



GROUP EXERCISE

PETAL FAMILY YMCA
NOVEMBER 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
5:15 AM		HIIT Nicole	Cycling Ginny	HIIT Nicole	Cycling Macy
8 AM	HIIT Janis Cycling Ginny	Yoga Nelly	Step Ginny	Barre Catherine	High Fitness Ann/Catherine Cycle Circuit Ginny
9 AM	Group Power Catherine Water Aerobics Adriane Chairobics Janis	Cardio Circuit Nelly AquaTherapy Macy	Toning Ann Water Aerobics Sondra Chairobics Macy	High Fitness Catherine AquaTherapy Adriane	Group Power Catherine Water Aerobics Adriane Chairobics Macy
10 AM	Fit & Fun Catherine		Fit & Fun Macy		Fit & Fun Catherine Yoga Serina
4:30 PM	High Fitness Nelly	Curls & Crunches Nicole	High Fitness Nelly	Rock Bottom Nicole	
5:30 PM	Zumba Nelly HIIT Nicole/Jenine Cycling Chris	Zumba Mara Cycle Circuit Elizabeth	HIIT Nicole	Group Power Amy Cycle Circuit Elizabeth	
6:30 PM	Yoga Serina				

Group Exercise Class Descriptions - Petal Family YMCA

Class Name	Class Description	Type/Level
AquaTherapy	Improves muscle relaxation & increases peripheral circulation through the use of warm water.	Aqua — Beginner
Barre	Combines attributes of Pilates, dance, & strength training to sculpt the entire body.	Strength - Multi Level
Cardio Circuit	High reps, low resistance (weight) workout with short rest intervals & geared toward increasing muscle definition, while improving cardiovascular fitness.	Cardio - Multi Level
Chair Aerobics	Gentle, low-intensity class that ensures a safe level of activity. Develops mobility, endurance, & flexibility in 45 minutes.	Mobility - Beginner
Curls 'N Crunches	A great way to define, sculpt and build lean muscle. Focuses on intense isolation exercises with free weights and resistance, ending with abs.	Specialty - Multi Level
Cycle Circuit	A high energy cardio workout for the entire body. Incorporates various cycle rides by using resistance, speed controls, & strength work to maximize the time on & off the bike.	Cardio - Multi Level
Cycling	Incorporates various cycle rides by using resistance & speed controls. Includes muscle conditioning.	Specialty - Intermediate
Fit & Fun	A high energy class that includes simple aerobic movements that promote cardio respiratory, functional movements, toning, stretching, & flexibility.	Variety - Multi Level
Group Power	Blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates & body weight, this workout combines squats, lunges, presses & curls with functional integrated exercises.	Specialty - Intermediate
HIIT	High Intensity Interval Training! Timed rounds with intense bursts of exercise followed by short recovery periods.	Interval Training - Multi Level
Rock Bottom	Don't skip leg day! This 45 minute class focuses on lower body exercises including glutes.	Strength Training/ Specialty — Multi Level
Step	An aerobic workout that is boosted with choreography & group motivation. This will challenge you with alternating intervals of cardio conditioning & strength training.	Cardio/Strength - Multi Level
Toning	Total-body workout! Tones, strengthens & defines all muscles using a variety of equipment.	Resistance - Multi Level
Water Aerobics	A shallow water low intensity workout, using water & equipment for resistance, toning muscles, & increasing endurance & flexibility.	Aqua - Beginner
Yoga	Series of physical postures & breathing techniques to increase flexibility, stamina, & relieve stress.	Mind Body - Multi Level
Zumba	Low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.	Cardio - Multi Level