



# May Group Fitness

Reservations required for Spin only

\*New Classes in Bold

updated 5/2/22

	TIME	CLASS	INSTRUCTOR	LOCATION
<b>Monday</b>	5:30 AM	Morning Madness	Holly	Group Fitness Studio
	6:15 AM	Early Bird	Volunteer Led	Board Room
	8:15 AM	HIIT	Erin	Group Fitness Studio
	8:15 AM	Deep Fit	Lee	Everett-Milton Pool
	9:00 AM	SilverSneakers	Jennifer	Butler-Mason
	9:00 AM	Power Muscle	Rachel	Group Fitness Studio
	9:00 AM	Flow & Restore Yoga	Katherine	Yoga & Pilates Studio
	9:55 AM	Aqua Fit	Susan H.	Everett-Milton Pool
	10:00 AM	AIM	Rachel	Group Fitness Studio
	10:00 AM	Chair Yoga	Sissy	Community Room
	10:00 AM	Spin	Deb	Spin Room
	11:00 AM	Country Line Dance	Bonnie	Group Fitness Studio
	11:00 AM	Aqua Fit	Lillian	Everett-Milton Pool
	12:10 PM	Lunch Express	Keri	Group Fitness Studio
	1:10 PM	Yoga	Sissy	Yoga & Pilates Studio
	4:15 PM	Holy Yoga	Maggie	Yoga & Pilates Studio
	<b>4:30 PM</b>	<b>Power Muscle</b>	<b>Talore</b>	<b>Group Fitness Studio</b>
	5:30 PM	Spin	Holly	Spin Room
	5:30 PM	Yoga	Joanne	Yoga & Pilates Studio
5:30 PM	Knock It Off	Shawn	Group Fitness Studio	
6:30 PM	Zumba	Jenny	Group Fitness Studio	
<b>Tuesday</b>	5:15 AM	Cardio Barre	Brandi	Group Fitness Studio
	5:30 AM	Yoga	Jill T.	Yoga & Pilates Studio
	5:30 AM	Spin	Lauren	Spin Room
	8:00 AM	CORE	Erin	Group Fitness Studio
	9:00 AM	Yoga	Jill T	Yoga & Pilates Studio
	9:00 AM	Kickboxing	Sabrina	Group Fitness Studio
	9:15 AM	Silver Spin	Rachel	Spin Room
	10:00 AM	Chair Yoga	Lucretia	Community Room
	10:00 AM	Zumba	Sissy	Group Fitness Studio
	10:00 AM	Simply Stretch	Rachel	Yoga & Pilates Studio
	11:00 AM	Dance Cardio Soul	Narvareaz	Group Fitness Studio
	11:00 AM	Aqua Fit	Lillian	Everett-Milton Pool
	11:30 AM	SilverSneakers	Rachel	Community Room
	12:10 PM	Spin	Keri	Spin Room
	1:15 PM	Yoga	Lucretia	Yoga & Pilates Studio
	4:30 PM	RIP	Holly	Group Fitness Studio
	5:00 PM	Aqua Fit	Volunteer Led	Everett-Milton Pool
	5:00 PM	Happy Hour Barre	Sissy	Yoga & Pilates Studio
	5:30 PM	Warm Yoga	Sissy	Yoga & Pilates Studio
5:15 PM	Deep Fit	Amanda	Everett-Milton Pool	
5:30 PM	Spin	Emma	Spin Room	
5:30 PM	Old School	Rhonda	Group Fitness Studio	
<b>Wednesday</b>	5:30 AM	Morning Madness	Holly	Group Fitness Studio
	6:15 AM	Early Bird	Volunteer Led	Board Room
	8:00 AM	Power Muscle	Erin	Group Fitness Studio
	8:15 AM	Deep Fit	Lee	Everett-Milton Pool
	9:00 AM	SilverSneakers	Jennifer	Butler-Mason
	9:00 AM	Cardio Barre	Brandi	Group Fitness Studio
	9:00 AM	Flow & Restore Yoga	Katherine	Yoga & Pilates Studio
	9:55 AM	Aqua Fit	Susan H.	Everett-Milton Pool
	10:00 AM	AIM	Emma	Group Fitness Studio
	10:00 AM	Chair Yoga	Lucretia	Community Room
	11:00 AM	Aqua Fit	Lucretia	Everett-Milton Pool
	11:00 AM	Country Line Dance	Bonnie	Group Fitness Studio
	11:15 AM	Let's Move!	Erin	Community Room
	12:10 PM	Lunch Express	Keri	Group Fitness Studio
	4:15 PM	Kids Zumba	Jenny	Community Room
	4:15 PM	Holy Yoga	Maggie	Yoga & Pilates Studio
	<b>4:30 PM</b>	<b>Cardio Barre</b>	<b>Brandi</b>	<b>Group Fitness Studio</b>
	4:30 PM	Spin	Deb	Spin Room
	5:30 PM	Knock It Off	Shawn	Group Fitness Studio
5:30 PM	Yoga	Joanne	Yoga & Pilates Studio	
<b>Thursday</b>	5:15 AM	Pumped Up Strength	Melody	Group Fitness Studio
	5:30 AM	Yoga	Jill T.	Yoga & Pilates Studio
	5:30 AM	Spin	Lauren	Spin Room
	8:00 AM	CORE	Erin	Group Fitness Studio
	9:00 AM	Yoga	Jill T	Yoga & Pilates Studio
	9:00 AM	Kickboxing	Erin	Group Fitness Studio
	9:15 AM	Silver Spin	Rachel	Spin Room
	10:00 AM	Chair Yoga	Lucretia	Community Room
	10:00 AM	Zumba	Sissy	Group Fitness Studio
	10:00 AM	Simply Stretch	Rachel	Yoga & Pilates Studio
	11:00 AM	Dance Cardio Soul	Narvareaz	Group Fitness Studio
	11:00 AM	Aqua Fit	Lillian	Everett-Milton Pool
	11:30 AM	SilverSneakers	Rachel	Community Room
	12:10 PM	Spin	Keri	Spin Room
	1:15 PM	Restorative Yoga	Lucretia	Yoga & Pilates Studio
	4:30 PM	RIP	Holly	Group Fitness Studio
	5:00 PM	Aqua Fit	Volunteer Led	Everett-Milton Pool
	5:15 PM	Deep Fit	Amanda	Everett-Milton Pool
	<b>5:30 PM</b>	<b>Zumba</b>	<b>Jenny</b>	<b>Group Fitness Studio</b>
5:30 PM	Spin	Rhonda	Spin Room	

<b>Friday</b>	5:30 AM	Pilates	Lauren	Group Fitness Studio
	6:15 AM	Early Bird	Volunteer Led	Board Room
	8:15 AM	HIIT	Erin	Group Fitness Studio
	8:15 AM	Deep Fit	Lee	Everett-Milton Pool
	9:00 AM	Power Flow	Erin	Yoga & Pilates Studio
	9:00 AM	SilverSneakers	Jennifer	Butler Mason
	9:00 AM	Power Muscle	Rachel	Group Fitness Studio
	9:55 AM	Aqua Fit	Susan H.	Everett-Milton Pool
	<b>10:00 AM</b>	<b>Cardio Barre</b>	<b>Brandi</b>	<b>Yoga &amp; Pilates Studio</b>
	10:00 AM	AIM	Emma	Group Fitness Studio
	10:00 AM	Chair Yoga	Lucretia	Community Room
	11:00 AM	Country Line Dance	Bonnie	Group Fitness Studio
	11:00 AM	Aqua Fit	Lucretia	Everett-Milton Pool
	12:10 PM	Lunch Express	Keri	Group Fitness Studio
	1:10 PM	Yoga	Joanne	Yoga & Pilates Studio
	<b>Sat.</b>	<b>*Check Website for Instructor Choice Class Availability!</b>		

**Join our REMIND class for Fitness Updates Text: @y-fit to 81010**

**CHILD WATCH  
(now located downstairs)**

**FREE TO MEMBERS WITH FAMILY MEMBERSHIP  
WORKOUTS ONLY**

**MON - FRI : 8 AM - 12 PM MON - THU 4PM - 8PM  
SATURDAY: 8 AM - 11 AM**

<b>AIM</b>	Adults in motion! An exercise class designed for those 55 years and up incorporating cardiovascular training, flexibility, strength, and balance.
<b>Cardio Barre</b>	Strengthen your core while toning muscles at a high energy level with low impact to make your joints happy.
<b>Chair Yoga</b>	Perfect for beginning yoga students & those with physical challenges who find it difficult to get on & off the floor as required in a traditional yoga class.
<b>Country Line Dance</b>	An aerobic fitness workout centered around Country Line Dance.
<b>Dance Cardio</b>	Similar to zumba, a fast paced dance aerobics class sure to get your heart pumping and your face smiling!
<b>Early Bird</b>	Old style calisthenics and stretching
<b>Zumba Soul</b>	Less intense, with dance routines designed for beginners and older adults who may have limited capabilities.
<b>HIIT</b>	High intensity interval training, otherwise referred to as HIIT – a type of workout that combines short bursts of high-intensity exercise with low to moderate-intensity exercises or rest periods.
<b>Kickboxing</b>	A cardio workout that incorporates punches, kicks, ply metrics and more. You will burn mega calories. Great for the beginner or the experienced.
<b>Lunch Express</b>	A 45 minute total body workout.
<b>Morning Madness</b>	This circuit style class is guaranteed to wake you up!
<b>Old School</b>	This class is full of "old school" basic step, squats, hydrants, leg lifts and more that are sure to get your heart pumping and muscles burning!
<b>Core</b>	This class improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.
<b>Power Muscle</b>	Work every major muscle group in the body. Strengthens, conditions, tones, and defines!
<b>Pumped Up Strength</b>	A new approach to resistance training utilizing combination movement patterns for the upper and lower body
<b>Rip / Knock It Off</b>	Combine cardio and strength training for the ultimate full body workout that will tone your muscles and burn fat leaving you dripping with sweat!
<b>SilverSneakers</b>	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 available if needed for seated or standing support.
<b>Silver Spin</b>	Beginner Spin targeting the Active Older Adult, but great for any level!
<b>Spin</b>	Join in for an exciting, high-calorie burning workout that utilizes motivational techniques and music, while cycling indoors.
<b>Yoga*</b>	This program incorporates the best of stretch, strength, and stabilization training. Exercises are designed to develop strength and flexibility to counter balance the stress of day to day life. *see separate yoga schedule for more detailed yoga descriptions for various yoga classes
<b>Zumba</b>	One of the fastest growing dance based classes, Zumba fuses hypnotic Latin rhythm and easy to follow moves to create a
<b>Power Flow</b>	Not your traditional yoga! This faster pace class will challenge your strength, strengthen your core and improve balance and flexibility
<b>Cardio Barre</b>	An up-beat, high energy barre class that combines traditional, light weight barre exercises with non-stop, fat burning, metabolic movements.
<b>Simply Stretch</b>	This class is designed to increase flexibility with the use of simple stretches, gentle yoga and balance
<b>Lets Move</b>	Skills and Drills to avoid a Spill! Work on coordination, special awareness and basic movements that are part of daily living.