North Area Family YMCA - Group Studio 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	****Intro to Strength*** 8:00AM - 8:45AM Group Exercise Studio	***VIRTUAL GRIT Strength 30 Mins*** 9:00AM - 9:30AM Group Exercise Studio
Total Body Strength 9:30AM - 10:25AM Group Exercise Studio	***Forever Fit*** 8:30AM - 9:15AM Group Exercise Studio	****Healthy Living Program*** 8:30AM - 9:15AM Group Exercise Studio	***Forever Fit*** 8:30AM - 9:15AM Group Exercise Studio	***VIRTUAL GRIT Cardio 30 Mins*** 7:00AM - 7:30AM Group Exercise Studio	***VIRTUAL CORE 30 Mins*** 9:00AM - 9:30AM Group Exercise Studio	***VIRTUAL BODYBALANCE 45 Mins*** 9:30AM - 10:15AM Group Exercise Studio
Power Yoga 10:30AM - 11:25AM Group Exercise Studio	***Yoga*** 9:30AM - 10:25AM Group Exercise Studio	***Forever Fit Plus*** 9:30AM - 10:25AM Group Exercise Studio	***Chair Yoga*** 9:30AM - 10:15AM Group Exercise Studio	***VIRTUAL GRIT Strength 30 Mins*** 7:35AM - 8:05AM Group Exercise Studio	***Zumba*** 9:40AM - 10:40AM Group Exercise Studio	***VIRTUAL CORE 45 Mins*** 10:30AM - 11:15AM Group Exercise Studio
****Livestrong (Healthy Living)*** 11:30AM - 12:30PM Group Exercise Studio	***Strength & Cardio*** 10:30AM - 11:25AM Group Exercise Studio	***Flex & Balance*** 10:30AM - 11:00AM Group Exercise Studio	***Strength & Cardio*** 10:30AM - 11:25AM Group Exercise Studio	***Zumba Gold*** 8:30AM - 9:15AM Group Exercise Studio	***Gentle Yoga*** 10:40AM - 11:35AM Group Exercise Studio	***VIRTUAL BODYBALANCE 60 Mins*** 11:30AM - 12:30PM Group Exercise Studio
****Enhance Fitness (Healthy Living)*** 12:30PM - 1:30PM Group Exercise Studio	****Brainsavers (Healthy Living)*** 11:30AM - 12:30PM Group Exercise Studio	****Livestrong (Healthy Living)*** 11:30AM - 12:30PM Group Exercise Studio	****Brainsavers (Healthy Living)*** 11:30AM - 12:30PM Group Exercise Studio	***Chair Yoga*** 9:30AM - 10:20AM Group Exercise Studio	***VIRTUAL BODYCOMBAT 60 Mins*** 12:00PM - 1:00PM Group Exercise Studio	
Zumba 1:40PM - 2:35PM Group Exercise Studio	****Moving for Better Balance (Healthy Living)*** 12:30PM - 1:30PM Group Exercise Studio	****Enhance Fitness (Healthy Living)*** 12:30PM - 1:30PM Group Exercise Studio	****Moving for Better Balance (Healthy Living)*** 12:30PM - 1:30PM Group Exercise Studio	***Yoga*** 10:30AM - 11:25AM Group Exercise Studio		
Strength & Cardio 4:45PM - 5:25PM Group Exercise Studio	****Stability with Confidence Workshop*** 1:30PM - 2:30PM Group Exercise Studio	****Healthy Living Program*** 1:30PM - 2:30PM Group Exercise Studio	****Stability with Confidence Workshop*** 1:30PM - 2:30PM Group Exercise Studio	****Livestrong (Healthy Living)*** 11:30AM - 12:30PM Group Exercise Studio		
BODYPUMP™ 5:30PM - 6:30PM Group Exercise Studio	***Gentle Yoga*** 4:30PM - 5:25PM Group Exercise Studio	***Pound*** 5:15PM - 5:55PM Group Exercise Studio	***Zumba*** 5:30PM - 6:25PM Group Exercise Studio	****Enhance Fitness (Healthy Living)*** 12:30PM - 1:30PM Group Exercise Studio		
VIRTUAL BODYBALANCE Flexibility 7:45PM - 8:15PM Group Exercise Studio	***Zumba*** 5:30PM - 6:25PM Group Exercise Studio	***Barre*** 6:00PM - 6:55PM Group Exercise Studio	***Gentle Yoga*** 6:45PM - 7:30PM Group Exercise Studio	****Healthy Living Program*** 1:30PM - 2:30PM Group Exercise Studio		
	****Karate*** 6:30PM - 8:00PM Group Exercise Studio	***VIRTUAL CORE 30 Mins*** 7:15PM - 7:45PM Group Exercise Studio		***VIRTUAL GRIT Cardio 30 Mins*** 4:30PM - 5:00PM Group Exercise Studio		

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				***Karate** 5:30PM - 8:00PM Group Exercise Studio		

***Brainsavers (Healthy Living)**
This Healthy Living Program helps the growing population of older adults enjoy life while reducing their risk of age-related cognitive decline and Alzheimer's disease. This is a 12-week evidence-based program, meeting twice a week. Registration required.

***Enhance Fitness (Healthy Living)**
This Healthy Living Program is an evidence-based senior fitness and arthritis management program that improves your endurance, strength, balance and flexibility. This class helps to reduce arthritis pain and recognized by the CDC to improving the health of older adults. This is a 16-week program, meeting three times a week. Registration is required.

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

***Intro to Strength**
This program will help develop proper form and technique through different exercises, including selectorized machines, free weights, and barbells . This is a 6 week 45 minute class taught by a certified Personal Trainer *Additional fee for 6 week class

***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

***Livestrong (Healthy Living)**
According to research from the Yale Cancer Center and Dana-Farber/Harvard Cancer Institute, participants in our LIVESTRONG at the YMCA program experience improved fitness and quality of life, as well as significant decreases in cancer-related fatigue. A Fitness and quality of life assessment will be completed before and after participation. The LIVESTRONG Program requires a referral, registration and medical clearance from a physician. Open to adults 18 years or older.

***Moving for Better Balance (Healthy Living)**
This Healthy Living Program works to improve balance, muscle strength, flexibility and mobility to enhance overall physical health. This is a 12-week evidence-based group exercised class using principles of Tai Chi. Registration required.

***Stability with Confidence Workshop**
This workshop is tailored with movements to help build leg strength and exercises to help build core strength to improve your gait, posture, poise and stability. This is a 5-week workshop, meeting twice a week. Registration required.

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.

LesMills 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.



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.

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

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

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

LesMills 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.

LesMills 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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LesMills CORE

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

LesMills CORE

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

LesMills GRIT | CARDIO

High-intensity interval training that improves cardiovascular fitness.

LesMills GRIT | STRENGTH

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

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.

ZUMBA Fitness

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