



# GROUP EX SCHEDULE

at Franklin County's Y

April 22 - May 26, 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	7 - 7:45 am <b>Tone it Up!</b> ★ AR	6 - 6:55 am <b>STT</b> AR, V	6 - 6:45 am <b>The Zone</b> ★ TZ	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	9 - 9:55 am <b>STT</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>Gentle Yoga</b> W, 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	9:15 - 10 am <b>The Zone</b> TZ	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	10 - 10:30 am <b>Cycle</b> C	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	10:30 - 11:15 am <b>Land Shark</b> ★ AR	10:05 - 10:55 am <b>Active Together</b> AR, V	10:30 - 11:15 am <b>Land Shark</b> ★ AR	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	12 - 12:55 pm <b>Barre Fusion</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	4:35 - 5:25 pm <b>Defend Together</b> AR, V	11:05 - 11:45 am <b>Balance &amp; Stretch</b> AR, V	4:30 - 5:25 pm <b>Defend Together</b> AR, V	12 - 12:55 pm <b>EnhanceFitness</b> G, V	10:15 - 11:15 am <b>The Zone</b> TZ
4:30 - 5:20 pm <b>Barre</b> AR, V	5:35 - 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	5 - 5:45 pm <b>Intro to Boxing</b> ★ AR	
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	6:30 - 7:05 pm <b>Stretch it Out</b> ★ W, V	5:30 - 6:15 pm <b>Buttercup's Bootcamp</b> TZ	
5:30 - 6:15 pm <b>Cycle</b> C, V	6:30 - 7:30 pm <b>Yoga</b> W, V	4:35 - 5:20 pm <b>Group Centergy</b> AR, V			
6:30 - 7:25 pm <b>Build with Bella!</b> AR		5:35 - 6:25 pm <b>CST</b> AR, V			
		6:35 - 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.

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

**BUILDING HOURS**

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

Updated 04/16/2024

**BASIC PILATES: A LIMITED SERIES**

Join Audrey for this after-work class to make you feel stronger and more flexible!

Thursday, May 9 to June 20  
5:30 - 6:15 pm, Wellness Center  
Free for YMCA Members



sign-up here!



# 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.

## LAND SHARK

Designed to raise your cardio rate while focusing on the muscles and joints to promote health and healing. Uses a chair and light equipment to simulate the resistance of the water for strength and flexibility.

## 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!

## 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 IT OUT

Wrap up your workout with a cool down. Incorporates the mat and light equipment to stretch and release muscle tension. Stretch to decompress and promote better muscle recovery while decreasing the chance of injury throughout your exercises.

## 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!

## TONE IT UP WITH LAURIE D.!

Mixing a variety of pilates, PiYo, foam roller & stretching, ball work, and Tabata all rolled into one for a great way to tone your whole body!

## 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.



**RESERVATIONS REQUIRED FOR ALL GROUP EX CLASSES!**  
Save your spot at [www.your-y.org](http://www.your-y.org) or at the Welcome Center.

Classes are filling up and we understand life happens, if you need to cancel, remove yourself using the confirmation email received\*, log into your Y account, or call the Y to speak with a staff. Let us know so another member is able to join.

\*Not getting our emails - make sure we have your correct email on file.