



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WILLIS ROAD YMCA

## GROUP EXERCISE SCHEDULE



**ZUMBA  
NEW TIME:  
MONDAYS 5-6PM**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MUSCLE HUSTLE</b> 8:30-9:30 AM Alisa	<b>RAISED BARRE</b> 8:30-9:30 AM Michele	<b>MUSCLE HUSTLE</b> 8:30-9:30 AM Alisa	<b>Y360 MUSCLE UP</b> 8:30-9:15AM Y360	<b>MUSCLE HUSTLE</b> 8:30-9:30 AM Alisa	<b>RAISED BARRE</b> 8:30-9:30AM Michele	
<b>KICK CONDITION</b> 9:45 - 10:45AM Khrysten	<b>BODYBALANCE</b> 10:00-11:00 AM Mary-Ladd	<b>ZUMBA</b> 9:45 - 10:45AM Beth Ann	<b>BODYBALANCE</b> 10:00-11:00 AM Mary-Ladd		<b>YOGA STRETCH</b> 9:30 - 10:00AM Michele	
<b>Y360 SEATED SILVER COMBO</b> 11:00-11:35AM Y360		<b>ADL CIRCUIT</b> 11:00-11:45AM Khrysten		<b>ADL CIRCUIT</b> 11:00-11:45AM Khrysten	<b>ZUMBA</b> 10:00 - 11:00AM Beth Ann	
<b>Y360 BODYPUMP</b> 12:00-1:00PM Y360		<b>Y360 BODYPUMP</b> 12:00-1:00PM Y360		<b>Y360 BODYPUMP</b> 12:00-1:00PM Y360		<b>FASCIA FITNESS</b> 3:00-3:45 PM Genia
<b>ZUMBA</b> 5:00-6:00PM Rachel		<b>PILATES SCULPT</b> 4:30 - 5:30PM Jacqueline				



# WILLIS ROAD YMCA

## GROUP EXERCISE CLASS DESCRIPTIONS

### ADL CIRCUIT

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 movements and to build accountability for improving strength, breathing, mind & body function, flexibility, balance, and also build fellowship among attendees. A chair may be used for seated or standing support. ADL Circuit is a round robin format that incorporates strength, ROM, balance, flexibility, and cardio exercises.

### BODYBALANCE

A holistic, yoga-based workout blending elements of yoga, Tai Chi, and Pilates, set to music, focusing on controlled breathing, concentration, and flowing movements to improve flexibility, core strength, balance, and overall well-being while reducing stress. It's suitable for all fitness levels, offering modifications, and aims to create harmony between mind and body, leaving participants feeling calm and centered.

### FASCIA FITNESS

A unique mixture of stretching, strengthening, and supplying the connective tissue with hydration to improve movement and mobility—as well as, enhance athletic performance! The addition of melting stretches makes Fascia Fitness a somatic experience for overall physical, mental, emotional, and spiritual wellbeing.

### KICK CONDITION

This cardio and strength Kick Class is a high-energy, non-contact class designed to improve cardiovascular health, strength, and agility through a workout that combines punches, kicks, functional exercises, high-intensity intervals, and using weights - options for all fitness levels!

### MUSCLE HUSTLE

A full body workout using weights for strength and toning mixed with low impact cardio moves. Upper body, core, and lower body are worked in a combination of standing and floor exercises. All fitness levels welcome!

### PILATES SCULPT

Transform your fitness with this low-impact, full-body workout designed for anyone and everyone! An energizing and fun class which combines Pilates & Barre principles, functional movement, and strength training.

### RAISED BARRE

Raised Barre presents authentic barre exercises, choreographed in a set sequence, put to great music and fun! This consistency allows members know what to expect each time, learn proper form/alignment and strengthen core stabilizers. You'll be surprised how quickly your body gets stronger from the inside out which is helpful in performing everyday functional activities and movements.

### YOGA STRETCH

Yoga Stretch integrates traditional yoga postures with functional stretching. In this class, we take time to explore our way through postures, learn what/where to 'feel' the stretch and all while respecting the limitations and abilities of our body on a given day.

### ZUMBA

A high-energy, Latin-inspired dance fitness class that combines fast and slow rhythms for an interval-style, full-body workout. Set to upbeat music, it blends salsa, reggaeton, merengue, and cumbia to improve cardiovascular health, strength, and flexibility, often burning high calories in a fun, party-like atmosphere!

### Y360 VIDEOS

Y360 provides on-demand and livestreaming fitness classes, wellness, and family-friendly activities, and allows users to experience the YMCA at home or on the go. It features over 500-2,000+ classes including yoga, HIIT, strength training, and specialized content for seniors and teens. Its features include rewards, points, challenges, and automatic workout tracking with your fitness wearables - all FREE for members!

**For a better us.®**