediate-advanced participant.

Core/Strength: This half hour class will feature resistance training using weights along with a focus on core strength and development. Core & More: A forty-five minute class focusing on improving your core strength and over all body toning.

Mix it Up: A cardiovascular and strength training class which delivers a combination of aerobic and anaerobic exercises. This class is geared for all fitness levels by offering modifications to each exercise element.

Pilates: This class uses the power of the mind and body to strengthen your core. Participants will improve strength, muscle tone, posture, and balance. Because of the range of modifications possible, Pilates is suitable for all fitness levels.

Power Blast: A class sure to bring a little extra power to your workout. Along with high intensity plyometric exercises for your cardiovascular system, this class will deliver a lower body blast.

Pump It Up: Class is designed to maximize muscular strength, condition, and definition while using free weights and a weight bar to work every major muscle group of the body. Focus is on correct lifting techniques.

Step: This energizing cardiovascular workout is a longstanding favorite and is designed for all fitness levels. The choreography offers many variations while pushing your fat burning system into high gear.

Step Circuit Training: Develops muscular strength, burns fat and increases cardiovascular fitness. Workout includes a 3 to 5 min. element of aerobic stepping followed by a 2 to 3 min. element of anaerobic strength training.

Stretch & Tone: Improve flexibility and muscular strength while utilizing a variety of exercises and workout equipment. This class is designed for all fitness levels. .

Will Power & Strength: Experience the basic principles of our barefoot class that challenges your cardiovascular endurance, muscle balance, agility while adding elements of strength training using weights and stability balls.

Yoga^lates: This class combines a moderate level yoga flow with basic Pilates sequences. It is open to all levels of skill.

Yoga flow: Utilizes Vinyasa breath-synchronization while flowing through salutations and poses to maximize flexibility and strength. An active Yoga class that focuses on stretching muscles and working through asanas while making that mind body connection.

Yoga Fusion: The blending of Hatha yoga will offer a balance of poses focusing on alignment and breath fused with muscular endurance and strengthening.

Zumba®: International rhythms are fused together with easy to follow moves to create a one-of-a-kind fitness program. Routines feature "Intermittent Training" to deliver an hour of resistance training, sculpting, cardio endurance and fat burning all rolled into a party like atmosphere.

Zumba Gold®: Class targets the beginner participant. This Latin inspired dance fitness class will have modified movements and pacing that will benefit the needs of the class.

Zumbatomic®- This Zumba class is all about the kids! Come shimmy, shake, and wiggle to age appropriate music and movements.