

Clinton Family YMCA Group Exercise Schedule

Effective August 22nd, 2022

**MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY**

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| --- | --- | --- | --- | --- | --- | --- |
| **Cardio HIIT 8:30am** Upstairs Sarrah | **Cardio HIIT 8:30am** Group Fitness Studio  Sarrah | **Mat Pilates 8:30am** Group Fitness Studio Martha | **Cardio HIIT 8:30am** Upstairs Sarrah | **Cardio HIIT**  **8:30am**  Group Fitness Studio Sarrah | **Jump Roping 8:00am** Upstairs  Val | **Y-FIT**  **1:00pm** Group Fitness Studio  Penny |
| **Strength Train Together**  **9:30am** Group Fitness Studio  Rebecca | **Line Dancing**  **9:30am** Group Fitness Studio  Ken | **Cardio HIIT 8:30am** Upstairs Sarah | **Strength Train Together**  **9:30am** Group Fitness Studio  Charlene | **Mat**  **Pilates 8:30am** Upstairs  Susan | **Zumba**  **9:00am**  Group Fitness Studio  Oneda | **Y Cycle 3:00pm** Cardio Room Penny |
| **Pilates Reformer 9:30am** Reformer Studio Susan | **Pilates Reformer 9:30am** Reformer Studio Susan | **Pilates Reformer 9:30am** Reformer Studio Martha | **Pilates Reformer 9:30am** Reformer Studio Susan | **Pilates Reformer 9:30am** Reformer Studio Susan |  |  |
| **Silver Sneakers Classic 10:30am**  Group Fitness Studio  Susan | **Silver Sneakers Yoga/Stretch 10:30am**  Group Fitness Studio  Susan | **Contours**  **9:30am**  Upstairs  Toba | **Silver Sneakers Classic 10:30am**  Group Fitness Studio  Susan | **Line Dancing**  **9:30am** Group Fitness Studio  Ken |  |  |
| **Step**  **Aerobics 5:30pm** Group Fitness Studio  Valerie | **Cardio HIIT 5:30pm** Group Fitness Studio  Penny | **Silver Sneakers Cardio Circuit 10:30am**  Group Fitness Studio Martha | **Cardio HIIT 5:30pm** Group Fitness Studio  Penny | **Silver**  **Sneakers Yoga/Stretch 10:30am**  Group Fitness Studio Susan |  |  |
| **Y Cycle 5:30pm** Cardio Room Penny |  | **Step Aerobics**  **5:00pm** Group Fitness Studio Valerie | **Strength Train Together 6:30pm** Group Fitness  Rebecca | **Y Cycle 5:30pm**  Cardio Room Penny |  |  |
| **Strength Train Together 6:30pm** Group Fitness Studio Bobby |  | **ZUMBA**  **6:15pm** Group Fitness Studio  Oneda |  |  |  |  |

Class Descriptions

## 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.

## Zumba®

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

## Cardio HIIT

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

# Ballet Barre

Total body workout is a fusion of ballet barre exercises, Pilates core work, yoga flexibility and resistance training that will sculpt, stretch and tone major muscle groups. Class may include balls, bands or dumbbells. No dance experience needed.

## Reformer Pilates

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.

## Step Aerobics

Classes make cardio fitness fun by offering an aerobic workout that is boosted with choreography and   
group motivation. Step classes involve cardio conditioning and step benches and risers while   
performing choreographed routines  
to upbeat music.

## 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.

# Yoga Balance, flexibility, stamina, strength, relaxing, bliss. All levels of participants are welcome to join this workout that gets back to the root of fitness and well-being. Mats are available or bring your own.

# Silver Sneakers Classes

Low impact cardio class great for the

\*young at heart\*. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support

## Line Dancing

45 minute line dance class designed to give you a great workout while having fun.

**Jump Roping**

Jumping roping helps burning calories, have better coordination, increase stronger bones and improved heart health.

**Contours**

Circuit training class that combines weight training and cardio for a full body workout.

**Strength Train Together**

Blasts all your muscles with this high-rep weight training workout for all fitness levels. Combination of squats, lunges, presses and curls with functional integrated exercises to strengthen and sculpt the body!

**Clinton Family YMCA** · 400 Lindale Street Clinton, MS 39056 · (601) 924.5812 · metroYMCAms.org