



## ERIC SNOW YMCA GROUP EXERCISE SCHEDULE

### APRIL 2024

This schedule is subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>8:45 am</u> <b>SILVER SNEAKERS</b> <b>CLASSIC</b> Tiffany		<u>8:45 am</u> <b>SILVER SNEAKERS</b> <b>CLASSIC</b> Tiffany		<u>6:15 am</u> Cycling & Core Krista	
<u>10:00 am</u> <b>SILVER SNEAKERS</b> <b>CHAIR YOGA</b> Machille	<u>10:00 am</u> <b>SILVER SNEAKERS</b> <b>STABILITY</b> Machille Starts 4/23/24			<u>8:45 am</u> <b>SILVER SNEAKERS</b> <b>CLASSIC</b> Machille	
<u>12:10 pm</u> <b>XTREME HIP HOP</b> <b>STEP</b> Summer				<u>10:00 am</u> <b>SILVER SNEAKERS</b> <b>CHAIR YOGA</b> Machille	
	<u>5:00pm</u> <b>LES MILLS</b> <b>BODY PUMP</b> Tiffany		<u>5:00pm</u> <b>LES MILLS</b> <b>CORE</b> Tiffany		
<u>6:30 pm</u> <b>ZUMBA</b> Russelle	<u>6:00 pm</u> <b>YOGA</b> Lindsey	<u>6:30 pm</u> <b>ZUMBA</b> Russelle	<u>6:00 pm</u> <b>YOGA</b> Lindsey		
	<b>WATER FITNESS</b> <u>9:00 am</u> <b>AQUA FLEX</b>		<b>WATER FITNESS</b> <u>9:00 am</u> <b>AQUA FLEX</b>		
<u>5:30 pm</u> Aqua Jogging			<u>5:30 pm</u> Aqua Jogging		

<b>Silver Sneakers Yoga</b>	A class using a chair to safely perform a variety of postures to increase flexibility, balance, and help with breathing and stress reduction.
<b>Silver Sneakers Classic</b>	This class will help increase muscular strength, range of movement and activities for daily living. A chair is offered for support. Props used are; hand held weights, resistance tubing with handles, and a small pliable ball.
<b>Silver Sneakers Boom Mind</b>	BOOM MIND fuses the best of Pilates, yoga, and athletic stretching in a way that makes these disciplines accessible to participants of multiple skill levels. Improvements in flexibility and posture, as well as injury prevention, can make a lasting impact on activity and independence. It also seeks to improve mind-body awareness and stress reduction through specialized breathing techniques
<b>Yoga</b>	An all levels Yoga flow class for everyone. Modifications will be given on more advanced moves. Blocks are available.
<b>Cycling &amp; Core</b>	Cycling & Core works you aerobically to build endurance and speed while also build core strength. Abdominal exercises will be done standing or on the mat.
<b>Zumba</b>	Dance Party – A cardio format, combining various rhythms with movements that tone and sculpt the body.
<b>Les Mills Body Pump</b>	This full-body barbell workout will burn calories, shape and tone your entire body, increase core strength and improve bone health. This program is based on <a href="#">THE REP EFFECT</a> , a proven formula that exhausts muscles using light weights, while performing high repetitions
<b>Les Mills CORE</b>	LES MILLS CORE™ is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.
<b>X-Treme Hip-Hop Step</b>	A revamp of traditional step aerobics. Routines vary in fast and slow moves and are set to old and new school hip hop music, it makes you want to get up and move while getting a great calorie burn!

Please sign up for Remind Notifications  
about classes

Ask the Front Desk how to set it up