



**ALLIANCE FAMILY YMCA  
GROUP EXERCISE SCHEDULE  
Starts January 1, 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MORNING CLASSES</b>					
<b>Tabata</b> 6:00-6:45a Studio A	<b>Bootcamp</b> 6:00-6:45a Studio A	<b>Tabata</b> 6:00-6:45a Studio A	<b>Bootcamp</b> 6:00a-6:45a Studio A	<b>Tabata</b> 6:00-6:45a Studio A	<b>Strength</b> 8:00-8:45a Studio A
<b>Forever Fit</b> 8:30-9:15a Studio B	<b>Cycling</b> 7:00-7:30a Cycling Room	<b>Core Pole</b> 8:30-9:15a Studio B	<b>Cycling</b> 7:00-7:30a Cycling Room	<b>Rapid Results</b> 8:30-9:15a Keiser Room	<b>Yoga</b> 8:00-8:45 Tae Kwon Do Room
<b>Cycling</b> 9:00-9:45a Cycling Room	<b>Yoga</b> 8:00-8:45a Studio A	<b>Cycling</b> 9:00-9:45a Cycling Room	<b>Cycling/ Strength</b> 9:00-9:30/ 9:30-10:15a Cycling Room / Studio A	<b>Cycling</b> 9:00-9:45a Cycling Room	<b>Cycling</b> 9:00-9:45 Cycling Room
<b>Silver Sneakers</b> 10:00-10:45a Large Gym	<b>Power Pump</b> 9:00-9:45a Studio A	<b>Silver Sneakers/ Silver Sneakers Chair Yoga</b> 10:00-11:15a Large Gym		<b>Silver Sneakers</b> 10:00-10:45a Large Gym	
<b>Strength</b> 10:00-10:45a Studio A				<b>Strength</b> 10:00-10:45a Studio A	
<b>EVENING CLASSES</b>					
<b>Dance Fitness</b> 4:30-5:15p Studio B	<b>Zumba</b> 4:30-5:15p Studio A	<b>Power Pump</b> 4:30-5:15p Studio A	<b>Dance Fitness</b> 4:30-5:15p Studio B	<b>Step &amp; Sculpt</b> 4:30- 5:15p Studio A	
<b>Strength</b> 4:30-5:15p Studio A	<b>Silver Sneakers</b> 4:30-5:15p Studio B				
<b>Cycling</b> 5:30-6:15p Cycling Room	<b>Bootcamp</b> 5:30-6:30p Studio A	<b>Cycle/Stretch</b> 5:30-6:30p Cycling Room	<b>Bootcamp</b> 5:30-6:30p Studio A		
<b>Family Fit Night</b> 5:30-6:30p Studio B	<b>Yoga</b> 6:30-7:15p Tae Kwon Do Room		<b>Yoga</b> 6:30-7:15p Tae Kwon Do Room		



## GROUP EXERCISE CLASS DESCRIPTIONS

### Low Impact

\*\*\*level of intensity dependent on member's effort

Silver Sneakers	Increase muscular strength, range of motion and activities for daily living. Chair used for seated and or standing support. Cardio class designed for seniors.
Forever Fit/Rapid Results	These light to moderate circuit style classes, combining cardio and strength. The combination of strength and cardio is great for seeing rapid results for your fitness goals. Geared towards senior fitness.
Yoga	Enhances mind and body awareness. System of well rounded strength & flexibility movements. Participants can bring their own mat.

### Moderate-High Intensity

Zumba/Dance Fitness	Mix of Latin & International music in our Zumba classes. A variety of today's hits mixed in with old time favorites for Dance Fitness, these classes focus on fun and positivity while combining various rhythms with movements that tone and sculpt the body.
Family Fit Night	This NEW class is meant to include families with children ages 5 and up. We are asking that all children are accompanied by an adult throughout the entirety of the class. We'll be introducing popular dances, basic functional movements, a cool down and stretch. Our overall goal is to provide a fun, engaging and welcoming environment where the entire family can partake in being active. Please don't hesitate to stop by !
Cycling	This is a low impact class with lots of energy. You can set the bike's tension to fit your pace. There will be standing and sitting intervals. Please come early enough to set the bike up to your comfort.
Cycle/Stretch	This 30 minute cycle class will allow you to fuel up and re-charge. Following a heart pumping ride you will work through a deep stretch and mobility routine.
Core Pole	A low impact class using resistance bands attached to a core pole for a complete total body workout. Great for building core strength!
Step & Sculpt	Incorporating a classic step style with overall functional fitness come to Step & Sculpt to improve coordination and cardiovascular health.

### Strength

Power Pump	Endurance lifting class designed to strengthen the over all performance of the body.
Strength 1/1-1/31: Bootcamp will start and replace Strength. Sign up TODAY!	Focusing on functional fitness, this class utilizes a variety of stability balls, bands and free weights. All Fitness levels are welcomed and encouraged to participate.
Tabata 1/1-1/31: Bootcamp will start and replace Tabata. Sign up TODAY!	Tabata– Is a type of interval workout that aims to yield the most benefits in a short amount of time.