



GROUP EXERCISE AT FCY

April 27 - June 21

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

Updated 4/21/26

WALK to RUN

Join Katie and Heidi for a fun, supportive way to build your running routine! This beginner-friendly program uses walk/run intervals to gradually increase endurance - helping you work up to 30 minutes of continuous running.

Each week builds on the last, culminating with the option to participate in the Pound the Pavement 5K or 2-Mile Walk at Sunderland Elem. on June 6 - a great way to celebrate your progress! Proceeds from the race support Sunderland Elem, Stone Soup Cafe, and FCY.

Saturdays in the front of the Y
May 2 - May 30 at 8 am
Y Members: \$0 | Non Members: \$0

FREE FOR ALL IN THE COMMUNITY TO JOIN!

POUND THE PAVEMENT
WALK/RUN
JUNE 6, 2026

SCAN ME



GROUP EXERCISE DESCRIPTIONS

Sign up for these daily classes under "Classes" at 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.

FOAM ROLLING

Mixing a variety of foam roller exercises rolled into one for a great way to tone your whole body!

Balance, Stretch and 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.

GROUP CENTERGY

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

HIIT

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.

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.

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!

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.

UPLIFT

Uplift is a high-energy, full-body strength fitness class that combines choreographed, music-driven, functional training with, weights, resistance bands, and sometimes mat work, improve strength, endurance and .cardiovascular

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: Moderate :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 ,Thrive Fitness, Silversneakers or Enhance classes under "Programs: Group Exercise" at your-y.org or see the Welcome Center to register.

ENHANCE®FITNESS

Designed to decrease falls and improve daily activity while incorporating low - impact cardio, weights, and stretching. All to help with your arthritis. MWF Noon in the GYM

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 used for support. MWF 11:05 am in the GYM

THRIVE FOR FITNESS

Live your healthiest life!! Improve cardio ,balance and strength through lower-impact exercises, weights , bands and balls this class is for you! MWF @10:05 am in the GYM

TAI CHI

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