



DEVELOPMENT®
 FOR YOUTH
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

FALL RIVER YMCA

Group Exercise Schedule

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Schedule in Effect as of June 18th – August 20th, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Y Cycle* Tracy 6:15-7:00 am		Y Cycle* Tracy 6:15-7:00 am	Yoga Lauren 8:00-9:00 am	Y Cycle* Tracy 6:15-7:00 am	Y Cycle* Kimberly 8:00-8:45 am
Forever Young Elaine 7:00-8:00 am		Forever Young Elaine 7:00-8:00 am		Forever Young Elaine 7:00-8:00 am	Zumba Christie/Joanne 10:00-11:00 am
POUND Tabitha 8:00-8:45 am	Water Aerobics # Cathy 9:00-9:45 am	Water Aerobics # Cathy 9:00-9:45 am	Water Aerobics # Arielle 9:00-9:45 am	Water Aerobics # Chris 9:00-9:45 am	Yoga Stephanie 11:30 am-12:30 pm
Water Aerobics # Arielle 9:00-9:45 am	Chair Yoga Cathy 10:15- 11:00 am	Tai Chi Nik 9:00-10:00 am			
Yoga Mary 10:00-11:00 am	Functional Tone ! Joe 5:00-5:30 pm	Yoga Mary 10:00-11:00 am	Functional Tone ! Joe 5:00-5:30 pm		
Water Aerobics # Arielle 10:00-11:15 am	Total Body Burn Kimberly 5:30-6:30 pm	Water Aerobics # Cathy 10:00-11:15 am	Zumba Dawn 5:30-6:30 pm	Aqua Zumba # Maria 10:00-11:15 am	
Enhance@Fitness Christine 11:15 am-12:15 pm	Y Cycle* Nancy 5:30-6:15 pm	Enhance@Fitness Christine 11:15 am-12:15 pm	Y Cycle* Kimberly 5:30-6:15 pm	Enhance@Fitness Joe 11:15am -12:15 pm	
Zumba Nicole M. 5:00-6:00 pm	Water Aerobics # Lois 6:00-7:00 pm	Y Cross Train Karen 5:30-6:20 pm	Water Aerobics # Lisa 6:00-7:00 pm		
BUTI Sculpt Nicole 6:00-6:30 pm		Intro to Y Cycle* Kimberly 5:45-6:15 pm			

	Belly Dancing Christine 6:30-7:30 pm	Stability Fusion Tracy 6:30-7:15 pm	Stretch, Tone & Barre Christine 6:30-7:30 pm	Zumba Christie/Joanne 6:15-7:15 pm	
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All classes held in the Group Exercise Studio unless otherwise noted. # = Pool, ! = 2nd Floor of Wellness Center, * = Cycling Room



Group Exercise Class Descriptions

Cardio

- **Belly Dancing**- This class is a mix of different styles of Belly Dance fused together to make an upbeat and fun dance class while working all areas of the body. This is a beginner level class, no dance experience required.
- **Y Cycle**- This low impact workout is held on a stationary bicycle with an instructor leading your ride. During this class you will climb hills, sprint, and pedal to the beat of the music. Come try this great interval workout with us and enjoy your ride!
- **Stretch- Tone-Barre** A combination of deep stretching, Barre work for toning, as well as toning arms, abs, and the buttocks! It will also involve simple dance for cardio!
- **Zumba**- Zumba® Fitness classes are often called exercise in disguise. This is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility. You will feel great after every class.
- **POUND**- is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and Isometric poses into a 45-minute series.

Mind/Body

- **Chair Yoga**-A chair yoga flow class with postures and breathe work according to each individual's physical capacity in order to increase flexibility, deepen breathing and increase relaxation
- **Tai Chi**- This is gentle exercise that builds balance, strength, and stamina. The deliberately slow practice of the forms is quietly meditative, with the goal of moving in harmony with a slow, steady rhythm of deep breathing. All the techniques are performed within a comfortable range of motion, and there is no hard impact, making it ideally suited for a lifetime of practice.
- **Yoga**-Throughout this class you will experience relaxation through a series of movement, poses, deep stretches, and breathing techniques that will increase your flexibility and stamina.

Strength

- **Total Body Burn**- This strength-based class targets your glamour muscles: the booty, the arms, legs and the abs. With fun music and high-energy, you can condition, strengthen and tone some of the biggest muscle groups. All levels of participants are welcome.
- **BUTI Sculpt**- During this interval class, you will push yourself for four rounds of different exercises. Each exercise is followed by a Yoga pose to add stretching in-between those high intensity movements! Modifications can be made
- **Stability Fusion**- This stability ball class is designed to increase balance, strength and help tone those muscles! You will learn new and fun exercises that will be challenging and will add a different twist to your workout!

Older Adults

- **Enhance Fitness**-If you have a chronic condition such as arthritis this class will help you gain strength and independence. You will feel energized physically, mentally and socially. Classes meet three times per week and focuses on strength, flexibility, balance and movement.
- **Forever Young**- This class is designed for the active older adult. Throughout this class you will strengthen your muscles and bones by doing various exercises and also incorporating weights into the routines.

Water Classes

- **Water Aerobics**- This shallow water, low impact workout includes movements with variations of upper and lower body moves. Participants march, jog, jump, and workout to their desired intensity. This workout is designed to improve cardiovascular fitness, muscular endurance and flexibility.
- **Aqua Zumba** Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. This class is a Zumba Fitness class just done in the pool!