

Group Exercise Schedule EFFECTIVE February 9, 2024 (Schedule subject to change)

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00am-8:00pm	6:00am-8:00pm	6:00am-8:00pm	6:00am-8:00pm	6:00am-6:00pm	8:00am-12:00pm
9:00 am – 9:45 am	Step Intervals *DN* (Gymnasium)		Step Intervals *DN* (Gymnasium)			
9:00 am – 10:00 am						Full Body Fusion *JS* (Group Ex Studio)
9:15 am – 10:15 am		Cardio X *DN* (Group Ex Studio)		Cardio X *DN* (Group Ex Studio)		
10:00 am-11:00 am	Silver Sneakers Classic® *CH* (Gymnasium)		Silver Sneakers Classic® *CH* (Gymnasium)			
10:30 am-11:30 am		Forever Fit *CH* (Gymnasium)			Forever Fit *CH* (Gymnasium)	
11:15 am-12:15 pm	Retro Cardio *CH* (Gymnasium)		Retro Cardio *CH* (Gymnasium)			
5:30pm-6:30pm		Full Body Fusion *JS* (Group Ex Studio)	YOGA *BB* (Group Ex. Studio) March 6 th -March 27 th)			
5:45 pm-6:45 pm	Power Pump (Limited to 9 participants) *DL* (Group Ex Studio)			Power Pump (Limited to 9 participants) *DL* (Group Ex Studio)		

- All members should bring their own towel & water bottle / Classes subject to change
- Classes for age 13 & above; Ages 10-12 Cardio Only w/parent (must have completed Jumpstart Program)

- Stay Connected with Remind: Text @MINERVAFIT to 81010 to receive Minerva Area YMCA Group Exercise Class Alerts on your phone

CLASS DESCRIPTIONS

- **Step Intervals:** Combination of choreographed aerobics and step work.
- **Retro Cardio:** Easy-to-follow line dancing/choreography to uplifting and encouraging music for all fitness levels.
- **Full Body Fusion:** Low impact strength training fused with HIIT. Formatted to burn calories, tone, and build lean muscle for the full body (Modifications provided for all fitness levels)
- **Cardio X:** High intensity workout using cardio and strength intervals. (All levels welcome/Modifications provided)
- **Power Pump:** Proper lifting technique using barbells and plates. Strength, toning & endurance combined with high reps for aerobic fat burning. (Limited to 9 participants)
- **Forever Fit:** Low-impact cardio workout, muscle conditioning, balance and flexibility.
- **Silver Sneakers Classic®:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing w/handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.