



North Area Family YMCA - Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
VIRTUAL BODYCOMBAT 60 Mins 6:00AM - 7:00AM Group Exercise Studio	Total Body Strength 6:00AM - 6:45AM Group Exercise Studio	VIRTUAL BODYATTACK 60 Mins 6:00AM - 7:00AM Group Exercise Studio	Total Body Strength 6:00AM - 6:45AM Group Exercise Studio	VIRTUAL BODYCOMBAT 45 Mins 6:00AM - 6:45AM Group Exercise Studio	VIRTUAL GRIT Cardio 30 Mins 8:15AM - 8:45AM Group Exercise Studio	Strength & Cardio 9:00AM - 9:55AM Group Exercise Studio
Total Body Strength 9:30AM - 10:25AM Group Exercise Studio	Forever Fit 8:30AM - 9:15AM Group Exercise Studio	Forever Fit Plus 9:30AM - 10:25AM Group Exercise Studio	Forever Fit 8:30AM - 9:15AM Group Exercise Studio	High Intensity Intervals 7:00AM - 7:55AM Group Exercise Studio	VIRTUAL CORE 45 Mins 8:45AM - 9:30AM Group Exercise Studio	VIRTUAL CORE 45 Mins 10:15AM - 11:00AM Group Exercise Studio
Power Yoga 10:30AM - 11:25AM Group Exercise Studio	Yoga 9:30AM - 10:25AM Group Exercise Studio	Strength & Cardio 10:30AM - 11:00AM Group Exercise Studio	Chair Yoga 9:30AM - 10:15AM Group Exercise Studio	Chair Yoga 9:00AM - 9:55AM Group Exercise Studio	Zumba 9:40AM - 10:35AM Group Exercise Studio	VIRTUAL BODYBALANCE Strength 11:15AM - 11:45AM Group Exercise Studio
VIRTUAL DANCE 45 Mins 11:30AM - 12:15PM Group Exercise Studio	Strength & Cardio 10:30AM - 11:25AM Group Exercise Studio	*Healthy Living Program 11:00AM - 12:00PM Group Exercise Studio	Strength & Cardio 10:30AM - 11:25AM Group Exercise Studio	Zumba Gold 10:00AM - 10:50AM Group Exercise Studio	Gentle Yoga 10:40AM - 11:35AM Group Exercise Studio	VIRTUAL BODYBALANCE Flexibility 11:45AM - 12:15PM Group Exercise Studio
*Healthy Living Program 12:30PM - 1:30PM Group Exercise Studio	Flex & Balance 11:30AM - 12:15PM Group Exercise Studio	*Healthy Living Program 12:30PM - 1:30PM Group Exercise Studio	Flex & Balance 11:30AM - 12:15PM Group Exercise Studio	Yoga 11:00AM - 11:55AM Group Exercise Studio	VIRTUAL BODYCOMBAT 60 Mins 12:00PM - 1:00PM Group Exercise Studio	
Strength & Cardio 4:45PM - 5:25PM Group Exercise Studio	Gentle Yoga 4:30PM - 5:25PM Group Exercise Studio	High Intensity Intervals 4:30PM - 5:10PM Group Exercise Studio	*Healthy Living Program 12:30PM - 1:30PM Group Exercise Studio	*Healthy Living Program 12:30PM - 1:30PM Group Exercise Studio		
BODYPUMP™ 5:30PM - 6:25PM Group Exercise Studio	Zumba 5:30PM - 6:25PM Group Exercise Studio	Pound 5:15PM - 5:55PM Group Exercise Studio	Zumba 5:30PM - 6:25PM Group Exercise Studio	VIRTUAL GRIT Cardio 30 Mins 4:30PM - 5:00PM Group Exercise Studio		
VIRTUAL BODYBALANCE Flexibility 7:45PM - 8:15PM Group Exercise Studio	*Karate 6:30PM - 8:00PM Group Exercise Studio	Barre 6:00PM - 6:55PM Group Exercise Studio	Yoga 6:45PM - 7:40PM Group Exercise Studio	*Karate 5:30PM - 8:00PM Group Exercise Studio		
		VIRTUAL CORE 30 Mins 7:15PM - 7:45PM Group Exercise Studio				

***Healthy Living Program**

This is a paid EBHI program; these include Enhance Fitness, Brainsavers, & Moving for Better Balance. *Fee associated with programs

***Karate**

This is a progressive colored belt program, taught by 10th degree black belt Shihan Coker, promoting physical and mental well-being through hard work, ritual, and self discipline. Its purpose is self defense, not aggression. Class size is limited. There is an additional cost for this program

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

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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.

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

LES MILLS DANCE

Feel the beat, work your body, lift your heart rate and boost endurance. This 45-minute high-energy workout has been created by dancers to challenge and uplift you.

LES MILLS GRIT | CARDIO

High-intensity interval training that improves cardiovascular fitness.

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.

North Area Family YMCA
Group Exercise Timetable