



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS CLASS SCHEDULE

Fall/Winter 2019 *Revised 10/03/2019 All classes are subject to change* **Calcutta YMCA**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Spin 30 5:15-5:45AM		Spin 30 5:15-5:45AM		
	Early Spinners 6:00 – 6:45AM		Early Spinners 6:00 – 6:45AM		
	3D Abs 7:00-7:30AM <i>Studio B</i>		3D Abs 7:00-7:30AM <i>Studio B</i>		Rip 8:00-9:00AM <i>Studio B</i>
	Core Class 9:00 – 9:45AM		Core Class 9:00 – 9:45AM		
Great Age Cardio 8:00-9:00AM		Great Age Cardio 8:00-9:00AM		Great Age Cardio 8:00-9:00AM	Mega Mix 9:00 – 11:00AM
RIP 9:15-10:15AM <i>Studio B</i>		RIP 9:15-10:15AM <i>Studio B</i>		RIP 9:15-10:15AM <i>Studio B</i>	
Stroller Workout 10:30-11:00 <i>Gymnasium</i>	Barre/Pilates 10:00-11:00AM <i>Studio B</i>	Stroller Workout 10:30-11:00 <i>Gymnasium</i>	Barre/Pilates 10:00-11:00AM <i>Studio B</i>	Stroller Workout 10:30-11:00 <i>Gymnasium</i>	
Power Flow Yoga 10:30 – 11:30AM <i>Studio B</i>		Slow Flow Yoga 10:30 – 11:30AM <i>Studio B</i>		Gentle Yoga 9:30 – 10:30AM	
Silver Sneaker Circuit 11:00 – 11:45AM	Silver Sneaker Classic 10:00 – 11:00AM	Silver Sneaker Circuit 11:00 – 11:45AM	Silver Sneaker Classic 10:00 11:00AM	Silver Sneaker Circuit 11:00 11:45AM	
Chair Tai Chi 12:00-12.45PM	Line Dancing 11:15 – 12:15PM	Tai Chi 1:00 – 2:00PM	Tai Chi for Health 11:15– 12:00 PM		
Tai Chi 1:00 – 2:00PM					
	BARRE 4:00-4:45PM		BARRE 4:00-4:45PM		
	Kettlebell/Insanity 5:00 – 5:45PM <i>Studio B</i>		Kettlebell/Insanity 5:00 – 5:45PM <i>Studio B</i>		
Body Blast 5:30-7:00PM	Zumba 6:00-7:00PM	Body Blast 5:30-7:00PM	Zumba 6:00-7:00PM		

	I	C	
Great Age Cardio	0	2	Designed for active older adults, Great Age Cardio creates a low intensity cardiovascular workout in a fun and social atmosphere.
Spin 30	3	2	Spin 30 is a half hour fat burning, strength building ride simulating different terrains as you tackle hills and sprints with fun energizing music
Insanity	4	2	High intensity interval training at is very best! Build muscle while stripping away fat, increase cardiovascular endurance and improve stamina all in one class! You will see crazy good results!
Silver Sneaker Circuit	0	1	Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers® ball is alternated with low-impact aerobics choreography. A chair is used for standing support, stretching and relaxation exercises.
Silver Sneaker Classic	0	1	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers® ball are offered for resistance. A chair is used for seated and/or standing support
Tai Chi	1	2	Learn the ancient art of Tai Chi for the perfect combination of exercise and meditation. Slow, fluid movements help improve core strength, muscle balance and control.
Chair Tai Chi	1	3	All the moves of Tai Chi have been adapted to perform from the seated position. In doing so, participants may focus more on the flowing movements, rather than balance.
Early Spinners	2	1	This class offers a combination of strength and endurance training through hill climbs, sprints and athletic drills.
Zumba	2	3	Keep moving in Zumba, is a high energy aerobics class with music and dance-inspired moves. Zumba incorporates Salsa, Hip-Hop, Meringue, Break Dancing, Cha-Cha, Belly Dancing, Flamenco and more in a cardio format that makes exercising fun.
Body Blast	2	2	Body Blast provides a full body workout that will never get boring. Each class goes through a variety of movements incorporating steps, dumbbells and floor exercises.
Core Class	3	1	Get those abdominal muscles toned in Core Class. During class, participants will focus on strengthening the core muscles through a variety of exercises, utilizing exercise balls and floor work.
Mega Mix	3	2	Get your weekend started off right with Mega Mix. Steps, dumbbells, floor exercises and spin bikes create the ultimate mix in your workout.
Barre/Pilates	2	2	Total body strength & tone. Barre/Pilates fuses the best of Pilates and strength training to give you a total body workout.
Rip	3	3	Rip is a 60 minute barbell program strengthens all your major muscles in a motivating group environment with fantastic music. With athletic movements such as squats, lunges, presses and curls, Rip is for everyone.
Power Flow Yoga	3	1	An empowering practice combining movement with breath in Vinyasa style. Focuses are on building heat in the body, working on balance, and flexibility. All yoga is a personal practice that lets you modify your needs for mind, body and spirit.
Slow Flow Yoga	2	1	Slow Flow Yoga is a flowing practice combining movement with breath. with opportunities for Teaching moments. Learn to fine tune your practice with alignment and modification tools to provide a safe and personal experience. Bring mind, body and spirit together to gain peace, flexibility and a positive lifestyle.
3D Abs	3	1	This half-hour workout focuses on all aspects on your core, including abdominal and back muscles.
Barre	3	2	Barre Above fuses the very best of Pilates, yoga aerobics and strength training to give you a total body workout
Kettlebell/Insanity	3	2	Cardio based Kettlebell class with intervals between basic kettlebell exercises and body weight cardio.
Gentle Yoga	1	1	Mind & Body. Designed to revitalize the body, relax the mind and reduce stress, this slow moving class synchronizes movement with breath for the perfect mind and body connection. Great for beginners and anyone wanting to restore their internal balance.

I = INTENSITY	0= Active Older Adults	3= Mid Intensity	C = CHOREOGRAPHY	1= Workouts have no choreographed movements
	1= Low Intensity	4= High Intensity		2= Loose choreography that can be adapted
	2= Adjustable Intensity			3= Class is based on choreographed movements