



# GROUP EXERCISE SCHEDULE: JANUARY YMCA AT THE ATHENAEUM

Exercising three (3) times a week will improve your overall health. Our schedules are designed to make your health our priority. In most cases, class intensity can be adjusted for beginner through advanced needs. Your instructor will share modification options.

## CLASS COLOR CODE:

**STRENGTH**

**MIND/BODY**

**CYCLE**

**AOA (Active)**

**\$\$ Specialty**

**CARDIO**

MON	TUES	WED	THUR	FRI	SAT
PLAY & LEARN HRS: 9am-1pm, 5-8pm	PLAY & LEARN HRS: 9am-1pm, 5-8pm	PLAY & LEARN HRS: 9am-1pm, 5-8pm	PLAY & LEARN HRS: 9am-1pm, 5-8pm	PLAY & LEARN HRS: 9am-1pm	PLAY & LEARN HRS: 9am-1pm
	5:15-6am <b>TRX (\$)</b> Weight Room, Andy		5:30-6:15am <b>CYCLE</b> Cycle Studio, Scott		
	5:30-6:15am <b>CYCLE</b> Cycle Studio, Scott	6-6:45am <b>TRX (\$)</b> Weight Room, Andy	6-6:45am <b>TRX (\$)</b> Weight Room, Andy	6-6:45am <b>CYCLE</b> Cycle Studio, Michelle	
6-6:45am <b>CYCLE</b> Cycle Studio, Kate	6-6:45am <b>TRX (\$)</b> Weight Room, Andy	6-6:45am <b>CYCLE</b> Cycle Studio, Gabe	6-6:45am <b>TRX (\$)</b> Weight Room, Andy	6-7am <b>LES MILLS BODYPUMP™</b> Studio, Gabe	9:15-10:15am <b>LES MILLS BODYPUMP™</b> Studio, Angela
6-7am <b>LES MILLS BODYPUMP™</b> Studio, Gabe	6-7am <b>YOGA</b> Loft, Rebecca	6-7am <b>LES MILLS BODYPUMP™</b> Studio, Angela	6-7am <b>YOGA</b> Loft, Rebecca		9:15-10:15am <b>Vinyasa Yoga</b> Loft, Kristina
		6-6:45am <b>CORE TRAINING</b> Loft, Emilie	6-6:45am <b>LES MILLS BODYATTACK™</b> Studio, Allison		10:30am-11:30am <b>STEP</b> Studio, Blane
9:15-10am <b>LIFE (LOW IMPACT)</b> Studio, Kelsey	9-10am <b>SilverSneakers® BOOM</b> Studio, Blane	9:15-10am <b>LIFE (LOW IMPACT)</b> Studio, Kelsey	9-10am <b>SilverSneakers® BOOM</b> Studio, Blane	9-9:45am <b>STEP</b> Studio, Blane	10-11am <b>CYCLE</b> Cycle Studio, Kate
				10-11am <b>ENHANCE FITNESS</b> Studio, Blane	11:45-12:30pm <b>LES MILLS BODYATTACK™</b> Studio, Anne/Brooke
12-12:45pm <b>LES MILLS BODYPUMP™</b> Studio, Tanya		12-12:45pm <b>LES MILLS BODYPUMP™</b> Studio, Erika			
12-12:45pm <b>PILATES</b> Loft, Kelsey		12-1pm <b>CHAIR YOGA</b> Loft, Suzannah	12-12:45pm <b>PILATES</b> Loft, Kelsey	12-12:45pm <b>YOGA</b> Loft, Rebecca	
					<b>SUN</b>
					PLAY & LEARN CLOSED
5:45-6:30pm <b>LES MILLS BODYATTACK™</b> Studio, Brooke	5:30-6:30pm <b>LES MILLS BODYPUMP™</b> Studio, Molly/Erika Q	5:30-6:30pm <b>PILATES</b> Loft, Kim/Rebecca	5:30-6:30pm <b>LES MILLS BODYPUMP™</b> Studio, Rachel	5:30-6:30pm <b>LES MILLS BODYPUMP™</b> Studio, Tanya	
6-7pm <b>YOGA FOR ALL</b> Loft, Helene	6-7pm <b>CYCLE</b> Cycle Studio, Gabe	5:45-6:30pm <b>LES MILLS BODYATTACK™</b> Studio, Anne	6-7pm <b>PILATES</b> Loft, Kim		
6:30-7:30pm <b>CYCLE</b> Cycle Studio, Maria	6-7pm <b>PILATES</b> Loft, Kim	6-7pm <b>CYCLE</b> Cycle Studio, Beth	6:45-7:45pm <b>Yin Yoga</b> Studio, Allison		3:30-4:30pm <b>Yin Yoga</b> Loft, Allison
6:45-7:45pm <b>LES MILLS BODYPUMP™</b> Studio, Abbie		6:45-7:45pm <b>LES MILLS BODYPUMP™</b> Studio, Laurie			
7:15-8pm <b>PILATES</b> Loft, Rebecca		6:45-8pm <b>YOGA FOUNDATIONS</b> Loft, Helene			



All classes require you to reserve your spot by using the **MINDBODY** app. Sign up opens 1 week before class.



# CLASS DESCRIPTIONS

<b>CARDIO</b>	
<b>LES MILLS BODYATTACK™</b>	Les Mills BodyAttack® is a high-energy fitness class with moves that cater for total beginners to total addicts. The class combines athletic movements like running, lunging and jumping with strength exercises like push-ups and squats. All the moves are set to energizing music to keep you moving, help you challenge your limits and improve functional fitness.
<b>STEP</b>	A great cardio workout for all ages and abilities, this class consists of step combinations fused with intervals of upper and lower body strength segments. A classic, challenging workout with a new infusion of fun.
<b>STRENGTH</b>	
<b>CORE TRAINING</b>	
<b>LES MILLS BODYPUMP™</b>	Les Mills BodyPump® is the original barbell class for absolutely everyone. Instructors will show you the moves and techniques to make your first class safe, fun, and give you strength for everyday life. You'll get a total body workout that burns calories, shapes, and tones without building bulky muscles. To reserve your equipment, sign up at the front desk 20 minutes prior to class.
<b>TRX \$</b>	Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. It requires the use of the <b>TRX</b> Suspension Trainer, a highly portable performance training tool that leverages gravity and your body weight to complete hundreds of exercises. This is a fee based class.
<b>MIND/BODY</b>	
<b>CHAIR YOGA</b>	Move your whole body through a complete series of seated yoga poses. Safely perform a variety of yoga poses designed to increase flexibility, balance and range of movement.
<b>PILATES</b>	This mat class is designed to teach the fundamentals of Pilates through a series of exercises using a variety of equipment. Strengthen your core muscles while lengthening and toning muscle groups throughout your entire body.
<b>YOGA</b>	<ul style="list-style-type: none"> <li>• <b>Yoga Foundations</b>– This class is a slow flow with focus on breath awareness in the poses and movements.</li> <li>• <b>Yoga For All</b>– This class is beneficial for all levels of yoga and focuses on building strength, flexibility, and stability specifically in the back and hips.</li> <li>• <b>Vinyasa Yoga</b>– This class will focus on aligning breath with movement through a vinyasa style flow. Students will experience a balance of physical excursion that will make them sweat and intentional periods of restoration. Modifications will be provided to accommodate all levels of fitness and experience</li> <li>• <b>Yin Yoga:</b> In this passive practice for all levels, yogis will hold variations of poses for longer periods of time, targeting the deep connective tissues of the body. Yin yoga is the perfect complement to an active yoga practice and for anyone looking to calm the mind, relax the body, and increase mobility and flexibility. Yogis are encouraged to dress in layers and wear socks to class.</li> </ul>
<b>YOGA ANNOUNCEMENT:</b> All Pilates and Yoga classes (excluding Chair Yoga) will become part of our fee based class schedule in January.	
<b>CYCLE</b>	
<b>CYCLE</b>	Cycle is a low impact cardiovascular workout for all fitness levels. Enjoy a challenging ride using resistance variation, speed work and other techniques. First time riders welcome!
<b>AOA (ACTIVE OLDER ADULTS)</b>	
<b>SILVER SNEAKERS® BOOM</b>	Designed specifically for Baby Boomers & Active Older Adults. Each class is made up of a combination of three unique exercise formats: "Move It" (cardio dance workout), "Muscle" (cardio & strength-based moves) and "Mind" (yoga, Pilates and stretching).
<b>ENHANCE FITNESS</b>	
<b>LIFE (LOW IMPACT FOR EVERYONE)</b>	This low to mid-intensity class is designed to improve overall muscle strength and endurance through a series of cardiovascular intervals, strength, and core exercises using the chair.