



# WILLIAMS FAMILY YMCA

## Group Exercise Schedule MARCH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	AM	AM	AM	AM	AM
6:00-6:30 <b>Tabata</b> Studio A-Caranne	6:30-7:30 <b>Pilates</b> Studio A-Tiffany	6:00-6:30 <b>CYCLE EXPRESS</b> Studio C-Denise	6:00-6:30 <b>Mobility Training</b> Studio A- Amy P	6:00-6:30 <b>ALL OUT!</b> Studio A - KC	8:00-9:00 <b>CYCLE</b> Studio C-Ch risty
8:00-9:00 <b>Gentle Yoga</b> Studio A- Linda	8:30-9:00 <b>Les Mills Core</b> Studio A - Sarah P	6:35-7:05 <b>ALL OUT!</b> Studio A- Denise	6:30-7:00 <b>Abs &amp; Arms</b> Studio A- Amy P	8:15-9:00 <b>CYCLE</b> Studio C-Ashland	8:15-9:15 <b>BODYPUMP™</b> Studio A - Aga
8:15-9:00 <b>CYCLE</b> Studio C- Ashland	9:15-10:15 <b>CYCLE &amp; Tone</b> Studio C - Christy	8:15-9:00 <b>CYCLE</b> Studio C- Ashland	8:30-9:00 <b>Les Mills Core</b> Studio A - Sarah	9:00-9:45 <b>Pilates</b> Studio B- Aggie	9:30-10:00 <b>CYCLE Express</b> Studio C-AmyP
9:15-9:45 <b>Beginner Cycle</b> Studio C-Ashland	9:30-10:30 <b>Yoga</b> Studio A-Yeganeh	9:15-10:00 <b>ALL OUT!</b> Gym - KC	8:30-9:00 <b>Morning Stretch</b> Studio B- KC	9:15-10:00 <b>Tabata &amp; Core</b> Gym - KC	9:45-10:45 <b>Yoga</b> Studio A- Tanya
9:15-10:15 <b>BODYPUMP™</b> Studio A-Rita	9:30-10:15 <b>New U</b> GYM - KC	9:15-10:15 <b>BODYPUMP™</b> Studio A-Sarah	9:15-10:00 <b>CYCLE</b> Studio C - Ron	9:15-10:15 <b>BODYPUMP™</b> Studio A-Melba	10:00-10:45 <b>ALL OUT!</b> PT . Stage-STAFF
9:15-10:00 <b>Power Flow</b> Gym -STAFF		9:30-10:15 <b>Power Flow</b> Studio B- STAFF	9:30-10:30 <b>Yoga</b> Studio A - Linda	10:15-11:00 <b>Line Dancing</b> Gym - Monica	11:15-12:15 <b>Zumba™</b> Stu dioA-Heather
10:15-11:15 <b>Zumba™</b> Gym-Trina	10:30-11:00 <b>Morning Stretch</b> Studio B- KC	10:15-11:15 <b>Zumba™</b> Gym - Trina		10:30-11:30 <b>BODYBALANCE™</b> Studio B - Melba	<b>Williams Hours:</b> Mon-Thur 5am-9pm Fri- 5am-8pm Sat - 7am-5pm Sun- 8am-5pm
	11:00-11:45 <b>Pilates</b> Studio A - Connie	10:30-11:30 <b>BODYBALANCE™</b> Studio A - Missy	10:35-11:35 <b>BODYJAM™</b> Studio A -Melba	10:35-11:35 <b>Yoga</b> Studio A - Ron	
PM	PM	PM	PM	PM	
12:00-12:45 <b>Silver Sneakers® Circuit</b> Studio A - Lynnell	12:00-12:45 <b>W.O.W</b> Studio O - KC	12:15-1:00 <b>AOA Cardio Sculpt</b> Studio A - KC	12:00-12:45 <b>W.O.W</b> Studio O - KC	12:00-12:45 <b>Silver Sneakers® Circuit</b> Studio A - Judy	
12:00-12:45 <b>Silver Sneakers® Circuit</b> Studio B- Janice	12:15-1:00 <b>AOA Cardio Sculpt</b> Studio A - Ann	12:15-12:45 <b>CYCLE EXPRESS</b> Studio C-Amy G.	12:15-1:00 <b>AOA Cardio Sculpt</b> Studio A - Ann		
1:00-1:45 <b>Silver Sneakers® Yoga Stretch</b> Studio A - Lynnell	1:15-1:45 <b>Better Balance</b> Studio A -Janice	5:30-6:15 <b>Cardio Step</b> Studio A-Melissa	1:15-1:45 <b>Better Balance</b> Studio A -June		
5:30-6:30 <b>Gentle Yoga</b> Studio B-Linda	2:00-2:45 <b>Silver Sneakers® Classic</b> Studio A - Janice	6:30-7:30 <b>BODYPUMP™</b> Studio A- Melissa	2:00-2:45 <b>Silver Sneakers® Classic</b> Studio A - June		
5:30-6:30 <b>CYCLE &amp; Tone</b> Studio C - Christy	5:30-6:15 <b>BODYCOMBAT EXPRESS™</b> Studio A - Amanda		5:30-6:30 <b>Pilates Fusion</b> Studio B - Mara		
6:30-7:30 <b>BODYPUMP™</b> Studio A- Ann	6:15-7:00 <b>CYCLE</b> Studio C - Denise		6:15-7:15 <b>Cycle &amp; Tone</b> Studio C - Christy		
	6:30-7:30 <b>Zumba</b> Studio A - Victor		6:30-7:30 <b>Zumba</b> Studio A - Trina		

Please register for classes in the **Y App** or @ **www.FCYMCA.org**. Classes open 24 hours in advance .  
If you can no longer attend a class please cancel your reservation prior to the class start time.  
**Yellow Block= Indicates new class, start time, instructor or new location**

## CLASS DESCRIPTIONS

**ABS & ARMS** This is a multi-level workout focusing on core and upper body exercises.

**ALL OUT!** An interval training/bootcamp style class that focuses on strength and cardio

**AOA CARDIO SCULPT- ACTIVE OLDER ADULTS** Experience the benefits of this class that encompasses cardio and strength training. Join us for muscular strength training, toning, and circuit training. Ideal for active older adults and beginners to group exercise.

**BEGINNER YOGA/GENTLE YOGA** This class is designed for beginners. You will strengthen and lengthen your muscles, help improve posture and stability and increase core muscle strength.

**BEGINNER CYCLE** 30min beginner-level indoor--cycling class provides an introduction to cycling indoors

**BETTER BALANCE™** This class is designed to improve balance and coordination through exercise. A chair is used for support.

**BODYBALANCE™** Ideal for anyone and everyone in the yoga, tai chi, Pilates based class will improve your mind, body, and life. Carefully structured series of stretches, moves and poses to music.

**BODYCOMBAT™** This non-contact, martial arts-based fitness program features moves drawn from karate,tae kwon do, kung fu, kickboxing, muay thai and tai chi. This class will give you an incredible workout in 45 minutes

**BODYJAM™** is the ultimate combination of music and a series of dance moves.

**BODYPUMP™** Barbell class that will sculpt, tone and strengthen your entire body. Challenges all of your major muscle groups while you squat, press, lift and curl.

**CARDIO STEP** High energy, low-impact, easy to follow routines for all ages & fitness levels – with or without a step-bench.

**CORE™** 30min class that works muscles around the core provides the vital ingredient for a stronger body.

**CYCLE** A fun and challenging cardiovascular workout for all fitness levels. Set to heart pumping music you will run, jump, climb and sprint your way to increased speed, strength and calorie burn.

**CYCLE & TONE** Cardio will be done on the bike and strength will be done off of the bike. Dumbbells will be used to tone your upper body muscles while engaging the core for stability.

**LINE DANCING** This line dancing class is for both beginners and intermediate dancers.

**MOBILITY TRAINING** This class is designed to maintain and increase muscular strength and range of motion through functional movement patterns. Suitable to all fitness levels

**MORNING STRETCH** A great morning class that will stretch and relax your muscles. Suitable for all levels.

**NEW U!** This is a multi-level total-body workout with a mix of cardio and strength

**PILATES** Created to strengthen abdominal and back muscles by developing pelvic stability and abdominal control.

**PILATES FUSION** Experience a series of controlled movements that heighten postural awareness, spinal stabilization, core strengthening, and flexibility. This class will also incorporate barre poses.

**POWER FLOW** A full body workout, focused on posture, strengthening, and toning through isometric and ballet-inspired movements. This class suitable for everyone.

**SILVER SNEAKERS® CIRCUIT** Combine fun and fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. Upper-body strength work using hand-held weights, elastic tubing, and a ball is alternated with non-impact aerobic choreography. (chairs available)

**SILVER SNEAKERS® CLASSIC** Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**SILVER SNEAKERS® YOGA** Move your whole body through a series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility & balance.

**TABATA** This workout consists of a short warm-up followed by a series of high-intensity exercises performed as 8 rounds each of 20 seconds on, 10 seconds off intervals. Short, challenging, and efficient!

**W.O.W-Williams Outdoor** Challenging workout designed to push your fitness limits by including speed drills, plyometric, and bodyweight drills. Class may be held indoors or outdoors, weather permitting.

**YOGA** This mind and body mat-based workout will strengthen and lengthen your muscles, help improve posture, enhance stability, increase core muscle strength, and improve flexibility.

**ZUMBA** Dance to a fusion of Latin and International music! A dynamic, exciting, effective fitness class maximizing caloric output, fat burning and total body toning. Dance your way into fitness.

**Green = Active Older Adults**

**Red=Strength**

**Blue= Other**

**Orange= Cardio**

**Purple=Mind and Body**