



For a better us.®



THOMAS E. HANNAH YMCA GROUP EXERCISE SCHEDULE



LES MILLS BODYPUMP HEAVY™!

Serious strength training, made seriously fun.



REGISTER TODAY!

POP-UPS!

CIRCUIT SATURDAYS
7:15AM
MARCH 7TH & 14TH

BODYPUMP HEAVY™

TECHNIQUE CLASS

MARCH 20TH @
9:35AM

REGISTRATION
REQUIRED!

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|--|--|--|--|
| BODYPUMP 5:15-6:15 AM Julie | RPM 5:15-6:00AM Mary-Ladd | BODYPUMP 5:15-6:15 AM Julie | SPIN 5:15-6:00AM Kerry | BODYPUMP 5:15-6:15 AM Julie | | |
| | | BODYBALANCE 6:30-7:30AM Julie | | | | |
| BODYPUMP 8:30-9:30 AM Brandi | BARRE 8:30-9:30 AM Leslie | COMBAT ^{45MIN} 8:30-9:15AM Y360 | BARRE 8:30-9:30 AM Brandi | COMBAT ^{45MIN} 8:30-9:15AM Y360 | BARRE 8:30-9:30 AM Leslie | |
| | | BODYPUMP ^{45MIN} 9:35AM - 10:20 Y360 | | CYCLE 9:35-10:35 AM Sue | RPM 8:35-9:20 AM Daniela/Ani | BODYPUMP ^{45MIN} 3:00-3:45 PM |
| 1-2pm YMCA EBHI Program | | 1-2pm YMCA EBHI Program | | BODYPUMP ^{45MIN} 9:35AM - 10:20 Y360 | YOGA 9:40-10:40 AM Michelle | Daniela / Ani |
| A.D.L INTERVALS 11:00 - 11:45 AM Sue | A.D.L R.O.M. 11:00 - 11:45 AM Julie | A.D.L Y360 11:00 - 11:45 AM Virtual Instructor | A.D.L YOGA 11:00 - 11:45 AM DJ | A.D.L FIT-N-FAB 11:00 - 11:45 AM DJ | ZUMBA 11:00-12:00 PM Arista & Rachel | BODY BALANCE 4:00-5:00 PM Julie |
| PILATES SCULPT 4:30-5:30PM Jacqueline | BODYBALANCE 4:30-5:30PM Amanda | BODYPUMP 4:15-5:15 PM Brandi | YOGA 4:30-5:30PM Mary-Ladd | CHAIR YOGA 12:00-12:45 PM Sue | | |
| STEP IT UP! 5:35-6:35 PM Mary-Ladd | ZUMBA ^{50MIN} 5:35-6:25 PM Brandi | STEP IT UP! 5:35-6:35 PM Mary-Ladd | CARDIO EFFECT 5:35-6:20 PM ^{45MIN} Kerry | PILATES & YIN 4:30-5:30PM Michelle | | |
| VINAYSA YOGA 6:40 - 7:40PM Katherine | BODYPUMP 6:30-7:30 PM Mary-Ladd | | BODYPUMP 6:30-7:30 PM Mary-Ladd | ZUMBA 5:35-6:35 PM Naomi | | |

SPECIALTY CLASS ALERT!

IN SPIN ROOM

REGISTER TODAY!

PRENATAL WED 5:30PM
POSTPARTUM TH 8:30AM





GROUP EXERCISE CLASS DESCRIPTIONS

A.D.L - Active Daily Living is for those who want to get better function out of daily life and enhance quality of living using a variety of movement and to build accountability for improving strength, breathing, mind and body function, flexibility, balance, and also build fellowship among attendees. A chair may be used for seated or standing support.

- Intervals: kick start the week by improving endurance for a happy heart while fortifying cognitive, agility, and muscle fortitude using nonimpact exercises with hand weights, resistance bands, medicine balls, and other fun gym equipment.
- Fit and Fabulous: fun-filled Fridays are here! Move at your own pace while mixing easy to follow dance steps using strength, balance, and ROM with progressive intensity opportunities. Utilize chairs, bands, handheld weights, and exercise balls during routines, sitting or standing options available.
- ROM (Range of Motion): improve overall function, circulation, endurance, and conditioning efforts by using strength, balance, and flexibility intuition. Expect some cardio speedbumps along the way!
- Yoga: uses the fundamentals of yoga to increase internal space through breath work, advance flexibility through postural sequences, sharpen mental concentration, and relieve stress. Leave feeling calm and collected for the weekend ahead.

Les Mills classes fuse science, movement, and music with the latest exercise trends and technology to deliver a workout experience that will change your outlook on exercise. Les Mills classes focus on one goal: bringing people together to harness the power of group fitness and collective determination through different exercise styles and intensities.

BODYBALANCE™ - ideal format for anyone and everyone. This yoga-based class that will improve your mind, body and life with invigorating strength, balance, flowing movement, and core work.

BODYPUMP™ - the optimal workout for anyone looking to get and stay lean, toned, and fit – fast. Class uses light to moderate weights for a total body work out and also boosts metabolism and heartrate.

BODYPUMP HEAVY™ - is a strength training class using slow, tempo-based lifting with heavy weights, longer recoveries, and traditional techniques (squats, deadlifts, presses) to build lean muscle and strength, contrasting with original BODYPUMP's focus on high-rep endurance. It blends iconic music, expert coaching for form mastery, and group energy, making serious lifting accessible and fun for beginners and experienced lifters alike to break plateaus.

RPM™ - an indoor cycling where participants control the intensity of speed & resistance through an interval based journey over hill climbs, sprints, and lighter inclined terrain. Boost cardio & endurance fitness & personal performance & achievement during this low impact, energetic workout that burns calories and revs metabolism!

Barre - a full body workout that fuses the best of ballet, Pilates, and sports conditioning. Tighten and sculpt your body with little to no impact on joints.

Chair Yoga - clear the mind of outside distractions and gently work on range of motion & balance for living in the present. Chair is optional or for seated or standing support.

NEW: Pilates and Yin - a blended reform and restore format that strengthens, tones, and sculpts abs, back, hips, and glute muscles while improving posture, mobility, and balance. Then, targets deep connective tissues in the hips, pelvis, and spine to enhance flexibility, joint health, and cultivate a full mind body connection-win, win!

Cardio Effect - get all the cardio love with this steady-state varietal mash-up of cardio and conditioning training and exercises!

Step It Up! - boost your daily Steps by elevating your heart, brain cognition, and mind with this engaging step cardio, functional strength, agility, balance, & core conditioning class. Exercises can be performed with or without using a step. Be ready to Step It Up!

VINYASA Yoga - smooth flowing poses paired w/ breath & movement to enhance mind-body connection. Focuses on strong poses to build strength and mobility while the mind-body and spirit improves mindfulness and lowers stress.

Yoga - foundational yoga postures, balance poses, and breathing techniques are practiced to align, strengthen, and promote flexibility in the body and renew the mind body connection.

Zumba - Latin & international music with dance moves incorporating interval training to improve cardiovascular fitness.