



# GROUP EXERCISE AT FCY

January 5- March 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 - 6:55 am <b>Cycle</b> C, V	5:30 - 6:15 am <b>The Zone</b> TZ	6 - 6:55 am <b>Cycle</b> C, V	5:20 - 6:15 am <b>Balance &amp; Stretch</b> AR	6 - 6:45 am <b>Cycle</b> C, V	8 - 8:55 am <b>Cycle</b> C, V	9 - 9:55 am <b>CST</b> AR, V
9 - 9:55 am <b>Group Centergy</b> AR, V	6-7am <b>HIIT</b> A,V	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>Yoga</b> W,V	9 - 9:55 am <b>Yoga</b> W,V
9-9:55 am <b>Gentle Yoga</b> W,A	7:00- 7:45 am <b>Foam Roller</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>PiYo</b> AR, V	9 - 9:55 am <b>Barre Fusion</b> A,V	
10:05 - 11 am <b>Active Together</b> AR, V	9 - 9:55 am <b>STT</b> AR, V	9 - 9:55 am <b>Aging Yoga</b> ★ W, V	9:00 - 9:55 am <b>Yoga</b> G,V	9 - 9:55 am <b>CST</b> AR, V	9:15-10 am <b>Cycle</b> W, V	10-10:55 am <b>STT</b> AR, V
10:05-11 am <b>Thrive Fitness</b> G,V	9 - 10 am <b>The Zone</b> TZ	9 - 9:55 am <b>Group Centergy</b> AR, V	9 - 10 am <b>The Zone</b> TZ	10:05 - 10:55 am <b>SHiNE</b> ★ AR, V	9:30 - 10:30 am <b>The Zone</b> TZ	10:15 - 11:15 am <b>The ZONE</b> TZ
11:05-11:55 <b>Silversneakers</b> G,V	9:00-9:55 am <b>Yoga</b> W,V	10 - 11 am <b>Thrive Fitness</b> G,V	10-10:30 am <b>Cycle 30</b> C	10:00-11 am <b>Thrive Fitness</b> G, V	10:15 - 11:10 <b>Zumba</b> AR, V	
11:05 - 11:45 am <b>Balance &amp; Stretch</b> AR, V	10-10:30 am <b>Cycle 30</b> C	10:05 - 11 am <b>Active Together</b> AR, V	12 - 12:30 pm <b>CORE</b> ★ AR, V	11:05-12 pm <b>Silversneakers</b> G, V		
12 - 12:55 pm <b>STT</b> AR, V	12 - 12:55 pm <b>Barre Fusion</b> AR, V	11:05 - 12 pm <b>Silversneakers</b> G, V	12:30 - 1 pm <b>HIIT</b> ★ AR,V	11:05 - 11:45 am <b>Balance &amp; Stretch</b> AR, V	<div><b>Registration is required for all in-person classes. Visit <a href="http://your-y.org/classes">your-y.org/classes</a> to register.</b></div> <div><b>AR</b> Adams Room <b>C</b> Cycle /Activity Room <b>G</b> Gymnasium <b>TZ</b> Training Zone <b>V</b> Virtual <b>W</b> Wellness Center ★ New/updated class</div> <div><b>Building Hours</b> Monday-Friday: 5am - 8pm Sat &amp; Sun: 7am - 3pm <b>SCHEDULE SUBJECT TO CHANGE</b></div>	
12:05-12:55 pm <b>Enhance Fitness</b> G,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>STT</b> ★ AR, V		
4:30-5:25 pm <b>Pilates</b> AR, V	4:30-5:25 pm <b>Defend Together</b> AR,V	12 - 12:55 pm <b>STT</b> AR, V	5:35 - 6:25 pm <b>STT</b> AR, V	12:05-12:55 pm <b>Enhance Fitness</b> G,V		
5:30 - 6:25pm <b>SHiNE</b> ★ AR, V	5:35 - 6:25 pm <b>Zumba</b> AR, V	12:05-12:55 pm <b>Enhance Fitness</b> G,V				
5:30-6:25 pm <b>Cycle</b> ★ C, V	5:30 - 6:25 pm <b>The Zone</b> TZ	4:30 - 5:25 pm <b>Group Centergy</b> AR, V				
6:30 - 7:25 pm <b>STT</b> AR,V	6:00 - 7:00 pm <b>Yoga</b> W, V	5:30 - 6:15 pm <b>Cycle</b> C,V				
	6:30-7:25 pm <b>CST</b> Meets Jan 6,13,20 A,V	5:35 - 6:25 pm <b>CST</b> AR, V				
		6-7:00 pm <b>Yoga</b> W, V				
		6:35 -7:30 pm <b>SHiNE</b> A,V				





# GROUP EXERCISE DESCRIPTIONS

Sign up for these daily classes under "Classes" at [your-y.org](http://your-y.org) or see the Welcome Center.

## 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.

## CARDIO STEP TOGETHER (CST)

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

## CORE AND ROLL

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!

## CORE

Focus on strengthening the muscles of your torso, including the abdomen, back, and hips. These classes aim to improve posture, balance, and overall stability by engaging and training these core muscles.

## 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 to help with your arthritis.

## GROUP CENTERGY

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

## HITT

HIIT stands for high-intensity interval training. It's a way of training that combines quick, intense bursts of exercise, where you're working out as hard as you can, with short periods of recovery.

## ONE MORE REP!

Participants will engage in isolated isometric repetitions to build strength, endurance, and mobility through progressive overload. This approach enhances functional skills while boosting energy, elevating mood, and improving overall health!

## PILATES

Focus on hip mobility and control, balance, spine articulation, and body weight strengthening. Improve function and strength in everyday movement as well as feel stronger and more flexible.

## PiYo

Designed to build strength & gain flexibility, PiYo is about energy, power, and rhythm. Increase overall core strength, and stability. For the moderate to advanced participant.

## 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.

## THE ZONE

Interval circuit class that incorporates 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. **Please note levels in individual classes:** Mon/Wed: Gentle

Tue am/Thu am: All Levels

Tue pm Flow All Levels

Saturday: Moderate Sunday: All Levels

## ZUMBA®

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



Sign up for Tai Chi classes under "Programs" at [your-y.org](http://your-y.org) or see the Welcome Center to register.

## TAI CHI

Known for its slow, fluid movements, 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. Tai Chi is safe, easy to learn and suitable for every age, fitness level, and experience. Heal and strengthen the body, mind & spirit.