



Geauga Family YMCA

May 2024 Fitness Schedule

Land & Water Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am 8:00 am	Back-to-Back Cycle-8&9am Jay - Studio		New* Demo Boot Camp (6:00am) Zach-Studio On 5/29			Cycle Jay - Studio	
9:00 am	Strength & Core (Stability) Lana - Gym Aquacise Dee - Pool	Gentle Yoga MaryAnn-Studio 5/7 & 5/21 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 w/ Cassie & Jay Studio Check dates on the back! Zumba Bridgit-MPR	Pop-Up Class w/Cassie 5/5 Kick & Core 5/12 Happy Mother's Day! 5/19 Dance Cardio 5/26 Partner
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 TaijiFit Tim-MPR	Silver Sneakers Yoga ® Sue - Gym Sue Les Mills BODYPUMP Jay - Studio Aqua Jog Dee - Pool	Hatha Yoga Suzanne - Studio (10:15am) Cardio/Strength Blast Melanie - Gym	Pilates Kathy -Studio Les Mills CORE Bridgit-MPR (10:15am)	Yoga Flow Mary Ann & Suzanne No class on 5/5 & 5/12
11:00 am 12:00pm	Senior Strength & Balance Sue - Gym	Silver Sneakers Classic ® Melanie - Gym Pilates Kathy-MPR (12:00pm)	Silver Sneakers Circuit ® Melanie - Gym Taijifit™ 11:00am Tim - MPR	Silver Sneakers Classic ® Zumba Gold® Studio-Lana (12:00pm)	AOA Fitness & Strength Melanie-Gym	Aqua Zumba® Bridgit Pool	
5:30 pm	Pilates Kathy - MPR	Tread & Shred\$\$ Fitness Center- Lana	Barre Kathy-MPR				
6:00 pm	Cardio & Strength Blast Jay - Studio		Les Mills BODYPUMP Cassie - Studio	Cycle Jay - Studio			
6:30 pm 7:00pm		Zumba® Bridgit - Studio Aqua Fit Jan - Pool (6:45pm)		Zumba® Bridgit-MPR 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 training.

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** 5/4 Body Pump w/Cassie, 5/11 Pure Strength/Jay, 5/18 Pure Strength w/Jay, 5/25 BODYPUMP w/Cassie

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.

\$ Tread & Shred- Small Group Class- A fun treadmill work-out that combines I 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: Plus Members are free, Members \$\$8 per class, or \$25 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.

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 combines the South Zumba rhythm and dance steps with a pool party. **Zumba Gold**- Low impact version of Zumba.