



# GROUP EXERCISE AT FCY

July 11 - July 17

**SATURDAY 7/11      SUNDAY 7/12      MONDAY 7/13      TUESDAY 7/14      WEDNESDAY 7/15      THURSDAY 7/16      FRIDAY 7/17**

8 - 8:55 am <b>Cycle</b> C, V	8-8:55 am <b>Group Centergy</b> Wellness No V	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> WELLNESS no V	6 - 6:45 am <b>Cycle</b> C, V
9 - 9:55 am <b>Yoga</b> W,V	9-9:55 am <b>CST</b> Gym No V	9-9:55 am <b>Group Centergy</b> Gym no V			6 - 6:45 am <b>The ZONE</b> TZ	
9 - 9:55 am <b>Barre Fusion</b> Gym no V	9 - 9:55 am <b>Yoga</b> W,V	9-9:55 am <b>Gentle Yoga</b> W,V	7:00- 7:45 am <b>Foam Roller</b> WELLNESS NO V	7 - 7:45 am <b>Core Circuit</b> WELLNESS No V	9:00 - 9:55 am <b>Yoga</b> W, V	7 - 7:55 am <b>Group Centergy</b> WELLNESS no V
9:30 - 10:30 am <b>The ZONE</b> TZ	10-10:55 am <b>STT</b> Gym No V	10:05-11 am Thrive Fitness G,V	9 - 9:55 am STT Gym No V	9 - 9:55 am <b>Group Centergy</b> WELLNESS NO V	9:00 - 9:55 am <b>STT</b> GYM No V	9 - 9:55 am <b>CST</b> G, V
10:15 - 11:10 <b>Zumba</b> Gym no V	10:15 - 11:15 am <b>The ZONE</b> TZ	11:05-12 pm Silversneakers G,V	9 - 10 am <b>The ZONE</b> TZ	10;05-11 <b>Thrive Fitness</b> G,V	9 - 10 am <b>The ZONE</b> TZ	10:05-11 am <b>Thrive Fitness</b> G, V
				11;05-12 pm <b>Silversneakers</b> G,v	10-10:30 am <b>Cycle 30</b> C	11:05-12 pm <b>Silversneakers</b> G, V
		11:05 - 11:45 am <b>Balance &amp; Stretch</b> WELLNESS no V	10-10:30 am <b>Cycle 30</b> C			
			12 - 12:45 pm <b>Barre Fusion</b> WELLNESS No V	11:05 - 11:45 am <b>Balance &amp; Stretch</b> WELLNESS no V	12-12:45 <b>Core Circuit</b> Wellness no V	11:05 - 11:45 am <b>Balance &amp; Stretch</b> WELLNESS no V
		4:30-5:25 pm <b>Pilates</b> NO CLASS 7/13		4:30 - 5:25 pm <b>Group Centergy</b> WELLNESS No V	5:30-6:25 pm <b>The Zone</b> TZ	
		5:30 - 6:25pm <b>SHINE</b> GYM no V	5:30 - 6:25 pm <b>Zumba</b> GYM no V	5:30 - 6:15 pm <b>Cycle</b> C,V		
			5:30 - 6:25 pm <b>The ZONE</b> TZ	6-7:00 pm <b>Yoga</b> W, V		
			6:00 - 7:00 pm <b>Yoga</b> W, V	6;30-7;30 pm <b>SHINE</b> Gym no V		

**Registration is required for all in-person classes. Visit your-y.org/classes to register.**

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

**Building Hours**

Monday-Friday: 5am - 8pm  
Sat & Sun: 7am - 3pm

FCY will be closed the week of 8/17-8/23 for our Annual Clean Up Week

**SCHEDULE SUBJECT TO CHANGE**

UPDATED 7/1 0



# 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!

## CORE CIRCUIT

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.

## 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.

## 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!

## 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.

### Note levels in individual classes:

Mon: Gentle

Thu am: Moderate Levels

Tue/Wed 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 under "Programs: Group Exercise" at your-y.org or see the Welcome Center to register.

## 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. 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 Whether you're an active older adult 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.