



# LIVE GROUP EXERCISE & Y+STUDIO SCHEDULE MAY 2024 WITHAM FAMILY YMCA

Exercising three 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.

MON	TUE	WED	THUR	FRI	SAT
PLAY & LEARN: 9am-12pm & 4:30-7:30pm	PLAY & LEARN: 9am-12pm & 4:30-7:30pm	PLAY & LEARN: 9am-12pm & 4:30-7:30pm	PLAY & LEARN: 9am-12pm & 4:30-7:30pm	PLAY & LEARN: 9am-12pm	PLAY & LEARN: 9am-12pm
5:30-6:15am <b>Cycle</b> Val	5:30-6:15am <b>Strength &amp; Endurance</b> Val (Gym)	5:30-6:15am <b>Cycle</b> Val	5:30-6:15am <b>Les Mills BODYPUMP™</b> Val	5:30-6:15am <b>Cycle</b> Val	7:30-8:30am <b>Step</b> Ann
9:00-9:45am <b>Small Group Training (\$)</b> Barb (Small Group Room)		9:00-9:45am <b>Small Group Training (\$)</b> Hailey (Small Group Room)		9:00-9:45am <b>Small Group Training (\$)</b> Kelly (Small Group Room)	
9:00-9:45am <b>SilverSneakers Classic</b> Pam (Gym)	9:00-9:45am <b>SilverSneakers Classic</b> Heather (Gym)	9:00-9:45am <b>SilverSneakers Classic</b> Pam (Gym)	9:00-9:45am <b>SilverSneakers Classic</b> Pam (Gym)	9:00-9:45am <b>AOA Cardio Drumming</b> Heather	10:00-11:00am <b>Family Cardio Dance*</b> Heather & Freya
9:30-10:00am <b>Les Mills Express BODYPUMP™</b> Val	9:30-10:30am <b>Cycle &amp; Tone</b> Val	9:30-10:00am <b>Les Mills Express BODYPUMP™</b> Val	9:30-10:30am <b>Cycle &amp; Tone</b> Val	9:30-10:30am <b>Strength &amp; Endurance</b> Val (Gym)	
10:00-10:30am <b>Les Mills CORE</b> Val	10:45-11:15am <b>Les Mills CORE</b> Kristi	10:00-10:30am <b>Les Mills CORE</b> Val		10:45-11:15am <b>Les Mills CORE</b> Kristi	
11:00-11:45am <b>SilverSneakers Stability</b> Diana			11:00-11:45am <b>SilverSneakers Stability</b> Diana		
12:00-12:45pm Reserved for Programming			12:00-12:45pm Reserved for Programming		

					SUN
					PLAY & LEARN: CLOSED
5:30-6:15pm <b>Cycle</b> Kristie	5:15-5:50pm <b>Strength &amp; Endurance</b> Amy	5:00-5:45pm <b>Small Group Training (\$)</b> Kelly (Small Group Area)	5:15-5:50pm <b>Strength &amp; Endurance</b> Amy		
6:30-7:30pm <b>Cardio Dance</b> Heather & Freya	6:00-6:45pm <b>Step</b> Ann	6:30-7:30pm <b>Cardio Dance</b> Heather & Freya	6:00-6:45pm <b>Step</b> Ann		

**CLASS COLOR CODE:**

CARDIO	DANCE
STRENGTH	AOA (Active Older Adults)
MIND/BODY	CYCLE

(\$ ) Indicates Y+ Studio Class  
See reverse for details

\*Family Cardio Dance is open to all ages 6+! Kids must be a member and have an adult with them to attend class.



# LIVE GROUP EXERCISE CLASS DESCRIPTIONS

## MAY 2024

### WITHAM FAMILY YMCA

Exercising three 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.

#### CARDIO

**Step:** This class consists of step combinations fused with intervals of upper and lower body strength segments. A classic step workout with a new infusion of fun!

**Strength and Endurance:** Increase your lean muscle tissue and metabolism with this total body workout! This class incorporates challenging strength training moves, cardio intervals, and toning exercises for your entire body.

#### STRENGTH

**Les Mills BodyPump™:** BodyPump is for anyone looking to get lean, toned and fit, fast! Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout. It will burn up to 540 calories. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music- helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

**Strength and Endurance:** Increase your lean muscle tissue and metabolism with this total body workout! This class incorporates challenging strength training moves, cardio intervals, and toning exercises for your entire body.

**Les Mills CORE:** CORE provides the vital ingredient for a stronger body while chiseling your waistline. A stronger core makes you better at all things you do- it's the glue that holds everything together. All moves in LES MILLS CORE have options, so it's challenging but achievable for your own level of fitness. Trainer instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches and hovers. It also includes hip, glute and lower back exercises.

#### DANCE

**Cardio Dance:** Learn new routines every week while getting a great workout! Join us for a class full of fun dance styles but focusing on cardio, toning, & dumbbell weightlifting. This class has plenty of modifications for all levels

**Family Cardio Dance: (Saturdays)** Join us for a class full of fun dance styles focusing on cardio and family fun (but don't worry you can come by yourself too). Family class has plenty of modifications for all levels. Ages 6+ are welcome! Children must be members and with an adult to attend this class.

#### ACTIVE OLDER ADULTS

**Silver Sneakers Classic®:** Move to the music through a variety of exercises designed to increase strength, range of motion, and activity for daily living skills.

**Silver Sneaker Stability®:** The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level. It can be adapted depending on the skill of individual participants. A chair may be used for balance and support.

**AOA Cardio Drumming:** This class incorporates exercises with drumsticks and an exercise ball. This low impact workout involves drumming to the beat of good music combined with body movements to improve strength, coordination, balance, increase your heart rate and get a full body workout. This class is designed for active older adults for all fitness levels and can be done from standing or sitting in a chair position.

#### CYCLE

**Cycle:** Exercise with classes focusing on endurance, strength, intervals, and recovery, and involves using a special stationary exercise bicycle.

**Cycle and Tone:** This cycle class combines endurance, HIIT, and strength intervals to get your heart rate up and burn calories. Dumbbells are incorporated into the class for upper body strength training.

#### Y+ STUDIO (\$)

##### **Small Group Training: (\$)**

Setting the stage for a well-rounded program fueled by MX4 and Synergy, this high-intensity circuit format will develop all key areas of fitness: Strength, Cardiovascular and Flexibility, creating a great foundation to build your personalized SGT Experience. Each week, we will utilize a wide array of functional training equipment in class to build challenging, safe workouts.

**Classes noting (\$)** are part of our Y+ Studio program. To access these classes, see member services to sign up for the Y+ Studio membership upgrade.