



GROUP EXERCISE SCHEDULE

August 2024

Bartlett YMCA

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|--|---------------------------------------|---|---------------------------------------|---|--|---|
| 5:15 AM | | Cycle + Sculpt Mary/Kat (C) | Bootcamp Jeff (G) | SPINNING Rob (C) | Bootcamp Jeff (G) | | |
| 8:00 AM | TBC Nicole (G) | | TBC Nicole (G) | HIIT Fusion Nicole (G) | | Pilates Christy/Sharon (G) | |
| 8:15 AM | | Fire Workout Rhynia (M) \$ | | Fire Workout Rhynia (M) \$ | | | |
| 8:45 AM | Senior Fitness Christy (G) | | Senior Fitness Monica (G) | | ZUMBA^{gold} Marisa (G) | Restorative Yoga Jessica (M) *9:00am* | |
| 9:00 AM | Deep Water Donna (P) | | Deep Water Donna (P) | | Deep Water Donna (P) | Shallow Water Crystal (P) | |
| | | | | | | Cycle + Sculpt Sharon (C) | |
| | ZUMBA Angela (M) | Body Fit Gena (G) | | Core Condition Nicole (G) | Body Fit Rachel (M) | ZUMBA Christy/Angela (G) | |
| 9:15 AM | Cycle Becky (C) | Deep Water Katie (P) | Cycle Becky (C) | Deep Water Katie (P) | Cycle + Sculpt Mary (C) | | |
| 10:00 AM | Shallow Water Donna (P) | | Shallow Water Donna (P) | | Shallow Water Donna (P) | HIIT Fusion Katherine/Kat (G) | |
| | | | ZUMBA Angela (G) | | | Fire Workout Rhynia (M) \$ | |
| 10:15 AM | Vinyasa Flow RoseMarie (G) | Shallow Water Katie (P) | | Shallow Water Katie (P) | Yoga Meri (M) | | ZUMBA Christy (G) *2:00pm* |
| | Restorative Yoga Meri (M) | Line Dancing Gena (G) | Yoga David (M) | ZUMBA Stacy (G) | | | SPINNING Rob (C) *2:00pm* |
| 11:15 AM | | Chair Yoga Katie (M) | | Chair Yoga Katie (M) | | | |
| 3:45 PM | | Fire Workout Rhynia (G) \$ | | Fire Workout Rhynia (G) \$ | | | Gentle Yoga RoseMarie (M) *3:00pm* |
| 5:00 PM | | | | Barre Burn Monica (M) | | | |
| 5:30 PM | | Cardio Kick Sharon (G) | ZUMBA Monica (G) | Step Strong Mary (G) | | | |
| | | Step Strong Mary (M) | | | | | |
| 6:00 PM | SPINNING Rob (C) | SPINNING Crystal (C) | SPINNING Rob (C) | SPINNING Lamont (C) | Red- Strength Blue- Water Orange- Specialty Purple- Mind/Body Green- Cardio \$ - Paid Class Yellow- NEW location Class locations: (C) - Cycle Studio (M) - Meeting Room (P) - Pool (G) - Gym | | |
| | ZUMBA Angela (G) | | | | | | |
| 6:30 PM | HIIT Fusion Carmen (M) *6:00pm* | TBC Katherine (G) | Cardio Crunk Step Jarisha (G) | The Sweat Box Katherine (G) | | | |
| | Shallow Water Crystal (P) | | Shallow Water Crystal (P) | | | | |
| 7:00 PM | Barre Burn Katherine (M) | Yoga Tina (M) | | Yoga Anne (M) | | | |



OUR CLASSES

cardio

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| SPINNING | This indoor cycling class blends cycling techniques, sound training principles & expert coaching providing you with a training session that will burn calories, energize, challenge and inspire you. Designed for all ages & fitness levels. New riders are STRONGLY ADVISED to arrive 10 minutes early for individualized set up on a bike. |
| CYCLE | A group indoor cycling workout where you control the intensity. With great music pumping, you'll take on a journey of hill climbs, sprints and flat riding. Get all the benefits of cardio interval training with low impact on your joints. |
| CYCLE + SCULPT | All the benefits of our regular cycling classes, with the added strength training of light weights. |
| ZUMBA | A dance fitness party that combines Latin and World rhythms to get you moving, sweating, and smiling. |
| BOOTCAMP | High energy class designed to provide an all over body conditioning. |
| BODY FIT | The ultimate class for all fitness levels who want to get an ALL-IN-ONE workout. This class incorporates a variety of equipment that will reshape your body and deliver cardio training to get your heart pumping. |
| CARDIO KICK | A full body workout that consists of a sport specific warm-up, higher paced intervals, easy to follow combinations, kickboxing specific strength/endurance training integrating light weights, and a cool-down. |
| STEP STRONG | This traditional step class with easy to follow combinations will add strength training by using resistance bands, body bars, hand weights and more. |
| CARDIO CRUNK STEP | High energy cardio step with music that will motivate you to move. A great workout perfect for anyone from beginner to expert. |
| THE SWEAT BOX | Cardio taken to another level with a different format each week: cardio/core, kickboxing, AMRAP, strength and plenty of sweat. |
| LINE DANCING | Increase your energy, improve coordination and memory skills, and have fun with this dance favorite. |

strength

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| TBC | TOTAL BODY CONDITIONING: Strengthen your whole body using dumbbells, resistance bands, body bars, stability balls, and barbells! |
| CORE CONDITIONING | A class consisting of stabilization techniques & strengthening for the whole body. Focusing on the entire core incorporating the abs, oblique's and lower back |
| HIIT FUSION | HIGH INTENSITY INTERVAL TRAINING — An entirely new way to train your body or take it to whole new level. HIIT will include cardio and strength intervals using various equipment to improve core stability and strength. |

mind/body

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| PILATES | Emphasis on the support and strengthening of the "Power house" of your core. Intense engagement of the muscles in this area produces the dramatic results in posture and body shape. |
| YOGA | Unite your breath with your body through a variety of poses accessible to all levels of yoga practitioners. Classes will include building strength in the core, balance in the body, as well as increasing flexibility and range of motion. Calm your mind, feel alive and revived. |
| BARRE BURN | Utilizing the ballet barre to perform small isometric movements set to energizing music, this is a total body workout that lifts your seat, tones your thighs, abs and arms, and burns fat. |
| VINYASA FLOW | This class is a great stress reducer that incorporates deep-breathing techniques and movements to increase flexibility, balance, & core strength. |
| RESTORATIVE/ GENTLE YOGA | This yoga class is done at a slower pace and incorporates breathing exercises that benefit mind and body. It may also include longer holds and even have rest in between poses |

water

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| SHALLOW WATER | A water fitness class designed to sculpt & firm muscles while improving balance, heart and lung function using 360 degrees of resistance. There is some impact. |
| DEEP WATER | Classes will increase core strength, stability, and stamina. This is an impact-free environment. |

specialty

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| CHAIR YOGA | A gentle form of yoga that can be done sitting on a chair or standing while using the chair for support. |
| ZUMBA^{gold} | Perfect for active older adults who are looking for a modified Zumba dance class that recreates the fun energy and Latin rhythms of original Zumba at a lower speed and intensity. |
| SENIOR FITNESS | 8:45am: 30 minutes of low impact aerobics; 9:15am: strength training, stretching & balance improvement (85 minute class). |
| FIRE WORKOUT | An intense 60 min. workout that focuses on upper body, lower body, core, flexibility, balance, coordination, plyometrics, and cardiovascular principles. *** This is a paid class |

*Classes vary by location. Additional specialty classes may be offered that are not listed here.