HEALTHY STARTS HERE

GROUP EXERCISE CLASSES

EFFECTIVE AS OF 11/04/2026

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COLOR CODES:
STUDIO 1
STUDIO 2
FITNESS CENTER
FIFIELD CENTER
POOL
OUTDOOR COURT
TEEN CENTER

- Please note: Doors will close 5 minutes after the start of each yoga class, and late entry will not be permitted.
- Programs with a (*) are paid programs. These classes are for paid program members only.

MONDAY

5:30am	HIIT with Cody
*7:45am	FOUNDATION with Yvette
8:00am	RECOVERY AND STRETCH with Rachelle
9:00am	ZUMBA TONING with Tracy
9:05am	AQUA with Cody
10:00am	BODY SCULPT with Tracy
10:00am	METAFIT with Rachelle
10:00am	CHAIR YOGA with Arisa
*5:00pm	ADULT KAJUKENBO with Michael
5:15pm	MIXED YOGA with Arisa
6:45pm	SPIN with Mayra

TUESDAY

8:00am	REHAB EXERCISE with Rachelle
9:00am	ZUMBA TONING with Summer (Sub)
9:05am	AQUA with Tracy (Sub)
10:00am	MAT PILATES with Rita
11:00am	YOGA SOUND HEALING with Krista
*5:00pm	YOUTH KAJUKENBO with Michael
5:00pm	BEGINNER LINE DANCING with Stacey
6:30pm	HIIT with Sparkle
7:00pm	ZUMBA with Sparkle

WEDNESDAY

5:30am	HIIT with Cody
*7:45am	FOUNDATION with Yvette
8:00am	RECOVERY AND STRETCH with Rachelle
9:00am	DANCE PARTY with Summer
9:00am	TAIJIFIT with Nurys
9:00am	AQUA with Cody
10:00am	METAFIT with Rachelle
10:00am	BODY SCULPT with Tracy
10:00am	CHAIR/MAT YOGA with Rita
*5:00pm	ADULT KAJUKENBO with Michael
5:00-5:45pm	BEGINNER LINE DANCING with Summer
5:45PM-6:30pm	LINE DANCING with Summer
6:30pm	SPIN with Mayra

THURSDAY

8:00am	REHAB EXERCISE with Rachelle
9:00am	ZUMBA TONING with Tracy
9:05am	AQUA with Esther (Sub)
10:00am	BARRE/PILATES with Rita
*10:00am	BEGINNER FOUNDATION with Yvette
11:00am	CHAIR PILATES/YOGA with Rita
*5:00pm	YOUTH KAJUKENBO with Michael
*6:00-6:50pm	SPORT KARATE with Nurys
6:30pm	CARDIO SCULPT with Sparkle
7:00pm	ZUMBA with Sparkle

FRIDAY

*7:45am	FOUNDATION with Yvette
8:30am	POWER YOGA with Arisa
9:00am	RECOVERY & STRETCH with Rachelle
9:05am	AQUA with Tracy
10:00am	BODY SCULPT with Tracy
10:00am	METAFIT with Rachelle

SATURDAY

8:00am	PILATES SCULPT with Rita
9:00am	FOUNDATION with Yvette
9:00am	ZUMBA with Summer
10:00am	CHAIR YOGA with Arisa

SUNDAY

9:00am	ZUMBA with Lizzy
10:00am	YOGA with Stephanie

GROUP EXERCISE CLASSES

the YMCA FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

BEGINNER:

MetaFit: This high-intensity program combines strength, power, agility, anaerobic and aerobic elements for a high metabolic output.

Aqua: A boot camp style class to help you increase range of motion & agility by utilizing the water to support & challenge your movements through high intensity interval training. Water weights are used to work all muscle groups. Moves are designed for both shallow and deep-water depths.

Taijifit: This class is a mind-body workout that blends traditional Tai Chi with modern fitness. Suitable for all ages and fitness levels, it uses "Qi Cueing" to harmonize the muscular, cardiovascular, nervous systems.

Rehab Exercise: Learn the foundations of rehab exercises including strengthening and stretching muscle in order to alleviate symptoms from physical conditions or sports related injuries.

Restorative Yoga: An intentionally slower-paced class suitable for all levels. The practice starts with slow movement in and out of standing poses and then moves to long-held seated poses to open up and relax the deeper tissues of the body, joints & ligaments for balance, flexibility & fluidity to the body. Modifications & props are offered to encourage everyone to work at their own level.

Chair/Mat Yoga: Chair/Mat class employs the use of a chair to support the foundation a mat may be used for more intermediate/advanced students. With a greater sense of stability, students can further develop balance, toning, and range of motion.

Chair Yoga/Pilates: Yoga performed while seated using modified postures, breathing exercises, and sometimes standing poses with the chair for balance, offering benefits such as increased flexibility, improved strength, and stress reduction.

Mixed Yoga: This program combines multiple yoga disciplines.

Beginning Line Dancing: Beginning line dancing involves repeating a choreographed sequence of steps—such as grapevine, step-touch, or shuffles—facing one or more walls in a line without partners.

BEGINNER/INTERMEDIATE:

Foundations: A class that works on movements to increase balance, build strength, correct your posture and eliminate pain with specially designed corrective exercises.

Zumba Toning: The Zumba® Toning program combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness party. Using lightweight dumbbells, you'll work every muscle group while you groove.

Dance Party: A fun, high-energy workout that combines dance movements with fitness exercises, set to upbeat music from the 70's, 80's and 90's, creating a party-like atmosphere while burning calories and boosting your mood.

INTERMEDIATE:

Sound Healing: A gentle hatha flow suitable for all levels, ending with a shavasana accompanied by sound healing instruments.

Yoga-Vinyasa: This class focuses on transitions and movements, with less time spent in stationary poses. This class will help attain balance in the mind and body.

Pilates Sculpt: Pilates Sculpt combines traditional Pilates movements with resistance training, heavier weights and a variety of props to create a challenging full body workout.

Zumba: The Zumba® program, created by Beto Perez, fuses Latin dance rhythms with easy-to-follow dance moves. The result of this fusion is a fun workout that feels more like a night out dancing than a "work" out.

Barre/Pilates: Combining movements from ballet, yoga, and some elements of Pilates/Barre. Pilates workouts are designed to increase your full-body strength in a sweaty, fun workout.

Spin: This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises.

Barbell Class/Body Sculpt: A weight training class that uses weights, bands, gliders, and body weight to tone muscles and build strength.

Line Dancing: Line dancing is a high-tempo, technically demanding style for experienced dancers, characterized by intricate footwork, multiple turns, and complex, often phrased, choreography.

ADVANCED:

H.I.I.T (High Intensity Interval Training): This class is a structured workout using station rotations and alternating short bursts of intense, maximum-effort exercise with brief recovery periods.

Slow Burn: The exercise class known as"Slow Burn" is a fitness program that focuses on slow, controlled movements and muscular engagement to build strength and improve overall fitness.

Power Yoga: Power Yoga combines traditional yoga with strength training, resulting in an intense workout in a heated room.