

# GROUP EXERCISE SCHEDULE

updated 4.1.26



## QUEENAX Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM	<b>Silver Sneakers</b> Stacy A 8-8:45am	<b>Silver Sneakers Classic</b> Stacy A 8-8:45am	<b>Metabolic Boost</b> Stacy A 8-8:45am	<b>Silver Sneakers Yoga</b> Carol 8-8:45am	<b>Block Therapy*</b> Carol 7:30-8:45 a.m.	
9:00 AM	<b>Chair Yoga</b> Linda 9-9:45am	<b>Silver Sneakers Yoga</b> Jody 9-9:45am		<b>Core and More</b> Elisa 9:10-9:45am		
10:00 AM		<b>Chair Yoga</b> Jody 10-10:45am				
10:30 AM				<b>Block Therapy*</b> Carol		
11:00 AM						
11:30 AM				10:15-11:30am		
12:00 PM	<b>Silver Sneakers</b> Linda 12:00-12:45pm	<b>Lunch WOD</b> Andrew 12-12:45pm		<b>Lunch WOD</b> Ale 12-12:45pm		
5:00 PM	<b>HIIT</b> Joy 5-5:45pm	<b>Strength to Power</b> Kayla 5-5:45pm				
6:00 PM			<b>Battle Ropes</b> Taylor 5:30-6:15p.m.			<b>DCSD DRYLAND</b> swim team only 5:15-6:15p.m.

Like us on Facebook for weekly posts on upcoming classes!

Join @YMCA of Dodge County Fitness

**Block Therapy\*** is a paid class registration required

## Group Exercise Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	<b>Rise and Grind</b> Lori 5:30-6:15am	<b>Cardio Circuit</b> Stacy S 5:30-6:15am		<b>TriFit</b> Lori 5:30-6:15am	<b>Tabata Tone</b> Stacy S 5:30-6:15am	
6:30 AM						
7:00 AM						
8:00 AM	<b>Kickboxing Cardio</b> Stacy S 8-8:55am	<b>Core and More</b> Stacy S 8-8:55am	<b>Total Body Fitness</b> Lori 7:55-9am	<b>Barre Fitness</b> Elisa 8-9am	<b>Strong Nation</b> Joy 8-8:45am	<b>Cardio Strength</b> Tammy 8-9am
9:00 AM	<b>Tabata</b> Stacy A 9-10am	<b>Pop Pilates</b> Joy 9-10am	<b>TRX Circuit</b> Stacy A 9-10am	<b>Cardio Tone</b> Carol 9-10am	<b>Pop Pilates</b> Joy 9-10am	<b>Stretch and Balance</b> Tammy 9-10am
10:00 AM	<b>Yoga Slow Flow</b> Linda 10-11am	<b>20/15/10</b> Stacy A 10-10:45am	<b>Yoga Flow</b> Liva 10-11am	<b>CIRCL Mobility</b> Elisa 10-10:45am	<b>Yoga-Yin Flow</b> Carol 10-11am	
11:00 AM	<b>Tai Chi</b> Linda 11:00-11:50am	<b>Tai Chi</b> Linda 11:00-11:50am				
12:00 PM	<b>Group Cycling</b> Andrew 12-12:45pm		<b>Group Cycling</b> Andrew 12-12:45pm			
5:00 PM	<b>Power Hour</b> Lori/Molly 5-5:55pm	<b>Tai Chi</b> Linda 5-6:00 p.m.	<b>Vinyasa Yoga</b> Carol 5-6pm	<b>Pop Pilates</b> Joy 5-6pm		
6:00 PM	<b>Strong Nation</b> Joy 6-6:55pm	<b>Spin Crew</b> Holly 6:35-7:20pm	<b>Barre Fitness</b> Elisa 6-7:00pm	<b>Spin Crew</b> Holly 6:35-7:20pm		
7:00 PM	<b>Spin Crew</b> Holly 6:55-7:50pm		<b>Zumba</b> Elisa 7-7:45pm		<b>Zumba</b> Elisa 6:30-7:30pm	

**Special Notes:**  
New Classes:  
Lunch Wod Thu 12pm; Strength to Power Tue 5PM

**Hip Hop Spin Class Requires Registration**

**Spin Crew Class Requires Registration**

# GROUP EXERCISE SCHEDULE

## Queenax Room Classes

**CIRCL Mobility** - Based on the science of functional movement, focusing on flexibility, breathwork, and more. If you are a fitness enthusiast, busy mom, 95-er, CIRCL Mobility will help you move better, longer. Benefits include increased range of motion, reduced tension to feel your best. Speed up recovery while improving balance and focus. Enhance muscle activation.

**Core & More**- Try out this core workout with our Queenax functional training system. This class targets core muscles that you may not have known existed, while keeping the movements in a safe and FUNctional manner.

**HIIT** - In a circuit environment, exercisers move through different stations using a variety of equipment while performing interval training to build strength & stamina and to condition & tone. A full body workout in a fun boot camp style.

**Lunch WOD**- Join us at lunch hour for a Queenax Full body circuit. Varying multiple exercises per class in our functional training system while using other components such as barbells, kettlebells, and battle ropes!

**Metabolic Boost** - This goal-orientated program is for the time sensitive exerciser. The superfunctional triathlon-style workout encourages fitness gains in a limited time.

**Silver Sneakers Classes** – Join our certified Silver Sneaker instructors and enjoy complete body movement and low impact exercises for any ability level. Designed for ages 55+ in mind, but great for anyone wanting a low impact, fun environment! Classes include: Cardio, Yoga, and Classic.

## Group Exercise Studio Classes

**20/15/10 (Ages 16+)** - Improve your cardiovascular, functionality, and strengthen your core with 20 minutes of cardio, 15 minutes of strength and conditioning with Kettlebells and 10 minutes of Yoga/Pilates core work for a full body workout. Burn calories and boost metabolism throughout the day with this complete workout! Registration Required for all classes.

**New! Block Therapy** - Welcome to the "Fascia Decompression" Block Therapy workshop! Fascia is a connective tissue that surrounds and supports the body's organs, muscles, bones, blood vessels, nerves, and joints. In this 75-minute session, we will explore the principles of Block Therapy, focusing on techniques for decompressing the fascia to enhance mobility, reduce pain, and improve overall well-being.

**Body Sculpt** - Incorporates cardio, toning and core all in one class. This is typically done in a circuit or tabata style with modifications provided.

**Barre Fitness** - Barre workouts are a fusion of yoga, Pilates, strength training, and ballet. Barre classes incorporate small, repetitive patterns and isometric movements that target specific muscle groups. This pattern of exercise helps to improve strength, flexibility and posture.

**Cardio Core** - A blend of low impact cardiovascular workout utilizing an adjustable step and basic strength training equipment (dumbbells, stability balls, resistance bands, etc.) A great class to learn different forms of exercise and improve your overall fitness.

Cardio Circuit - Keep your heart rate up with functional Tabata like exercises. These functional movement arms, legs, and core alike!

NEW! Fitness Pilates- Designed to enhance posture, strenght, balance and stability in a group exercise for strength of the lumbar and maintain flexibility.

Forever Fit – Stay fit and learn new things with equipment exploration and full body workouts. Designed to be fun but high volume. Don't be fooled, still starting the day with a challenge to complete. Something new every day.

NEW! Move Better – This class incorporates yoga, stretching, and other mobility pieces to help improve range of motion and feeling great at the end of the week!

POP Pilates (Ages 16+) - A powerful fusion of music, strength, and choreography that takes classical Pilates is a dance on the mat that burns calories, increases functionality and changes the pace of traditional Pilates.

NEW! RISE AND GRIND- Start your day with a fun and energizing workout featuring cardio, core, abs, glutes, and strength.

Strong Nation – Combine body weight, muscle conditioning, cardio and plyometric training moves synced to music specifically designed to match every move. Every squat, every lunge, every burpee is driven by the music and maybe five more!

Tabata – Enjoy the fast paced, calorie burning complete workout of Tabata. Series of segments and circuits with short times to rest. Keeping the heart rate up, and the calorie burn to the max!

Totally Toned - An intense, energy-filled workout composed of toning exercises using bands, dumbbells, and kettlebells. A variety of cardio exercises will be added to complete the challenge.

TriFIT –This high energy class is a total body, heart pumping, aerobic, and strength conditioning workout. Combines all elements of fitness through a combination of cardio, core, and conditioning routines choreographed to great music. Various styles of aerobics (hi-lo, kickboxing, athletic drills, etc.) intermixed with focused strength and core body fitness while having fun! Catered for all fitness levels.

Vinvasa Yoga - Find your sequence of steps in this total inclusive full body flow of vinyasa poses and techniques.

Yoga Flow - This vinyasa-style class is open to all levels and focuses on mindful movement and pairing the breath with movement. Each class begins with a short meditation and continues with comprehensive movements for the whole body. You'll be feeling strong, refreshed, and ready to slay the busy life.

Yoga Yin-Flow – This class combines a Vinyasa flow by bringing postures together so that the body moves seamlessly, using breath. The Yin Yoga targets your deep connective tissues, fascia, ligaments, joints, and muscles over a longer period of time. It's slower and more meditative, giving you space to turn inward and tune into both the mind and sensations of your body. This class offers two varieties of yoga incorporated into one practice.

Zumba- Perfect for everybody and any body! Each Zumba® class is designed to bring people together to dance and burn calories while combining all elements of fitness – cardio, muscle conditioning, balance, and flexibility, boosted energy at each time you leave class.