



# GROUP EX SCHEDULE at Franklin County's Y

January 29 – February 25, 2024

\*Subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 – 6:45 am <b>Cycle</b> C, V	5:30 – 6:15 am <b>The Zone</b> TZ	6 – 6:45 am <b>Cycle</b> C, V	5:20 – 6 am <b>Balance &amp; Stretch</b> AR	6 – 6:45 am <b>Cycle</b> C, V	8 – 9 am <b>Cycle</b> C, V
9 – 9:55 am <b>Group Centergy</b> AR, V	6:30 – 7 am <b>Core</b> AR, V	6 – 6:55 am <b>STT</b> AR, V	7 – 7:55 am <b>Power Sculpt</b> ★ AR	6 – 6:55 am <b>STT</b> AR, V	9 – 9:55 am <b>Barre Fusion</b> AR, V
9 – 10 am <b>Gentle Yoga</b> W, V	7 – 7:30 am <b>Balance &amp; Stretch</b> AR, V	7 – 7:55 am <b>Barre Fusion</b> A, V	9 – 9:55 am <b>STT</b> AR, V	7 – 7:55 am <b>Beginner PIYO</b> AR, V	9 – 9:55 am <b>Yoga</b> W, V
10:05 – 10:55 am <b>Thrive for Fitness</b> ★ G, V	9 – 9:55 am <b>STT</b> AR, V	9 – 9:55 am <b>Yoga Healthy Aging</b> ★ W, V	9:05 – 9:55 am <b>Yoga</b> W, V	9 – 9:55 am <b>CST</b> AR, V	9:30 – 10:30 am <b>The Zone</b> TZ
10:05 – 10:55 am <b>Active Together</b> AR, V	9 – 9:55 am <b>Gentle Yoga</b> W, V	9 – 9:55 am <b>Group Centergy</b> ★ AR, V	9:15 – 10 am <b>The Zone</b> TZ	10:05 – 10:55 am <b>Thrive for Fitness</b> ★ G, V	10:15 – 11:10 am <b>Zumba</b> AR, V
11 – 11:55 am <b>SilverSneakers</b> G, V	9:15 – 10 am <b>The Zone</b> TZ	10:05 – 10:55 am <b>Thrive for Fitness</b> ★ G, V	10 – 10:30 am <b>Cycle</b> C	10:05 – 10:55 am <b>Active Together</b> AR, V	<b>SUNDAY</b>
11:05 – 11:45 am <b>Balance &amp; Stretch</b> AR, V	10 – 10:30 am <b>Cycle</b> C	10:05 – 10:55 am <b>Active Together</b> AR, V	12 – 12:55 pm <b>Barre Fusion</b> AR, V	11 – 11:55 am <b>SilverSneakers</b> G, V	9 – 9:55 am <b>CST</b> AR, V
12 – 12:55 pm <b>EnhanceFitness</b> G, V	12 – 12:55 pm <b>Barre Fusion</b> AR, V	11 – 11:55 am <b>SilverSneakers</b> G, V	4:30 – 5:25 pm <b>Defend Together</b> AR, V	11:05 – 11:45 am <b>Balance &amp; Stretch</b> AR, V	9 – 9:55 am <b>Yoga</b> W, V
12 – 12:55 pm <b>STT</b> AR, V	4:30 – 5:25 pm <b>Defend Together</b> AR, V	11:05 – 11:45 am <b>Balance &amp; Stretch</b> AR, V	5:30 – 6:15 pm <b>Cycle</b> C, V	12 – 12:55 pm <b>EnhanceFitness</b> G, V	10 – 10:55 am <b>STT</b> AR, V
4:30 – 5:20 pm <b>Barre</b> AR, V	5:30 – 6:25 pm <b>Zumba</b> AR, V	12 – 12:55 pm <b>EnhanceFitness</b> G, V	5:35 – 6:20 pm <b>STT</b> AR, V	6 – 6:45 pm <b>Intro to Boxing</b> AR	10:15 – 11 am <b>The Zone</b> TZ
5:30 – 6:15 pm <b>One More Rep!</b> AR, V	5:30 – 6:25 pm <b>The Zone</b> TZ	12 – 12:55 pm <b>STT</b> AR, V		5:30 – 6:15 pm <b>Buttercup's Bootcamp</b> ★ TZ	
5:30 – 6:15 pm <b>Cycle</b> C, V	5:30 – 6:30 pm <b>Pilates</b> ★ W	4:30 – 5:20 pm <b>Group Centergy</b> AR, V			
6 – 7 pm <b>Stretch Flow!</b> ★ W	6:30 – 7:30 pm <b>Yoga</b> W, V	5:30 – 6:15 pm <b>Extreme Exertion</b> G			
6:30 – 7:25 pm <b>Build with Bella!</b> AR		5:30 – 6:25 pm <b>CST</b> AR, V			
		6:30 – 7:25 pm <b>SHINE</b> ★ AR			

Registration is **required** for all in-person classes.  
Visit [www.your-y.org/classes](http://www.your-y.org/classes) to register.

<b>AR</b>	Adams Room
<b>C</b>	Cycle /Activity Room
<b>W</b>	Wellness Center
<b>G</b>	Gymnasium
<b>TZ</b>	Training Zone
<b>V</b>	Virtual
★	New Class / New Time

#### BUILDING HOURS

Monday–Friday: 5 am to 8 pm  
Saturday & Sunday: 7 am to 3 pm

Updated 1/24/2024



# GROUP EX DESCRIPTIONS

## ACTIVE TOGETHER

Basic stepping, strength training, balance and flexibility all in one class.

## BALANCE & STRETCH

A great stretch class with a balance and core strengthening component.

## BARRE FUSION

Class mixes elements of Pilates, dance, yoga and functional training. Use the ballet barre and exercise equipment like small hand weights to sculpt, slim and stretch the body.

## BUILD WITH BELLA

Confidently use a long bar, weighted plates, dumbbells, and body weight to build muscle. Class targets all muscle groups - all with a great stretch to finish.

## BUTTERCUP'S BOOTCAMP!

High-intensity class where teams of 2-3 will incorporate military training utilizing calisthenics and weights while rooting each other on.

## CARDIO STEP TOGETHER (CST)

Utilizes the step as an effective training tool. Encourages a simple and fun way to cardio train.

## CYCLE

Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish. Feel the thrill of energetic music and group dynamics as you get all the benefits of interval training.

## DEFEND TOGETHER

Tap into the hottest mixed martial arts class, movements done at a quick pace to improve your overall fitness.

## ENHANCE®FITNESS

Designed to decrease falls and improve daily activity while incorporating low-impact cardio, weights, and stretching. All that will help with your arthritis.

## EXTREME EXERTION

High-intensity, athletic interval training class - at your own level and challenge - to push through and extend your fitness boundaries.

## GROUP CENTERGY

Yoga and pilates fundamentals with athletic training for balance, mobility, flexibility, and core. Breathe and sweat through this full-body fitness journey.

## INTRO TO BOXING

Boxing exercises that will help improve your cardiovascular system as well as hand-eye coordination and agility. All levels.

## ONE MORE REP!

Low- impact isolated isometric repetitions to increase strength and endurance. Emily promises to energize your mind, elevate your mood, and enhance your health!

## POWER SCULPT

Join Tracy for this series incorporating free weights and kettlebells to work your core and more!

## SHiNE Dance Fitness™

Mixes current hit music with original choreography for the ultimate confidence-boosting, full-body workout experience you didn't know you needed! We believe fitness should be inclusive, effective, sustainable, and FUN!

## SILVERSNEAKERS®

Increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and balls are used for resistance. Chairs available for support.

## STRENGTH TRAIN TOGETHER (STT)

Barbell class that strengthens all your major muscles in an inspiring, motivating group environment set to great music.

## STRETCH FLOW

Using a variety of movements to aid in your mobility, flexibility, and energy. Perfect for our yoga followers and anyone interested in a full-body stretching program.

## THE ZONE

Interval circuit class that incorporate all of our Training Zone tools and toys in a station-like format. Stations are modifiable, work at your own pace.

## THRIVE FOR FITNESS

Live your healthiest life, no matter what your age! Improve balance and strength through lower-impact exercises and modifications. Whether you are an active older adult or just looking for gentle options, this class is for you!

## YOGA

Improve your posture, balance, and coordination. Breath control, relaxation, positive thinking, and meditation is achieved by developing harmony in body, mind, and environment.

## ZUMBA®

With easy to follow steps, routines use interval training, alternating fast and slow rhythms to help improve fitness.

**LIMITED SERIES CLASSES. Register for the classes below at [www.your-y.org/programs](http://www.your-y.org/programs)**

## TAI CHI

Promotes balance, flexibility, muscular strength and cardiovascular fitness as well as increased levels of psychological well-being and reduction of anxiety and stress. Safe, easy to learn and suitable for every age, fitness level, and experience.

Tuesdays, January 2 - February 20  
at 10 am in the Wellness Center

For more information on any of these new limited series classes, email Jayne at [jtrosin@your-y.org](mailto:jtrosin@your-y.org)

## FREE WEIGHT ROOM CLINICS

Exercise Trainers along with guest fitness professionals will take participants through different exercises to learn the proper techniques and form to best support their weight-lifting goals. Whether you are looking to train for longevity, prepare for competition, or just to be able to move your body in a pain-free way, these clinics will give you the knowledge to be your best self.

**Bench Basics:** Saturdays, Feb 17 - Mar 9  
at 1 pm

**Deadlift Basics:** Saturdays, Mar 30 - Apr 20  
at 1 pm

## STRENGTH IN NUMBERS 2024 Weightlifting Competitions

In conjunction with our ongoing Free Weight Room Clinics, FCY is excited to host a series of non-sanctioned weightlifting competitions in 2024: Strength In Numbers. In our weight room, members can test their strength with others in the community of their age and size.

February 3:  
March 16:  
April 27:

**SQUAT**  
**BENCH PRESS**  
**DEADLIFT**

Competitions are free for Y Members and \$10 per comp for non members. Register online or visit the Welcome Center.



Scan to register or to learn more.