



June Group Fitness

Reservations required for Spin only

*New Classes in Bold

updated 5/31/22

	TIME	CLASS	INSTRUCTOR	LOCATION
Monday	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	Les Mills BODYPUMP	Erin	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	Debbie	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
	4:30 PM	Power Muscle	Talore	Group Fitness Studio
	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	
Tuesday	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	Kickboxing	Sabrina	Group Fitness Studio
	9:15 AM	Silver Spin	Jennifer	Spin Room
	10:00 AM	Chair Yoga	Lucretia	Community Room
	10:00 AM	Zumba	Sissy	Group Fitness Studio
	10:00 AM	Simply Stretch	Deb	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	Talore	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	
Wednesday	5:30 AM	Morning Madness	Holly	Group Fitness Studio
	6:15 AM	Early Bird	Volunteer Led	Board Room
	8:00 AM	Les Mills BODYPUMP	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	Debbie	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!	Dona	Community Room
	12:10 PM	Lunch Express	Keri	Group Fitness Studio
	4:30 PM	Kids Zumba	Jenny	Community Room
	4:30 PM	Cardio Barre	Brandi	Group Fitness Studio
	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	
Thursday	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	Les Mills BODYCOMBAT	Erin	Group Fitness Studio
	9:15 AM	Silver Spin	Jennifer	Spin Room
	10:00 AM	Chair Yoga	Lucretia	Community Room
	10:00 AM	Zumba	Sissy	Group Fitness Studio
	10:00 AM	Simply Stretch	Deb	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	Rotate	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
5:30 PM	Zumba	Jenny	Group Fitness Studio	
5:30 PM	Spin	Rhonda	Spin Room	

Friday	5:30 AM	Pilates	Lauren	Group Fitness Studio
	6:15 AM	Yoga	Jenna	Yoga & Pilates 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	Emma	Group Fitness Studio
	9:55 AM	Aqua Fit	Susan H.	Everett-Milton Pool
	10:00 AM	Cardio Barre	Brandi	Yoga & Pilates Studio
	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	
Sat.	*Check Website for Instructor Choice Class Availability!			

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

AIM	Adults in motion! An exercise class designed for those 55 years and up incorporating cardiovascular training, flexibility, strength, and balance.
Cardio Barre	Strengthen your core while toning muscles at a high energy level with low impact to make your joints happy.
Chair Yoga	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.
Country Line Dance	An aerobic fitness workout centered around Country Line Dance.
Dance Cardio	Similar to zumba, a fast pasted dance aerobics class sure to get your heart pumping and your face smiling!
Early Bird	Old style calisthenics and stretching
Zumba Soul	Less intense, with dance routines designed for beginners and older adults who may have limited capabilities.
HIIT	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.
Kickboxing	A cardio workout that incorporates punches, kicks, ply metrics and more. You will burn mega calories. Great for the beginner or the experienced.
Lunch Express	A 45 minute total body workout.
Morning Madness	This circuit style class is guaranteed to wake you up!
Old School	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!
Core	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.
Power Muscle	Work every major muscle group in the body. Strengthens, conditions, tones, and defines!
Pumped Up Strength	A new approach to resistance training utilizing combination movement patterns for the upper and lower body
Rip / Knock It Off	Combine cardio and strength training for the ultimate full body workout that will tone your muscles and burn fat leaving you dripping with sweat!
SilverSneakers	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.
Silver Spin	Beginner Spin targeting the Active Older Adult, but great for any level!
Spin	Join in for an exciting, high-calorie burning workout that utilizes motivational techniques and music , while cycling indoors.
Yoga*	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
Zumba	One of the fastest growing dance based classes, Zumba fuses hypnotic Latin rhythm and easy to follow moves to create a
Power Flow	Not your tradional yoga! This faster pace class will challenge your strength, strenghten your core and improve balance and flexibility
Cardio Barre	An up-beat, high energy barre class tha combines traditonal, light weight barre exercises with non-stop, fat burning, metabolic movements.
Simply Stretch	This class is designed to increase flexiblity with the use of simple stretches, gentle yoga and balance
Lets Move	Skills and Drills to avoid a Spill! Work on coordination, special awareness and basic movements that are part of daily living.