



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

FALL RIVER YMCA

Group Exercise Master Schedule

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Schedule in effect as of November 5th, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Y Cycle* Tracy 6:00-6:45 am		Y Cycle* Tracy 6:00-6:45 am	Tabata Tracy 6:00-6:45am	Y Cycle* Tracy 6:00-6:45 am	Cardio Tae Kwon Do Doug 8:00-8:45am
Forever Young Elaine 7:00-8:00 am		Forever Young Elaine 7:00-8:00 am	Yoga Lauren 8:00-9:00 am	Forever Young Elaine 7:00-8:00 am	Y Cycle* Kimberly 9:00-9:45 am
Water Aerobics # Brian 9:00-9:45am	Water Aerobics # Cathy 9:00-9:45 am	Water Aerobics # Cathy 9:00-9:45 am	Water Aerobics # Rita 9:00-9:45am	Water Aerobics # Chris 9:00-9:45 am	Yoga David 9:00-10:00am
Water Aerobics # Brian 10:30-11:15am	Chair Yoga Cathy 10:15- 11:00 am	Tai Chi Nik 9:00-10:00 am			Zumba Joanne 10:00-11:00 am
Yoga Mary 10:00-11:00 am		Yoga Mary 10:00-11:00 am		Yoga David 10:00-11:00am	
		Water Aerobics # Cathy 10:15-11:00 am		Aqua Zumba # Maria 10:30-11:15 am	
Enhance@Fitness Joe 11:15 am-12:15 pm	Y Cycle* Nancy 5:30-6:15 pm	Enhance@Fitness Joe 11:15 am-12:15 pm		Enhance@Fitness Joe 11:15am -12:15 pm	
	Water Aerobics # Lois 6:00-7:00 pm		Water Aerobics # Lisa 6:00-7:00 pm		
Strength Fusion Karen 6:00-7:00pm	Cardio Sport Heather/Matt 6:15-7:15pm	Intro to Y Cycle* Kimberly 6:00-6:45 pm	Cardio Sport Heather/Matt 6:15-7:15pm		
	Belly Dance Christine 6:30-7:30 pm				

All classes held in the Group Exercise Studio unless otherwise noted. Pool Gymnasium Studio C Studio A



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!
- **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.
- **Cardio Tae Kwon Do** – Come join us for a fun cardio class with Tae Kwon Do elements mixed in for a great burn! All Ages & all abilities welcome!
- **Cardio Sport**- Classes are integrated comprehensive athletic conditioning – our proprietary method of delivering a total body work out, with a focus on developing both your cardiovascular endurance and strength.

Mind/Body

- **Chair Yoga**-A chair yoga flow class with postures and deepened breathing according to each individual's physical capacity in order to increase flexibility, and 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

- **Tabata** – This class is a 45 minute high-intensity interval class composed of strength and cardio exercises. High intensity bouts of 20 seconds followed by 10 seconds of rest will be sure to test your limits!
- **Strength Fusion** - This class is designed to help you build overall strength while incorporating aspects of dynamic conditioning. This class delivers total body strength and conditioning.

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!