

## Auburn YMCA-WEIU Group Exercise effective MARCH 2025

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:05-6:00am	5:05am Bootcamp LINDSAY		5:15am CYCLE Blend Erin		5:05am Barbell Pump Lindsay		
7:30-8:15am	Cycle Emily	Cycle Katie	Cycle Emily		Cycle Emily	Cycle with Y Staff	
8:30-9:15am	Strength & Stretch Danielle	Y-Cuts Loretta	Strength and Stretch Laura	Cycle Katie	Strength & Stretch Laura/Danielle		
9:20-10:20am			Barbell Pump Lindsay	Pilates (Studio Room) Beth 9:30-10:15am			Zen Barre® 9-9:45am with Marie
9:30-10:15am	Blended Chair Danielle	45 min Gentle Yoga Joe		Blended Chair Laura	Cycle Danielle		Slow Flow Yoga 10-11am with Marie
10:30-11:30am	45 min CHAIR YOGA Joe		THRIVE - Alumni group x room YOGA in Studio Room	TAI CHI Mike	YOGA 45 minute MARY		
11:30 - 12:30pm			Moving For Better Balance 3/26		Moving For Better Balance		
12:15-12:45pm	TRX® TRX floor		TRX®LEVEL II TRX floor		Body Blitz TRX floor		
1:00-2:00pm			BLENDED CHAIR 45 minutes				
4:30-5:30pm	Dance Fit Cassie	Strength & Stretch Danielle		Coming 3/13-4/17 Gentle Vinyasa Yoga TORI			
5:35-6:30pm	Strength Circuits Kelly	Cycle Y-Staff 5:30-6:15pm		Barre Victoria (3/6)		<div style="display: flex; align-items: center; gap: 10px;"> <div style="width: 15px; height: 15px; background-color: #6aa84f; border: 1px solid black;"></div> Indicates PreRegistration         </div>	
6:00-6:45pm			CIRCUIT BOOTCAMP Lindsay begins in Group Ex Room			<div style="display: flex; align-items: center; gap: 10px;"> <div style="width: 15px; height: 15px; background-color: #a6c9ec; border: 1px solid black;"></div> Indicates class held in different room         </div>	
						<div style="display: flex; align-items: center; gap: 10px;"> <div style="width: 15px; height: 15px; background-color: #ffff00; border: 1px solid black;"></div> ZOOM classes         </div>	
Moving For Better Balance is a 12-week evidence-based program. It is delivered by a certified instructor and is designed to improve strength, mobility, flexibility, and balance through the therapeutic movements of Tai Chi, a graceful form of exercise and deep breathing. The program meets twice a week to help reap the benefits of falls prevention. Registration is OPEN.							

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:15-6:15am					
6:15-7:00am	ALL ZOOM LINKS: These are ONLY active while class in session				
7:30-8:15am					
8:30-9:15am	<b>Stretch &amp; Strength</b> Danielle	<b>Y-Cuts</b> with Loretta	<b>Stretch &amp; Strength</b> Laura		<b>Stretch &amp; Strength</b> Danielle/Laura
	<a href="#">Join Zoom</a>	<a href="#">JOIN ZOOM</a>	<a href="#">JOIN ZOOM</a>		<a href="#">JOIN ZOOM</a>
9:20-10:20am				<b>Pilates *</b> <b>(9:20 - 10:05am)</b> with Beth	
				<a href="#">JOIN ZOOM</a>	
9:30-10:15am	<b>Blended Chair</b> with Danielle	<b>Gentle Yoga</b> Joe		<b>Blended Chair</b> with Laura	
	<a href="#">Join Zoom</a>	<a href="#">JOIN ZOOM</a>		<a href="#">Join Zoom</a>	
10:30-11:30am					<b>Gentle Yoga</b> Mary
					<a href="#">JOIN ZOOM</a>
12:15-12:45pm					

\* PILATES ONLY MEETING ID #787 4461 8584 Passcode: 2535304

All other ZOOMS: Passcode- 2535304

**Barbell Pump:** Strengthen your entire body with a barbell based workout set to motivating music...dumbbells also used.

**Barre Fit:** A fun, high energy class incorporating aspects of ballet and cardio to strengthen the entire body.

**Blended Chair:** A chair based class providing strength, balance, low impact aerobics finishing with gentle stretching.

**Body Blitz:** Challenge your full body strength with different formats (i.e. tabata, bootcamp, circuit, etc).

**Bootcamp:** Meet upstairs for a 40 minute, full body, Hi/Lo Intensity level workout. Class begins promptly at 5:05am

**Chizzel:** Strength based class (includes some cardio).

**Circuit Bootcamp:** Class meets in the group ex room to begin your 45 minute class of hi/lo strength & cardio intervals. You'll see parts of the Y in a whole other way after this class!

**Cycle Blend:** 30 minutes group cycle, 30 minutes full body strength/yoga off the bike.

**Cycle:** High intensity, low impact stationary ride.

**Dance Fit:** Routines fused together with easy to follow moves creating a fun atmosphere to get your sweat on.

**Gentle Yoga:** Basic poses/flow and stretching.

**HIIT:** Intervals of high intensity exercises improving cardiovascular fitness and muscular endurance. Full body workout.

**Pilates:** Strengthen muscles, while improving postural alignment, targets the core as well as other areas of the body. All levels welcome.

**Slow Flow Yoga:** Blend of Hatha and Vinyasa Yoga using the breath to slowly and smoothly move from one pose/posture to another, helping bring balance to the mind and body. All levels welcome.

**Stretch & Strength:** Improve flexibility and muscular strength with a variety of exercises. Class is designed for all fitness levels.

**Tai-Chi:** Foster a calm and tranquil mind, focused on the precise execution of natural movements.

**TRX®:** Total body resistance exercise, uses body weight and gravity as resistance to build strength, balance, flexibility, core and joint stability. **Level I is great for beginner Level II is more advanced, fast paced.**

**Y-Cuts:** Similar to stretch and tone class, improves flexibility and strength...may be delivered at a higher pace.

**Yoga:** Practice that will place the body with intention and purpose through poses and flows...style may vary each week.

**Zen Barre®** A perfect blend of Yoga, Barre, and Pilates. These practices flow from one format to the next within the 45 minute class.

#### **SPECIALTY PROGRAM INFORMATION:**

**THRIVE:** this class is for LiveSTRONG program graduates only

**LIVESTRONG:** A free 12-week cancer survivor program. Pre-registration is necessary. Program begins Spring 2024

**EnhanceFitness:** A fee based 12 week program to help manage symptoms of arthritis. Pre-registration is necessary. Next session is in the spring

**Breast Cancer support group** meets 1st Monday of each month in our Little House. Membership not required.