



Clinton Family YMCA

GROUP EXERCISE SCHEDULE

Effective February 27, 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

| | | | | | | |
|--|--|--|--|---|--|---|
| HIIT 8:30am Upstairs Sarrah | HIIT 8:30am Group Exercise Room Sarrah | Y-Cycle 8:30am Cardio Room Faith | HIIT 8:30am Upstairs Sarrah | HIIT 8:30am Group Exercise Room Sarrah | Dance Fitness/Zumba 10:00am Group Exercise Room Neda/Tara | Y-FIT 1:00pm Group Exercise Room Penny |
| Mix It Up 9:30am Group Exercise Room Faith | Pilates Reformer 9:30am Reformer Studio Susan | Mat Pilates 8:30am Group Exercise Room Martha | Sculpt 8:30am Group Exercise Room Faith | Line Dancing 9:30am Group Fitness Studio Ken | Line Dancing 11:00am Group Exercise Room Staff | |
| Pilates Reformer 9:30am Reformer Studio Susan | Line Dancing 9:30am Group Exercise Room Ken | HIIT 8:30am Upstairs Sarrah | Pilates Reformer 9:30am Reformer Studio Susan | Pilates Reformer 9:30am Reformer Studio Martha | | |
| Silver Sneakers Classic 10:30am Group Exercise Room Susan | Silver Sneakers Classic 10:30am Group Exercise Room Susan | Pilates Reformer 9:30am Reformer Studio Martha | Simply Stretch 9:30am Group Exercise Room Faith | Mix It Up 10:30am Group Exercise Room Martha | | |
| Step Aerobics 5:30pm Group Exercise Room Valerie | Bodiology 5:30pm Group Exercise Room Penny | Silver Sneakers Yoga/Stretch 9:30am Group Exercise Room Susan | Silver Sneakers Classic 10:30am Group Exercise Room Susan | Stretch It Out 11:15am Group Exercise Room Martha | | |
| Y-Cycle 5:30pm Cardio Room Penny | | Silver Sneakers Cardio Circuit 10:30am Group Exercise Room Martha | Barreless Barre 10:30am Upstairs Faith | Youth Line Dancing 5:00pm Group Exercise Room Steven | | |
| Dance Fitness/Zumba 6:20pm Group Exercise Room Neda | | Pilates Reformer 11:30am Reformer Studio Martha | Bodiology 5:30pm Group Exercise Room Penny | Y-Cycle 5:30pm Cardio Room Penny | | |
| | | Step Aerobics 5:30pm Group Exercise Room Valerie | Line Dancing 6:20pm Group Exercise Room Steven | | | |



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GROUP EXERCISE CLASS DESCRIPTIONS

Barreless Barre

Combines low-impact aerobic movements and stretches with light strength training. This class utilizes barre principles without the barre for a total body toning workout.

Bodiology

This format includes strength training, stretching, cardio training, boot camp training, and good old fashioned aerobic training. All you need is water and a can-do attitude. Come and join the high energy, welcoming environment. All fitness levels welcome!

Dance Fitness

Get your sweat on with easy-to-follow hip hop and Latin dance routines focused on getting your heart rate up and having fun!

HIIT

A total body, metabolism boosting, cardio workout using timed intervals.

Line Dancing

A great way to get moving while having fun. In 45 minutes, you'll learn all the moves! Come to the first class in the week to get more of a breakdown.

Mat Pilates

Pilates exercises and movements done on a mat. Pilates is a total body conditioning exercise method combining flexibility and strength. It's purpose is to develop mind and body uniformity, provide balance, flexibility and strength to improve posture and to focus on the core muscles.

Mix It Up

A full body cardio workout with a mix of weights, bands, steps & more to shock the body into shape! Adapted for all levels. A chair is available for seated options and support.

Pilates Reformer*

Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength, and muscle balance. Members receive 8 classes/month.

*Spots are limited.

Sculpt

Blast all your muscles with a high-rep weight training workout for all fitness levels. Combination of upper and lower body exercises with all different modalities and functional movement to strengthen the body!

Silver Sneakers Classic

Uses standing, low-impact choreography alternated with standing upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball. A chair is available for standing support.

Silver Sneakers Yoga/Stretch

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.

Simply Stretch

Incorporates yoga principles combined with typical stretching to help you work in a recovery day and work on your flexibility.

Step Aerobics

This classic workout uses the step and body weight for an amazing choreographed workout. Come for the music and the moves to get your heart rate up.

Stretch It Out

A series of various stretches for the entire body. Improves balance, flexibility, function and range of movement. Chair support is available.

Y-Cycle

A cardiovascular workout on the stationary bike. This class burns an average of 400-600 calories in an instructor-led, group cycling class. Fun, energizing music and a great workout for a variety of fitness levels.

Y-Fit

These style classes are designed to be different all the time with intervals of strength and cardio. While our instructors may push you, our goal is to offer encouragement.

Youth Line Dancing-Ages 8 & up

Learn basic line dance steps and simple routines in this 45-minute class geared towards youth.

Zumba

Cardiovascular workout that uses Latin-inspired dance moves set to international music.