



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WILLIS ROAD YMCA

## GROUP EXERCISE SCHEDULE



**NEW CLASS ALERT!**  
TABATA AND TONE  
THURSDAYS @ 8:30AM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MUSCLE HUSTLE 8:30-9:30 AM Alisa	RAISED BARRE 8:30-9:30 AM Michele	MUSCLE HUSTLE 8:30-9:30 AM Alisa	TABATA & TONE 8:30-9:15AM Jana	MUSCLE HUSTLE 8:30-9:30 AM Alisa	RAISED BARRE 8:30-9:30AM Michele	
Y360 MUSCLE UP 9:45 - 10:45AM Y360	BODYBALANCE 10:00-11:00 AM Mary-Ladd	ZUMBA 9:45 - 10:45AM Beth Ann	BODYBALANCE 10:00-11:00 AM Mary-Ladd		YOGA STRETCH 9:30 - 10:00AM Michele	
KICK CONDITION 11:00-11:45AM Khrysten		ADL CIRCUIT 11:00-11:45AM Khrysten		ADL CIRCUIT 11:00-11:45AM Khrysten	ZUMBA 10:00 - 11:00AM Beth Ann	
Y360 BODYPUMP 12:00-1:00PM Y360		Y360 BODYPUMP 12:00-1:00PM Y360		Y360 BODYPUMP 12:00-1:00PM Y360		FASCIA FITNESS 3:00-4:00PM Genia
ZUMBA 5:00-6:00PM Rachel		PILATES SCULPT 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.

### TABATA & TONE

A 45-minute full-body training experience designed to build strength, power, and endurance by blending HIIT, Tabata Intervals, and Strength Circuits. Whether just starting out or leveling up, be challenged exactly where you need it! Expect a steady-paced mix of functional movements using dumbbells, kettlebells, barbells, and bodyweight work—paired with high-energy conditioning.

### 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 - all FREE for members!

**For a better us.®**