

CLASS DESCRIPTIONS:

Forever Fit: This low impact class incorporates cardio, core and resistance training to build strength, improve balance, and increase range of motion. Whether you are a senior, beginner, pre/post natal or recovering from an injury, this all level fitness class will work your entire body and help you stay Forever Fit!

Boot Camp: An interval training class that mixes calisthenics and body weight exercises with cardio and strength training. With a new workout every time, these classes are designed to push you harder than they'd push yourself and to always keep the body guessing.

HIIT: High Intensity Interval Training - involves repeated bouts of high intensity effort followed by varied recovery times. This type of training can be accomplished using body weight, resistance bands, free weights, medicine balls or weight machines all in 30 minutes!

GROUP ACTIVE: (Active Together) Group Active gives you all the fitness training you need – cardio, strength, balance, and flexibility in just one hour. Get stronger, fitter, and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements. **ACTIVATE YOUR LIFE!**

GROUP FIGHT: (Defend Together) Group Fight is a gripping hour that burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! From the boxing ring to the fighting cage, Group Fight combines cutting-edge moves with thrilling music. This electric experience is addictive! **FIGHT FOR IT!**

GROUP POWER: (Strength Train Together) Blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, this workout combines squats, lunges, presses, and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up!

GROUP RIDE: (Cycle Together) It's a 60 minute cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains and sprint to the finish. Feel the thrill of energetic music and group dynamics as you get all the benefits of authentic interval training.

R30: (Cycle 30 Together) It's a cardio workout that is as easy as riding a bike. Inspiring music and motivating coaching will get you to burn calories, improve muscular endurance and build cardio fitness as you ride with surges, short intervals, power and end with a rush. Everyone finishes first in this class!

Pilates: Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.

Water Fitness: Water Fitness offers a fun, upbeat, low-impact workout to get the heart pumping and blood flowing throughout the body while exercising in the water. It is not only aerobic, but also strength-training oriented due to the water resistance. Moving your body through the water creates a resistance that will activate muscle groups. Suitable for ages 14 and up.

Yoga: Incorporate static and dynamic flexibility movements using yoga postures and positions to increase flexibility, reduce stress, and improve strength and posture. All yoga classes end with a 5 minute restorative, relaxation period. Note: Each instructor will give you a different experiences so try out a few for variety!

Zumba®: A fusion of Latin and International dance themes creates a dynamic, exciting, effective fitness system. Zumba® uses the principles of interval and resistance training to maximize caloric output, fat burning and total body toning.

JANUARY

Group Exercise Schedule

Marysville

MONDAY

7:45-8:45am - **WATER FITNESS** with Connie (Pool)

9:30-10:30am - **GROUP FIGHT** with Meghan (Main Studio)

10:45-11:45am *Pedaling for Parkinson's Volunteer-led (Cycle Studio)

10:00-11:00am - **FOREVER FIT** with Kirsten (Studio 2)

10:45-11:45am - **BARRE** with Suzanne (Main Studio)

12:00-1:00 pm - **FOREVER FIT** with Connie (Main Studio)

5:45 - 6:45pm - **GROUP POWER** with Dakota (Main Studio)

TUESDAY

6:30am-7:30am—**GROUP RIDE** with Judy (Cycle Studio)

9:30-10:30am—**GROUP POWER** with Chelsey (Main Studio)

11:30-12 pm - **TRX** with Val (Main Studio)

12 -1pm - **WATER FITNESS** with Teresa (Pool)

5:15-6:15 pm - **ZUMBA™** with Lori (Main Studio)

5:45-6:15pm **R30** with Kristen (Cycle Studio)

6:30pm -7:20pm **YOGA** with Garnett (Main Studio)

WEDNESDAY

7:45-8:45 am - **WATER FITNESS** with Connie (Pool)

8:15am -9:15 am —**YOGA** with Fran (Main Studio)

9:30 -10:30am - **GROUP FIGHT** with Stefanie (Main Studio)

10:00-11:00am - **FOREVER FIT** with Kirsten (Studio 2)

10:45-11:45 *Pedaling for Parkinson's Volunteer-led (Cycle Studio)

10:45-11:45 am - **GROUP ACTIVE** with Stefanie (Main Studio)

12:00-1:00 pm - **FOREVER FIT** with Connie (Main Studio)

4:45-5:30 pm - **BARRE** with Suzanne (Main Studio)

5:45 - 6:45pm - **GROUP POWER** with Kaella (Main Studio) **NEW**

THURSDAY

6:30am-7:30am—**GROUP RIDE** with Judy (Cycle Studio)

9:30am-10:30 am -**GROUP POWER** with Chelsey (Main Studio)

11:30-12 pm - **TRX™** with Val (Main Studio)

12 pm-1pm - **WATER FITNESS** with Teresa (Pool)

5:15-6:15pm - **ZUMBA™** with Lori (Main Studio)

5:45-6:15pm **R30** with Kristen (Cycle Studio)

6:30-7:20pm **TRX** with Kristen (Main Studio) **NEW!**

FRIDAY

7:45-8:45 am - **WATER FITNESS** with Connie (Pool)

9:30-10:30am - **ZUMBA™** with Suzanne (Main Studio)

10:45am-11:45 *Pedaling for Parkinson's Volunteer-led (Cycle Studio)

12:00-1:00 pm - **FOREVER FIT** with Connie (Main Studio)

4:45-5:30 pm - **BARRE** with Suzanne (Main Studio)

Attention Class Participants
Classes need to maintain a 10 participants monthly average to stay on the schedule.
Check ins matter, bring a friend, & keep coming each week!

SATURDAY

8:15-9:15 am - **Pilates** with Suzanne (Main Studio)

9:30-10:30am **ZUMBA™** with Suzanne (Main Studio)

10:45-11:45 am - **YOGA** with Kasih (Main Studio)

SUNDAY

10:45am-11:45 **YOGA** with Kasih (Main Studio)

*Please contact Suzanne Barrett before attending the Pedaling for Parkinson's classes, sbarrett@ymca-snoco.org or stop by the Wellness Center