



For a better us.®



THOMAS E. HANNAH YMCA GROUP EXERCISE SCHEDULE



BODYPUMP HEAVY IS HERE!

SUNDAYS - ALTERNATING

@ 3pm 10/4 & 10/18

TUESDAYS

@ 6:30pm Starting 10/13

FRIDAYS

@ 5:15am

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP 5:15-6:15 AM Julie	RPM 5:15-6:00AM Ani	BODYPUMP 5:15-6:15 AM Julie	SPIN 5:15-6:00AM Kerry	BODYPUMP HEAVY 5:15-6:15 AM Daniela/M.Ladd	LIVE SCHEDULE ON Y360! 	
		BODYBALANCE 6:30-7:30AM Julie				BODYPUMP HEAVY OCT 4 TH , 18 TH , & NOV 1 ST 3:00-3:45 PM Daniela
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	ZUMBA 45MIN 8:30-9:15AM Jennifer	BARRE 8:30-9:30 AM Leslie	BODYPUMP 45MIN OCT 11 TH & 25 TH 3:00-3:45 PM Ani
YOGA 9:40-10:40am Laura					RPM 8:35-9:20 AM Daniela/Kristin	BODY BALANCE 4:00-5:00 PM Julie
1-2pm YMCA EBHI Program		1-2pm YMCA EBHI Program		TABATA & TONE 45MIN 9:35AM - 10:20 Jana	YOGA 9:40-10:40 AM Michelle	
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 Rotation	
BARRE 4:30-5:30PM Michelle	BODYBALANCE 4:30-5:30PM Mary-Ladd	BODYPUMP 4:15-5:15 PM Brandi	YOGA 4:30-5:30PM Laura	CHAIR YOGA 1200-1245 PM Sue	SPECIALTY CLASS ALERT! IN SPIN ROOM REGISTER TODAY! PRENATAL WED 5:30PM POSTPARTUM TH 8:30AM	
TONE 5:35-6:35 PM Mary-Ladd	ZUMBA 50MIN 5:35-6:25 PM Brandi	SHAPES 5:35-6:35 PM Mary-Ladd	ZUMBA 45MIN 5:35-6:20 PM Jennifer	PILATES & YIN 4:30-5:30PM Michelle		
VINAYSA YOGA 6:40 - 7:40PM Katherine	BODYPUMP HEAVY 6:30-7:30 PM Mary-Ladd		BODYPUMP 45MIN 6:30-7:15 PM Ani	ZUMBA 5:35-6:35 PM Naomi		



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 to deliver a workout experience that will change your outlook on exercise. Classes focus on bringing people together to harness the power of group fitness & 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 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.

Pilates and Yin - a blended reform and restore format that strengthens, tones, and sculpts while improving posture, mobility, and balance. Targets deep connective tissues in the hips, pelvis, and spine to enhance everyday life.

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 Steps by elevating your heart, brain cognition, and body with this engaging & challenging step cardio, functional strength, agility, balance, & core conditioning class. Exercises can be performed with or without 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.

Tabata & Tone - a full-body training experience designed to build strength, power, and endurance by blending HIIT, Tabata Intervals, and Strength Circuits. Be challenged exactly where you need and expect a steady-paced mix of functional movements using weights, bodyweight work and high-energy conditioning.

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.