GROUP EXERCISE AT FCY

November 2- December 20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 - 6:55 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** A,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	7:00- 7:45 am **Foam Roller** W/NO V	7 - 7:45 am **Barre Fusion** 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 **Group Centergy** AR, V	9:00 - 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** A, V
10:05-11 am **Thrive Fitness** G,V	9-9:55 am **Yoga** W,V	9-9;55 am **Health Aging Yoga** W, 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 - 10 am **The ZONE** TZ	10 - 11 am **Thrive Fitness** G,V	10-10:30 am **Cycle 30** C	10:00-11 am **Thrive Fitness** G, V		
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		
1-1:55 pm **Chair YOGA** Virtual only		11:05 - 11:45 am **Balance & Stretch** AR, V		12-12:55 pm **STT** AR, V		
4:30-5:25 pm **Pilates** AR, V	5:30 - 6:25 pm **The ZONE** TZ	12 - 12:55 pm **STT** AR, V		5;30-6;25 pm **UPLIFT** AR, V		
5:30 - 6:25pm **SHINE** AR, V	5:30 - 6:25 pm **Zumba** AR, V	4:30 - 5:25 pm **Group Centergy** AR, V	5:30-6:25 pm **The Zone** TZ			
5:30-6:25 pm **Cycle** C	5:30-6:25 pm **Cycle** C	5:30 - 6:15 pm **Cycle** C,V	5:30-6:25 pm **STT** AR, V			
6:35 - 7:25 pm **STT** AR,V		5:35 - 6:25 pm **CST** AR, V				
	6:00 - 7:00 pm **Yoga** W, V	6-7:00 pm **Yoga** W, V 6:35 -7:30 pm **SHINE** A,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 11/26

SCHEDULE SUBJECT TO CHANGE

Updated: 10/27/26

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.

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.

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

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.
Note levels in individual classes:
Mon: Gentle
Tu/Thu am: Moderate Levels
Wed am Healthy Aging
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.