

CLASS DESCRIPTIONS:

BARRE: Barre is a total body workout that fuses ballet barre exercises, Pilates core work, yoga flexibility and resistance training that will sculpt, stretch and tone major muscle groups.

BASIC STRENGTH & TONE This class is designed with the new exerciser in mind. Expect to experience many ways to increase strength and improve your cardio fitness.

BOOT CAMP: Need an extra push? Our boot camps are designed to keep you on your toes! We want to keep you guessing – each class is designed to be different and push you out of your comfort zone! We will challenge you at every class! Our goal is to offer encouragement rather than intimidation. We want you to have tons of fun – but be prepared for some high intensity training!

CHAIR YOGA: Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Suitable for all levels of exercisers.

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!

GROUP ACTIVE: 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.

GROUP FIGHT: 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!

GROUP POWER: 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: 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.

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.

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.

R30: 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!

TAI CHI: Tai Chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Tai chi, also called tai chi chuan, is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.

TRX: TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete the exercises.

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.

SEPTEMBER

Group Exercise Schedule Marysville

MONDAY

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

9:30am-10:30am **CHAIR YOGA** with Leah (Studio 2)

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

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

11AM-12pm ***Pedaling for Parkinson's Volunteer-led** (Cycle Studio)

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

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

6pm-7pm **GROUP POWER** with Dakota (Main Studio)

TUESDAY

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

9am-10am—**Basic Strength & Tone** with Kirsten L. (Studio 2)

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

11:15am-12pm **TRX** with Val (Main Studio)

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

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

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

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

WEDNESDAY

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

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

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

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

11am-12pm ***Pedaling for Parkinson's Volunteer-led** (Cycle Studio)

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

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

6pm-7pm **GROUP POWER** with Kaella (Main Studio)

THURSDAY

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

9am-10am—**Basic Strength & Tone** with Kirsten L. (Studio 2)

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

11:15am-12pm **TRX** with Val (Main Studio)

12pm-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)

FRIDAY

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

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

9:30am—**GROUP RIDE** with Jessica (Cycle Studio)

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

11am-12pm ***Pedaling for Parkinson's Volunteer-led** (Cycle Studio)

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

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

SATURDAY

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

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

SUNDAY

12pm- 1pm **Tai Chi** with Alex (Main Studio)

Attention Class Participants
Classes need to maintain a 10 participant monthly average to stay on the schedule.

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