



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## WINTER GROUP FITNESS

\*SS on Fridays will begin on 1/22/2021 and HIIT will begin 2/6/2021

\*UPDATED on 1/11

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00AM			SS – CIRCUIT  Amanda  Gym		SS – CIRCUIT  Amanda  Gym	
12:00PM						H.I.I.T  Luis  AR
6:00PM	Unleash the Beast  Allison  WC	Zumba  Sandy  Gym	Vinyasa Yoga  Caroline  AR	Zumba  Sandy  Gym		WC – Wellness Center AR – Aerobics Room GYM - Gymnasium

# CLASS DESCRIPTIONS

## H.I.I.T – High Intensity Interval Training

H.I.I.T has found its way to our YMCA! H.I.I.T is a class where you have a blast... It's also a class in which you give all-out, max effort through quick, intense bursts of exercise, followed by short recovery periods. This type of training gets and keeps your heart rate elevated and is proven to burn more calories in LESS time!

## Silver Sneakers – CIRCUIT

Designed for Silver Sneakers participants to combine fun with fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. A chair is also used for seated and/or standing support. This class will be held outside if weather permits.

## Unleash the Beast

A high-intensity interval training workout that improves cardiovascular fitness, increases toning and maximizes calorie burn. Get ready to unleash your inner beast and push yourself in this fun and energetic class. This class will be held outside if weather permits.

## Vinyasa Yoga

Through guided poses and a focus on controlled, mindful breathing will help people of all exercise levels find balance. This class combines the perfect blend of relaxation, posture, and breathing. It will also promote flexibility, stamina, and peace to the mind and body. We do ask that you bring your own mat. Masks will be required to wear during classes to ensure the safety of not only the instructor, but also to protect everyone participating in the class.

## Zumba

The world's largest and exciting Latin dance-based fitness program. Just bring a towel and water while the instructor will take care of the music and making sure that every class is like a party! This class will be held outside if weather permits.