



# FITNESS CLASS SCHEDULE

Contact Sarah Pittman at [Sarah.Pittman@newtonymca.org](mailto:Sarah.Pittman@newtonymca.org) with questions.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning GRIT 5:30-6:30am John - Studio A	Spin & Weights 6:00-6:45am Deb - Studio A	Morning GRIT 5:30-6:30am John - Studio A	Yoga 7:00-8:00am Meghan-Studio A	Morning GRIT 5:30-6:30am John - Studio A	Power Cycling 6:15-7:00am Brad Studio A
BLAST 8:15-9:00am Kristin - Studio B	Yoga 7:00-8:00am Meghan -Studio A	Body Sculpt 8:15-9:00am Esmeralda Studio A	Boot Camp 7:15-7:45pm Alicia - Studio B	Boot Camp 7:15-7:45pm Alicia - Studio A	Classic Cycling 7:05-7:50 Brad Studio A
Body Sculpt 8:15-9:00am Esmeralda Studio A	Les Mills Core 8:15-9:00am Esmeralda Studio A	Wall Pilates 8:15-8:45am Mandy-Small Gym	Les Mills Core/Circl Mobility 8:15-9:00am Esmeralda Studio A	Body Sculpt 8:15-9:00am Esmeralda Studio A	Body Pump 8:15-9:00am Esmeralda Studio A
Chair Aerobics 10:00-11:00am Mary - Studio A	Restorative Yoga 9:15-10:00am Katie - Studio B	Body Strength 9:15-10:00am Sarah Studio A	Line Dancing 9:15-10:15am Mary - Studio A	BLAST 8:15-9:00am Kristin Outside/Studio B	
	Barre 10:10-10:55am Katie - Studio B	Step N Sculpt 9:00-10:00am Mary - Studio B	Zumba Gold 10:30-11:15am Esmeralda Studio A	Chair Aerobics 10:00-11:00am Mary - Studio A	
	Senior Cardio 10:30—11:15am Esmeralda Studio A				
Cardio Sculpt 4:15-5:00pm Deb - Studio A	Body Pump 5:15-6:15pm Esmeralda Studio A	Step Strength 4:30-5:15pm Deb - Studio A	Body Circuits 5:15-5:45pm Deb - Studio A	<div style="border: 2px solid blue; border-radius: 20px; padding: 10px; text-align: center;"> <p style="background-color: #00a651; color: white; padding: 5px;">Strength &amp; Cardio</p> <p style="background-color: #e67e22; color: white; padding: 5px;">Strength</p> <p style="background-color: #f1c40f; color: white; padding: 5px;">Senior Focused</p> <p style="background-color: #e74c3c; color: white; padding: 5px;">Cardio</p> <p style="background-color: #9b59b6; color: white; padding: 5px;">Yoga</p> </div>	
Spinning 5:15-5:45pm Deb Studio A	Zumba Gold 6:30-7:15pm Esmeralda Studio A	Boot Camp 6:00-6:45pm Alicia - Studio A	Rev Fit 6:00-6:45 pm Hannah - Studio A		
Yoga for Beginners 5:30-6:00pm Rich Studio B	STRONG 6:30-7:15pm Natalie - Studio B		STRONG 6:30-7:15pm Natalie - Studio B		
CircHIIT 6:00-6:45pm Kristi - Studio A					



See reverse side for class descriptions.

Revised 11/14/2023

### **Fitness Class Descriptions:**

**Barre:** This class format draws from ballet, yoga, and dance. Participants work through small, controlled movements and isometric holds at high repetitions to build long, lean muscles.

**BLAST:** A high intensity workout that will make you build strength, stamina and cardiovascular endurance while burning tons of calories. This class focuses on body mechanics and efficiency utilizing different types of equipment and a variety of movements that will make you sweat!

**Body Circuit:** This class is 30 minutes featuring multiple exercise formats. Cardio moves, TRX bands, free weights, resistance bands and more will be used in this circuit structured class. Get a great over all workout and something different each week.

**BODYPUMP®:** Looking to get lean, toned, and fit FAST? This is for you. Using light to moderate weights with lots of repetitions, BODYPUMP gives you a full body workout. We will coach you through the moves and techniques pumping out encouragement, motivation, and great music.

**Body Sculpt:** Through the use of dumbbells, stability balls, rubber tubing, bands, and an individual's own body weight, body sculpt focuses on overall strength, stabilization, and flexibility.

**Boot Camp:** This class has a little bit of everything for you! High energy, fun, and fresh! Work off the stress of your day with this heart pumping circuit style class. Cardio and strength included!

**Cardio Sculpt:** This is a 45 minute full body workout that includes cardio, strength training, and core work to powerful, upbeat music!

**Chair Aerobics:** Have fun while moving to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Handheld weights, elastic tubing, and small inflatable balls are used for resistance and a chair is used for seated and/or standing support. Great for seniors!

**Circl Mobility:** This class focuses on flexibility, breathwork and mobility exercises.

**CircHIIT:** High energy, fun, and fresh! Work off the stress of your day with this heart pumping circuit style high intensity interval training workout!

**Classic Cycling:** A great cardiovascular workout! Ride hills, sprints, and long steady stretches while on a stationary bike.

**Les Mills Core:** A 45-minute class from Les Mills that will challenge your core! Tighten and strengthen your core in a fresh yet intense class!

**Line Dancing:** You never need a partner for our line dancing class, but feel free to bring along your friends to enjoy the music and atmosphere. Low impact and low intensity, but a super fun hour formatted for seniors.

**Morning GRIT:** Get your day started utilizing a variety of exercises, equipment, and types of training to improve physical health, build muscle, and jump start good energy to carry you through the day! Expect to be outside for most classes but will utilize the large gym in case of poor weather.

**Power & Strength:** A high intensity, high energy class focusing on strength training using barbells, dumbbells, and other equipment.

**Power Cycling:** Participants in this class will be led through cycling-specific workouts on stationary bicycles. Participants will be given the option to conduct a test to determine their individual cycling power output. This value will be used to determine the intensity they need to crank out for each work effort.

**Restorative Yoga:** Restorative yoga is a gentle, slow-paced yoga that includes passive stretching and posing. Yoga mat and blocks are provided but please bring a blanket!

**Rev Fit:** Short for "Revelation Fitness", RevFit classes are meant to incorporate faith into your fitness. You get all the great aspects of exercise while filling your mind with scripture. Great for all levels and abilities - modifications are always offered. Come expecting a workout and worship!

**Senior Cardio:** is a senior-friendly group fitness class full of music, movement, and fun! Elevate your heart rate with low impact aerobic movements and progressive intensity options.

**Spinning:** A great cardiovascular workout! Ride hills, sprints, and long steady stretches all while on a stationary bike.

**Spin & Weights:** Enjoy a 30 minute cycling experience followed by 15 minutes of strength training!

**Step N Sculpt:** Half step aerobics, half strength work using light dumbbells and body weight. Expect full body exercises with cardiovascular benefit! Senior focused.

**Step Strength:** Half step aerobics, half strength work using dumbbells and body weight. Expect full body exercises with cardiovascular benefit!

**STRONG:** Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

**Wall Pilates:** Come try this variation of mat Pilates which involves pressing one or more body parts (mainly your feet) against a wall. This provides balance and stability but also resistance.

**Yoga:** Experience a mind/body connection through a series of postures, creating a continuous flow, accompanied by deep breathing. Strength, flexibility, and posture will be improved, and you'll leave feeling relaxed and refreshed.

**Yoga for Beginners:** A yoga class designed for all who know they need some more recovery time. Take 30 minutes each week to focus on stretching, breathing, and giving your body a break from the normal routine of a hardworking lifestyle!

**Zumba Gold:** Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

\*Join the "Newton YMCA fitness classes" group on Facebook for schedule updates or access the Daxko App to have the group fitness schedule at your fingertips! Classes subject to change at any time and maybe canceled due to consistently low attendance.

