



# 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 B	Morning GRIT 5:30-6:30am John Studio A		Morning GRIT 5:30-6:30am John Studio A	Cycling Power 6:15-7:00am Brad Studio A
BLAST 8:15-9:00am Kristin Big Gym	Yoga 7:00-8:00am Meghan Studio A	Body Sculpt 8:15-9:00am Esmeralda Studio A	Yoga 7:00-8:00am Meghan Studio A	BLAST 8:15-9:00am Kristin Big Gym	Cycling Classic 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	Body Pump 9:15-10:00am Esmeralda Studio A	Les Mills Core 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
STRONG 9:15-10:00am Esmeralda Big Gym	Restorative Yoga 9:15-10:15am Katie Studio A	Step N Sculpt 9:00-10:00am Mary Studio B	Line Dancing 9:15-10:15am Mary Studio A	STRONG 9:15-10:00am Esmeralda Big Gym	
Chair Aerobics 10:00-11:00am Mary Studio A				Chair Aerobics 10:00-11:00am Mary Studio A	
Spinning 5:00-5:30pm 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		
Power & Strength 5:30-6:30pm Laurie Studio A	Fat Guy Yoga 5:30-6:00pm Rich Studio B	Circ-HITT 6:00-6:45pm Kristi Studio A			
	Les Mills Core 6:30-7:00pm Esmeralda Studio A				

Strength & Cardio

Strength

Senior Focused

Cardio

Yoga



## Fitness Class Descriptions:

**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.

**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!

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

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

**Dance Fitness:** Get your heart rate up with upbeat music, a fun environment, and easy to follow choreography!

**Fat Guy Yoga:** A yoga class designed for males (or females!) 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!

**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 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.

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

**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.

**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!

**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.

\*Join the "Newton YMCA fitness classes" group on Facebook to be notified of updates and announcements!

\*Access the Daxko App to the group fitness schedule at your fingertips!

\* Classes subject to change at any time. Classes may be canceled due to consistently low attendance.

