



Geauga Family YMCA April 2024 Fitness Schedule

Land & Water Classes

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------|--|---|---|---|---|--|---|
| 8:00 am | Back-to-Back Cycle- 8:00am & 9:00am Jay - Studio | Gentle Yoga MaryAnn-Studio 4/9 & 4/30 (8:30am) | | | | Cycle Jay - Studio | |
| 9:00 am | Strength & Core (Stability) Lana - Gym Aquacise Dee - Pool | Pure Strength Melanie - Gym | Cardio & Strength Blast Jay -Gym Water Wild Card Melanie - Pool | Aquacise Dee - Pool Hi/Lo Cardio Cassie-Studio | Strength & Core (30m) Melanie - Gym 9:30am | Pop-Up Class Cassie & Jay Studio (See back Side) New* Pop Class Hi/Lo Cardio- Cassie-MPR 4/13 & 4/27 Aqua Zumba Bridgit-Pool | Pop-Up Class w/Cassie 4/7 Kick & Core 4/14 Partner Workout 4/21 Les Mills CORE 4/28 Dynamite Dance Class |
| 10:00 am | Silver Sneakers Yoga® Sue - Gym Yoga Flow- Jessica Studio Aqua Jog Dee – Pool | Aqua Fit Melanie – Pool Les Mills BODYPUMP Cassie – Studio | Cycle & Core Melanie – Studio Boom Muscle Jay – Gym Taijfit/Bamboo™ Fusion \$\$ Tim-MPR Note: No Class on 4/3 & 4/10 | Silver Sneakers Yoga® Sue – Gym Les Mills BODYPUMP Jay – Studio Aqua Jog Dee - Pool | Hatha Yoga Suzanne – Studio (10:15am) Total Body Blast Melanie – Gym | Pilates Kathy – MPR Les Mills CORE Bridgit-Studio (10:15am) | Yoga Flow Mary Ann Offered on Held 4/7 & 4/28 |
| 11:00 am | Senior Strength & Balance Sue – Gym | Silver Sneakers Classic® Melanie – Gym NEW*Pop-Up Pilates Kathy-MPR (12:00pm) Held 4/16 & 4/23 | Silver Sneakers Circuit® Melanie – Gym *Yoga-Taijfit™ Jessica-Studio Tim - MPR | Silver Sneakers Classic® Zumba Gold® Studio-Lana (12:00pm) | AOA Fitness & Strength Melanie-Gym | Zumba® Bridgit Studio | |
| 5:30 pm | Pilates Kathy – MPR | Tread & Shred\$\$ Fitness Center-Lana | New*Barre Kathy-MPR | | | | |
| 6:00 pm | Cardio & Strength Blast Jay – Studio | | Les Mills BODYPUMP Cassie – Studio | Cycle Jay – Studio | | | |
| 6:30 pm | | Zumba® Bridgit – Studio | Pop-Ups | Zumba® Bridgit-MPR | | | |
| 7:00pm | | Aqua Fit Jan – Pool (6:45pm) | Les Mills CORE® Cassie-Studio Class held on 4/10 & 4/24 (7:00pm) | Aqua Fit Jan – Pool (6:45pm) | | | |

New Classes in Red* Class Schedule is subject to change. Classes are 50 minutes unless stated otherwise. Classes w/\$\$ have a small cost.

Child Watch Hours
M – Sa: 8:30 am – 12:30 pm
M – Sa: 4:00 pm – 8:00 pm



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AOA Fitness- This exercise class encompasses all the major fitness components- cardiovascular endurance, muscle strength, flexibility, and balance. You choose whether to sit or stand during the class.

Aquacise- A low/moderate intensity water workout, focusing on cardiovascular health, muscular endurance, strength, and flexibility. This workout is a blend of cardio and resistance training. Knowing how to swim is NOT required.

Aqua Fit-Combo Use both shallow and deep ends of the pool in this class that focusses on cardiovascular fitness, muscular strength, core, and balance. Floatation equipment is available.

New*Barre-This unique class combines Ballet, Yoga, and Pilates into a low impact workout that increases flexibility and balance. This class incorporates light weights for an upper body workout.

Aqua Jog- A cardiovascular workout that uses the same muscles as running, but with the resistance of the water.

BOOM MUSCLE: A moderate vigorous muscular and aerobic endurance workout. MUSCLE incorporates mostly strength exercises that boost overall fitness. Move through muscle conditioning blocks and activity-specific drills to improve strength and functional skill.

Cardio Strength Blast- This whole-body workout is a mix of easy-to-follow cardio movements and basic weight training exercises.

Cycle & Core-You get the best of both worlds in this combo class that is half group cycling and half targeted core exercises performed on the floor.

New*Hi/Lo Cardio: An energizing cardiovascular workout that uses high and low movements.

Les Mills: BODYPUMP- A total body strength workout that will shape & tone all the major muscle groups, increase core strength, improve bone health & leave you feeling strong and fit!

Les Mills: CORE- This intense core workout builds functional fitness. This 30-minute personal training inspired challenge is designed to tighten and tone the abs, glutes, back, obliques while connecting the upper and lower body. It improves functional strength and assists in injury prevention.

Pilates- A strength and mobility class that focuses heavily on stabilizing the spine, improving posture, and strengthening major core muscles.

***POP-UP Classes w/Cassie & Jay-April Dates/Saturdays** 4/6 Body Pump w/Cassie, 4/13 Body Sculpt/Jay, 4/20 BODYPUMP w/Cassie, 4/27 Body Sculpt w/Jay

Pure Strength-A workout for all who want to learn the basic strength training techniques along with functional movements for a fun but challenging workout.

Rhythm Cycle- An indoor cycling class where you ride to the rhythm of the beat. This class is set to fun and uplifting music to help increase your cardio and muscular endurance.

Senior Strength & Balance- This class always keeps one foot on the ground to reduce joint impact. A fun and upbeat class that focuses on easy-to-follow strength and balance movements. A chair may be used for support and balance stability.

Silver Sneakers Circuit- we combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work, using hand weights, elastic tubing with handles and a ball is alternated with non-impact aerobics choreography. A chair is offered for support, head to toe stretching and complete relaxation in a comfortable position. This class is open to ALL YMCA members and suitable for intermediate level exercisers.

Silver Sneakers® Classic- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion and activity for daily living skills. Chairs are used for support and balance.

Silver Sneakers® Yoga- A workout that will move your whole body through a sequence of standing and seated yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of motion. Restorative breathing and guided relaxation help to reduce stress.

Strength & Core-Strength/toning class that focuses on the major muscle groups including core muscles for a balanced workout.

Strength & Balance- Everyone can benefit from better balance. Balance training involves exercises that that strengthen the muscles that keep you upright, including your legs and core. The low impact exercises are also designed to be gentle on your joints. A stability ball is used in this class.

Tai Chi A martial art practice that involves a series of slow movements and physical postures to improve mental and physical health.

\$New*TaijiFit/Bamboo Fusion-This class combines TaijiFit movements with standing Yoga Asans for a balanced workout. Free for Plus Members, \$3 members for month, or \$5.00 per week, \$10 rate for participants.

Total Body Blast: This class targets strength building and muscular endurance through the use of bodyweight and resistance equipment, aerobic intervals, plyometrics and more.

\$ Tread & Shred- Small Group Class- A fun treadmill work-out that combines interval work on a treadmill with effective strength training combinations for an efficient workout. Heart rate monitors are not required but helpful. Walkers, joggers, and runners are all welcome. **(Cost: Members \$10.00 per class, or \$30 Month, Participants \$15 per class or \$40 month)**

Water Wildcard- A strength/cardio conditioning class that utilizes a variety of equipment in the water. Anything goes!

Yoga Flow- A practice where yoga postures are connected through breath. This class builds endurance, flexibility, and strength with easy-to-follow sequencing.

Gentle Yoga/Meditation A low version where the focus is on breathing techniques to help alleviate stress and anxiety.

Zumba®- Fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program. Add some Latin flavor and international spice into the mix.

Zumba- Aqua Zumba- Aqua Zumba brings new meaning to the idea of an invigorating workout that combines the South Zumba rhythm and dance steps with a pool party.

Zumba Gold- Low impact version of Zumba.