

# GROUP FITNESS SCHEDULE - SPRING



YMCA OF THE NORTHWOODS: April 15 - June 2, 2024

**FIT PASS FEE:** Members \$20 | General Public \$ 150

Any class on this schedule may be attended with the purchase of a FIT Pass. No other registration is necessary. Class pricing is for the session.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 AM AEROBICS	<b>CYCLING</b>   Sue Intensity Level: 3 55 MIN	<b>CYCLING</b>   Lisa Intensity Level: 3 55 MIN	<b>CYCLING</b>   Sue Intensity Level: 3 55 MIN	<b>CYCLING</b>   Lisa Intensity Level: 3 55 MIN	<b>CYCLING</b>   Lisa Intensity Level: 3 55 MIN	
7:15 AM EAST GYM				<b>CORE BALANCE &amp; STABILITY</b>   Ben Intensity Level: 2 55 MIN		
7:30 AM AEROBICS		<b>STRETCHING</b>   Marilyn Intensity Level: 2 40 MIN		<b>STRETCHING</b>   Jane Intensity Level: 2 55 MIN		
7:40 AM AEROBICS	<b>CLUB MOVES</b>   Katie L Intensity Level: 3 55 MIN		<b>CLUB MOVES</b>   Katie L Intensity Level: 3 55 MIN		<b>POWER BEATS</b>   Katie S Intensity Level: 2 45 MIN	
8:00 AM POOL	<b>WATER EX</b>   Carol Intensity Level: 2 55 MIN		<b>WATER EX</b>   Marilyn Intensity Level: 2 55 MIN		<b>AQUA BEATS</b>   Sandy Intensity Level: 2 55 MIN	
8:30 AM AEROBICS						<b>YOGA</b>   Jane Intensity Level: 2 55 MIN
8:45 AM AEROBICS	<b>INTERVAL CARDIO STRENGTH</b>   Susan Intensity Level: 3 55 MIN	<b>STRENGTH</b>   Amy S Intensity Level: 2 55 MIN	<b>CORE &amp; MORE</b>   Katie Y Intensity Level: 3 55 MIN	<b>STRENGTH</b>   Amy S Intensity Level: 2 55 MIN	<b>HIIT</b>   <i>Rotating Instructor</i> Intensity Level: 3 55 MIN	
9:00 AM POOL	<b>WATER EX</b>   Carol Intensity Level: 2 55 MIN		<b>WATER EX</b>   Marilyn Intensity Level: 2 55 MIN		<b>WATER EX</b>   Sue Ellen Intensity Level: 2 55 MIN	
10:00 AM AEROBICS	<b>LIVWELL STRENGTH</b>   Melissa Intensity Level: 1 55 MIN	<b>SENIOR CLASSIC</b>   Marilyn Intensity Level: 1 55 MIN	<b>LIVWELL STRENGTH</b>   Melissa Intensity Level: 1 55 MIN	<b>SENIOR CLASSIC</b>   Marilyn Intensity Level: 1 55 MIN	<b>LINE DANCING</b>   Katy Intensity Level: 1 55 MIN	
10:00 AM POOL	<b>S'WET</b>   Val Intensity Level: 3 55 MIN	<b>AQUA BEATS</b>   Val Intensity Level: 3 55 MIN				
11:00 AM POOL		<b>GENTLE WATER</b>   Karen Intensity Level: 1 55 MIN		<b>GENTLE WATER</b>   Karen Intensity Level: 1 55 MIN		
11:00 AM AEROBICS			<b>LINE DANCING</b>   Katy Intensity Level: 1 55 MIN			
12:00 PM AEROBICS	<b>Level 1/2 Balance</b>   John Intensity Level: 1 60 MIN			<b>Level 1/2 Balance</b>   John Intensity Level: 1 60 MIN		
5:00 PM POOL			<b>WATER EX</b>   Carol Intensity Level: 2 55 MIN			
5:30 PM AEROBICS	<b>STRENGTH</b>   Lisa Intensity Level: 3 55 MIN	<b>ZUMBA</b>   Val Intensity Level: 2 55 MIN	<b>ABS</b>   Amy J Intensity Level: 2 55 MIN	<b>POWER BEATS</b>   Katie S Intensity Level: 2 45 MIN		
5:30 PM POOL		<b>POWER H2O</b>   Sue Ellen Intensity Level: 3 55 MIN		<b>POWER H2O</b>   Sue Ellen Intensity Level: 3 55 MIN		
6:00 PM WELLNESS STUDIO			<b>TRX TOTAL BODY</b>   April Intensity Level: 2 30 MIN			
6:30 PM AEROBICS	<b>RHYTHM &amp; WEIGHTS</b>   Jennie Intensity Level: 3 55 MIN			<b>RAISE THE BAR</b>   Katie S Intensity Level: 3 55 MIN		

*LEVEL 1/2 BALANCE CLASSES ARE ROSTER CLASSES. Not available under the FIT Pass. Sign-Up for these classes are separate and run March 18-April 25.*

UPDATED: 4/12/2024

All group classes can be modified to be more or less challenging, and instructors give many modification options.  
**FIND THE RIGHT CLASS FOR YOU!**  
 New to group classes, or just getting back into workout? No worries we have classes designed just for you. Our intensity levels are a great place to start when looking for a class that is right for you. If you are still unsure of what class is right for you please reach out to Stephanie Dahlquist and she can help you pick a class and connect you with the instructor. sdahlquist@ymcanw.org or 715-362-9622 x.104

**Intensity Levels:**

1: Low intensity and impact, basic moves      3: Moderate to high intensity, some compound moves  
 2: Moderate intensity and impact, basic moves in combination      4: High intensity, compound moves

**DROP-IN FEE:**  
**\$6 Members | \$15 General Public**  
 Drop-In Fee applies to only one class per day. Classes are not refundable.

**Sign-In required for all classes.**  
 Attendance is tracked via the sign-in sheets & QR Code so be sure to sign-in to every class so we can accurately track enrollment for each class. The Y reserves the right to cancel a class due to low participation. Cancellations or updates can be viewed on the Y website or Y Facebook page.  
 THIS SCHEDULE IS SUBJECT TO CHANGE

# GROUP FITNESS SCHEDULE

## CLASS DESCRIPTIONS:

### STRENGTH CLASSES

#### LIVEWELL STRENGTH

A fun & total body workout for seniors & anyone new to exercise. This class incorporates easy movement patterns to improve daily living skills through better balance, strength, flexibility & agility. Hand-held weights, resistance bands, & a ball are offered for resistance & a chair is used for seated and/or standing support. Strength training is the only type of exercise that can maintain muscle & metabolism as we age.

#### STRENGTH

This low cardio, high strength class combines traditional strengthening exercises with HIIT interval timing to give your muscles a great workout. This class focuses on form and different tempos to help build strength during your workout.

#### CORE BALANCE & STABILITY

This class focus on improving core strength using a variety of equipment and low impact movements. There will be an emphasis on using proper form to improve balance, stability, and mobility using the BOSU ball, dumbbells, body weight and stretching. Intensity level will be up to you by using modifications to exercises and different size weights.

#### ABS

This class focuses on the foundation of our bodies. A strong core will help in all other aspects of exercise and functional living. This class will focus on strengthening not only the abs but the lower back and glutes to give you a stronger more functional core. Combine this class with TRX for a full 55 minute workout.

#### TRX Total Body

TRX uses gravity and body weight to perform exercises to strengthen your core and increase muscular endurance, while providing a total body workout. The best thing is that all **fitness levels can join in because you're in control of how much you want to challenge yourself on each exercise.** Simply adjust your body position to add or decrease resistance. Combine this class with Abs to for a full 55 minute workout.

### CARDIO DANCE CLASSES

#### CLUB MOVES

**Club Moves features today's top dance hits and funky upbeat moves.** We will practice several warm up songs to get you comfortable with the basic dance moves used throughout the class. This class is perfect for the person wanting to have fun and "get down" with exercise.

#### ZUMBA® FITNESS

Zumba® is an exhilarating, effective, easy to follow, Latin-inspired, calorie-burning dance fitness party. It blends red-hot international music and contagious steps to form a "fitness party" that is downright addictive. Fun and challenging for any fitness level!

#### LINE DANCING

Introductory Line Dancing - It's not just Country! Participants will learn a variety of steps, terminology and patterns that are used by instructors from coast to coast. You will then progress to a variety of entry level choreography to music you may know and love. The dances learned will be an enjoyable treat for both the body and the brain.

### CARDIO & STRENGTH CLASSES

#### HIIT

If you're bored of your current cardio and weight regime then it's time for HIIT. Using a variety of equipment and your own body weight, you will be pushed to the limit. This class will focus on short bursts of intense training. Remember all classes can be modified to your personal needs and goals.

#### SENIOR CLASSIC

Move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance and a chair is used for seated and/or standing support.

#### INTERVAL CARDIO STRENGTH

This time-based interval class mixes a variety of strength and cardio exercises together to give you a fun workout, tailored to everyone's intensity level. The class incorporates a variety of equipment including weights, step, ball, bosus, bands, and participants body weight, making it an ideal class for participants of all fitness levels. Participants can expect 70-80% strength and 20-30% cardio during the class.

#### CORE & MORE

This class focuses on abs, glutes, legs, and lower back using a variety of equipment and body resistance. A challenging variety of abdominal and core exercises will tone and strengthen your midsection while gluteal focused moves work your backside.

#### RAISE THE BAR

This is a barbell-based workout that's designed to help you get toned and fit. This total body strength workout will help tone all major muscle groups, increase core strength, improve bone health while leaving you feeling stronger. Raise the Bar uses motivating music while instructors help you achieve your goals more quickly than working out on your own.

### CARDIO CLASSES

#### CYCLING

A heart-pounding, low-impact workout. All fitness levels welcome! Speed, endurance and overall fitness will be improved. **Instructors will lead class through various "team" activities and "relay races" to keep you engaged and moving.**

#### POWER BEATS

Come join us for a heart-pounding, stress reducing, hour of pure drumming fun. Power beats utilizes drumming to get you moving and grooving, and will make you forget you are working out! If you need a bit of energy added to your workout this is the class for you.

#### RHYTHM & WEIGHTS

This dance inspired workout will get your strength training moving and grooving. Using small weights to target individual muscle groups and easy to follow steps that keep your mind off the workout. If you want a fun way to get a workout in, this is the class for you.

### YOGA

#### YOGA

This class gives you the opportunity to explore ways to create increased flexibility, strength and peace. The goals of the class are to recognize postures and exercises that safely work for you. Each class includes gentle warm-ups, flowing movements, static holds, and ends with a period of rest. Yoga is for everyone! All fitness levels are welcome.

### AQUA CLASSES

#### WATER EXERCISE

Exercise your entire body without straining your back or joints. This class improves cardiovascular fitness, muscular strength, endurance, and flexibility.

#### GENTLE WATER EXERCISE

Gentle Water Exercise is designed for those who have Arthritis, **Fibromyalgia, Parkinson's Disease, serious back problems and** other conditions. Gentle water walking and range of motion exercises are done in comfortable, shallow water to help alleviate pain and extend range of motion.

#### POWER H2O

Power H2O provides a high-intensity workout that includes a combination of shallow and deep-water exercises to increase strength and endurance for the entire body. A variety of equipment is used.

#### AQUA BEATS

Those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Beats uses music to drive the feel of the class while still using tradition water exercise moves. There is less impact on your joints during an Aqua Beats class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

#### S'WET

This high-intensity, low-impact class is designed to help you reach your fitness goals! Exercises are performed in both shallow and deep water, but no swimming skills are needed to participate. Regardless of your age or fitness level, you can achieve noticeable results through workouts that incorporate cardio, strength and resistance training exercises. You can push the boundaries or move at your own pace in this challenging aqua training class.

### FLEXIBILITY CLASSES

#### STRETCHING

This class is designed to increase flexibility for sports, activities and daily living. This stretching class is for both men and women. 40 Minutes.

UPDATED: 4/12/2024

Phone: 715-362-9622

[www.ymcaofthenorthwoods.org](http://www.ymcaofthenorthwoods.org)