



North Area Family YMCA - Group Exercise Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|---|---|--|--|
| Group Exercise Studio <hr/> 6:00AM - 7:00AM VIRTUAL BODYCOMBAT 60 Mins 9:30AM - 10:25AM Total Body Strength 10:30AM - 11:25AM Power Yoga 11:30AM - 12:25PM Zumba Gold 4:45PM - 5:25PM Strength & Cardio 5:30PM - 6:25PM BODYPUMP™ 6:45PM - 7:45PM VIRTUAL BODYATTACK 60 Mins 7:45PM - 8:15PM VIRTUAL BODYBALANCE Flexibility | 6:00AM - 6:45AM Total Body Strength 8:30AM - 9:15AM Forever Fit 9:30AM - 10:25AM Yoga 10:30AM - 11:25AM Strength & Cardio 11:30AM - 12:15PM Flex & Balance 4:30PM - 5:25PM Gentle Yoga 5:30PM - 6:25PM Zumba 6:30PM - 8:00PM Karate | 6:00AM - 7:00AM VIRTUAL BODYCOMBAT 60 Mins 9:30AM - 10:25AM Forever Fit Plus 10:30AM - 11:25AM Strength & Cardio 11:45AM - 12:40PM Yoga 4:30PM - 5:10PM High Intensity Intervals 5:15PM - 5:55PM Pound 6:00PM - 6:55PM Barre 7:15PM - 7:45PM VIRTUAL CORE 30 Mins | 6:00AM - 6:45AM Total Body Strength 8:30AM - 9:15AM Forever Fit 9:30AM - 10:15AM Chair Yoga 10:30AM - 11:25AM Strength & Cardio 11:30AM - 12:15PM Flex & Balance 4:15PM - 4:45PM VIRTUAL BODYBALANCE Strength 4:45PM - 5:15PM VIRTUAL BODYBALANCE Flexibility 5:30PM - 6:25PM Zumba 6:45PM - 7:40PM Yoga | 6:00AM - 7:00AM VIRTUAL BODYCOMBAT 60 Mins 8:00AM - 8:55AM High Intensity Intervals 9:30AM - 10:25AM Chair Yoga 10:45AM - 11:40AM Zumba Gold 11:45AM - 12:40PM Yoga 2:30PM - 2:50PM VIRTUAL Born To Move Early Years 4-5 years 20m - R29 - The Jungle 3:00PM - 3:30PM VIRTUAL Born To Move Early Years 4-5 years 30m - R32 - Teddy Bear 3:30PM - 4:00PM VIRTUAL Born To Move Early Years 4-5 years 30m - R27 - The Wilderness 4:30PM - 5:00PM VIRTUAL GRIT Strength 30 Mins 5:30PM - 8:00PM Karate | 8:15AM - 8:45AM VIRTUAL GRIT Strength BEGINNER 8:45AM - 9:30AM VIRTUAL CORE 45 Mins 9:40AM - 10:35AM Zumba 10:40AM - 11:35AM Gentle Yoga 12:00PM - 1:00PM VIRTUAL BODYCOMBAT 60 Mins 1:00PM - 1:30PM VIRTUAL CORE 30 Mins | 9:00AM - 9:55AM Strength & Cardio |

Barre

A whole body workout that combines elements of ballet, yoga, Pilates and strength training. Movements are done in time to the music and focus on alignment, balance coordination, strength and flexibility. Options available for all fitness levels.

LES MILLS BODYPUMP

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

Chair Yoga

A gentle form of yoga that uses the support of a chair to stretch and strengthen your entire body. Connect your mind, body and breath while focusing on balance and coordination. Options available for all fitness levels.

Flex & Balance

This class focuses on increasing your range of motion and improving your balance. Release muscular tension with stretching exercises and increasing your awareness of a healthy posture with balancing challenges. Options available for all fitness levels.

Forever Fit

A low-impact class focusing on joint stability, range of motion, posture and balance. Perform exercises and movements to improve mobility and functional fitness needed to complete everyday tasks. Options available for all fitness levels.

Forever Fit Plus

A low-impact, mixed intensity, full-body workout designed to improve strength by combining aerobic, flexibility and endurance exercises. Movement and exercises may include equipment. Options available for all fitness levels.

Gentle Yoga

A more conservative and slower-paced practice that focuses on gently stretching the muscles. Postures are held for longer durations and connected with the breath to help release tension, increase range of motion and focus on alignment. Postures are presented with options to slow down and find ease in your body.

High Intensity Intervals

A class that utilizes HIIT and Tabata intervals while alternating between cardio and strength exercises. This class will keep your heart rate up and increase your endurance. Equipment such as dumbbells, resistance bands and steps may be used. Options available for all fitness levels.



An exhilarating full body workout that combines cardio and light strength training. Using Ripstix, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly fun way of working out.

Power Yoga

A faster paced practice that focuses on building strength & endurance while keeping the mind still. Classes include vigorous sequences that coordinate the breath & movement combined with more advanced postures to strengthen the body & challenge the mind. *Options available for all fitness levels

Strength & Cardio

A class that gets your heart pumping & gives you a total body workout. Build cardiovascular endurance by combining strength training with cardio exercises. Class may use steps, stability balls & more. *Option available for all fitness levels.

Total Body Strength

A full body workout that builds power & increases muscular strength & endurance. Classes may use dumbbells, bands, body bars, stability balls, or other fitness equipment to strengthen the core, upper & lower body. *Options available for all fitness levels.

LES MILLS BODYATTACK

High-energy fitness class with a combination of athletic movements and strength exercises.

LES MILLS BODYBALANCE | FLEXIBILITY

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life. Focusing on flexibility.

LES MILLS BODYBALANCE | STRENGTH

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life. Focusing on strength.

LES MILLS BODYCOMBAT

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

BORN TO MOVE

Children will develop self-awareness, balance, coordination and concentration skills as they interpret music, explore and move to a beat.

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LES MILLS CORE

30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

LES MILLS CORE

45 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

LES MILLS GRIT | STRENGTH

High-intensity interval training designed to improve strength and build lean muscle.

LES MILLS GRIT BEGINNER

Learn the basic moves and format of a LES MILLS GRIT workout in this quick introduction.

Yoga

A balanced class that is both relaxing & invigorating. This practice builds strength, increases flexibility & promotes a sense of inner calm. Connect with your breath as you lengthen & strengthen your body. *Options available for all fitness levels.



This high-energy class is a fusion of strengthening movements & easy to follow dance steps to the tune of Latin & International music. Led by a certified Zumba instructor. *Options available for all fitness levels.

Zumba Gold

This high-energy class is a fusion of strengthening movements & easy to follow dance steps to the tune of Latin & International music. Led by a certified Zumba instructor. *Options available for all fitness levels.

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Group Exercise Timetable