



the power of **PLAY**

# FOGLIA YMCA Group Exercise Schedule

**May 2024**

Blue Boxes are Paid Small Group Classes \$\$, May 6-July 13

Updated 5/6/24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:30am <b>LES MILLS BODYPUMP™</b> Main Studio / Audrey	5:30-6:30am <b>BODYPUMP™</b> Main Studio Meredith	5:00-6:00am <b>TABATA™</b> PT Studio Jeff	5:30-6:30am <b>FULL BODY CONDITIONING</b> Main Studio Meredith	5:15-6:00am <b>LES MILLS GRIT™ / CORE</b> Main Studio / Jen	8:00-9:00am \$\$ <b>BOOTCAMP OUTSIDE</b> Outside of Gyn/Jeff	8:00-9:00am <b>YOGA</b> SMB Studio Steve
6:45-7:15am <b>LES MILLS CORE™</b> Main Studio / Audrey	7:15-8:00am <b>CORE &amp; MORE</b> Main Studio Alex	7:15-8:00am <b>FULL BODY STRENGTH</b> Main Studio / Alex	7:15-8:15am <b>BODYPUMP™</b> Main Studio Erin	7:00-8:00am <b>TABATA™</b> PT Studio Jeff	8:00-8:45am <b>FULL BODY CONDITIONING</b> Main Studio / Vivian	8:30-9:30am <b>STEP</b> Main Studio Amoret
7:20-7:50am <b>CARDIO EXPRESS</b> Main Studio Amoret	8:10-9:10am <b>LEL MILLS BODYCOMBAT™</b> Main Studio Amoret	7:15-8:15am <b>YOGA</b> SMB Studio Rachel	8:00-9:00am <b>YOGA</b> SMB Studio Rachel	7:15-8:15am <b>YOGA</b> SMB Studio Atha	8:00-9:00am <b>YINYASA YOGA</b> SMB Studio Steve	9:35-10:20am <b>BODY COND / BODY PUMP</b> Main Studio Amoret / Audrey
7:15-8:15am <b>YOGA</b> SMB Studio Rachel	9:15-10:00am <b>CHAIR YOGA / ARTHRITIS</b> SMB Studio / Atha	8:30-9:15am <b>FULL BODY STRENGTH</b> Main Studio / Alex	8:30-9:00am <b>CYCLE EXPRESS</b> Cycle Studio Alex	8:30-9:30am <b>TABATA™</b> PT Studio Jeff	8:15-9:15am <b>CYCLE</b> Cycle Studio Daphne	10:30-11:30am <b>ZUMBA™</b> Main Studio Viv/Kristy/Kortnee
8:15-8:45am <b>CYCLE EXPRESS</b> Cycle Studio Alex	9:15-10:00am <b>CORE &amp; MORE</b> Main Studio Lauren	8:30-9:00am \$\$ <b>PIL REFORMER BEGINNER</b> Ref Studio /Kortnee	9:15-10:15am <b>DYNAMIC STRENGTH</b> Main Studio / Heidi	9:00-10:00am <b>BODYPUMP™</b> Main Studio Alex	9:00-10:00am <b>LES MILLS BODYCOMBAT™</b> Main Studio / Vivian	
9:00-10:00am <b>LES MILLS BODYPUMP™</b> Main Studio / Alex	10:30-11:30am <b>YOGA</b> SMB Studio /Steve	9:15-10:15am <b>MAT PILATES</b> SMB Studio Kourtnee	9:15-10:15am <b>BARRE</b> SMB Studio Lauren	9:00-9:45am <b>CHAIR ARTHRITIS</b> SMB Studio/Lauren	10:00-11:00am <b>BARRE</b> Main Studio Lauren / Julie	
9:00-10:00am <b>TABATA™</b> PT Studio Jeff	12:45-1:30pm \$\$ <b>TRX</b> SMB Studio Kortnee	9:30-10:15am <b>DYNAMIC STRENGTH LITE</b> Main Studio / Heidi	10:45-11:30am \$ <b>PIL REFORMER INTERMEDIATE</b> Ref Studio /Kortnee	9:00-10:00am \$ <b>INTRO TO WEIGHT TRNG</b> Free Wt Area / Jeff		
9:15-10:00am <b>CHAIR ARTHR</b> SMB Studio Lauren		9:30-10:30am <b>TABATA™</b> PT Studio Jeff	10:30-11:30am <b>YOGA</b> SMB Studio Steve	10:00-10:45am <b>CORE STRETCH FLOW</b> SMB Studio/Lauren		
10:15-11:15am <b>LOW IMPACT TRAINING</b> Main Studio/Lauren		10:30-11:30am <b>ZUMBA GOLD™</b> Main Studio Kourtnee		10:15-11:00am <b>LOW IMPACT TRAINING</b> Main Studio / Alex		
11:30-12:15pm <b>BARRE EXPRESS</b> SMB Studio Lauren		10:30-11:30am \$ <b>MYZONE™ CROSS TRAINING</b> Floor / Jenny				
		12:00-1:00pm <b>POWER YOGA</b> SMB Studio/Maggie				
<b>EVENING CLASSES</b>						
5:30-6:30pm <b>LES MILLS BODYPUMP™</b> Main Studio / Erin	5:00-6:00pm <b>FULL STRENGTH</b> Main Studio Maribeth	5:30-6:30pm <b>YOGA</b> SMB Studio Atha	5:15-6:00pm <b>TABATA</b> PT Studio Jen	6:30-7:30pm <b>RESTORATIVE YOGA</b> SMB Studio / Steve		
6:40-7:40pm <b>BODYCOMBAT™</b> Main Studio Vivian / Amoret	5:45-6:45pm \$ <b>MYZONE™ CROSS TRAINING</b> Floor / Jenny	5:15-6:15pm \$ <b>MYZONE™ CROSS TRAINING</b> Floor / Jenny	6:00-6:30pm \$\$ <b>PIL REFORMER</b> Reformer Std/Laura			
7:30-8:30pm <b>YOGA</b> SMB Studio/Atha	6:00-6:30pm \$\$ <b>PIL REFORMER</b> Reformer Std/Laura	5:45-6:15pm <b>LES M SPRINT™</b> Cycle Studio /Audrey	6:00-7:00pm <b>YOGA</b> SMB Studio / Bill			
	6:00-7:00pm <b>BARRE</b> Main Stud/Maribeth	6:30-7:30pm <b>BODYPUMP™</b> Main Studio/Audrey	6:15-7:15pm <b>ZUMBA™</b> Main Studio/Vivian			
	6:00-7:00pm <b>YOGA</b> SMB Studio / Bill					
	7:00-8:00pm <b>ZUMBA™</b> Main Studio/Kristy					

Online Reservation Required: [fogliaymca.org](http://fogliaymca.org)

Check our website or app for the most current information on substitutions & cancellations

# GROUP EXERCISE CLASS DESCRIPTIONS

## CARDIO CLASSES

**CYCLE/CYCLE EXPRESS:** This class delivers an experience at a self-directed pace. Indoor cycling bikes offer the feel of an outdoor bike - multiple levels of adjustments help to fit every rider. All fitness levels are welcome! \*\*

**ZUMBA™:** Be prepared to move to hypnotic Latin and international rhythms. You will enjoy this awe-inspiring, muscle-pumping, caloric-burning blast as you lose yourself in the music and find yourself in shape. No experience required! \*\*

**GRIT™ (LES MILLS) / CORE:** A 30-minute cardio interval workout designed to improve muscular endurance; strength & power is followed by a 15-minute Core class. It will motivate you with inspiring & powerful music to help you go harder and get stronger, faster! \*\*\*

**CARDIO EXPRESS:** Combination of high impact cardio and intervals for a fun cardiovascular endurance workout \*\*\*

**LES MILLS SPRINT™:** High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation come from pushing your physical and mental limits. \*\*\*

**MYZONE™ CROSS TRAINING:** Train within the optimal heart rate zone for fat burning and cardiovascular endurance using the Myzone switch heart rate monitor on the cardio equipment. Try out this brand-new class!

## STRENGTH CLASSES

**BARRE/BARRE EXPRESS:** A combination of ballet-inspired moves with elements of Pilates, dance, yoga, and strength training. These movements focus on high reps, challenging muscles that help you stabilize your body, helping you to move more freely! \*\*

**FULL BODY STRENGTH:** Challenge your whole body in every possible way, utilizing a variety of equipment. This simple, easy to follow strength workout increases your lean body mass while reducing your body fat! \*\*

**BODYPUMP™ (LES MILLS):** The original barbell class, will sculpt, tone, and strengthen your entire body, fast! THE REP EFFECT™ focuses on low weight and high repetition, helping you to torch fat and gain strength and quickly! \*\*

**MAT PILATES:** Low impact, Mat Pilates exercises help to strengthen muscles while improving your overall posture and flexibility. \*

**CORE EXPRESS/CORE & MORE/CORE & STRETCH:** These classes enhance your core strength, stability, and flexibility. Focusing on your abs, lower back, and glutes with a variety of exercises; helping to prevent injuries, so you can move faster & play harder! \*\*

**LES MILLS CORE™:** A scientific core workout that tones your core muscles, improves balance, and prevents injury. It uses resistance tubes, weight plates, and bodyweight exercises to challenge you at your own level and guide you with correct technique. \*\*

**PILATES REFORMER \$\$:** Using a Reformer bench aids in the production and maintenance of strong, lean and flexible muscles; while increasing bone density, improving posture, spinal alignment and preventing and rehabbing injuries! \*\*

**INTRO TO WEIGHT TRAINING \$\$:** This resistance weight training class will be held in the free weight and machine areas of the fitness floor. Each week the focus will be on a different muscle group (chest/back, shoulders, arms & legs), building a stronger you! \*\*\*

## CARDIO & STRENGTH CLASSES

**DYNAMIC STRENGTH:** This class incorporates functional strength and higher impact cardio segments utilizing dumbbells, body bars, and bands for a total body workout. \*\*

**DYNAMIC STRENGTH LITE:** Is a total body workout incorporating low impact and joint friendly strength and cardio exercises, utilizing dumbbells, body bars, and bands. \*

**BODY COMBAT™ (LES MILLS):** Is a high intensity class that lets you punch and kick your way towards your fitness goals. Incorporating Mixed Martial Arts, unleashing newfound confidence, while releasing stress and improving coordination. \*\*\*

**STEP:** This class utilizes a 4-inch to 12-inch raised platform with choreographed routines for maximum cardiovascular endurance training and strengthens quads and glutes all while having fun. \*\*\*

**TABATA™:** Is a type of HIIT workout incorporating short bursts of a variety of exercises with small breaks in between. Get the most out of your workout and push yourself like you never have before while building confidence with Tabata! All fitness levels are welcome. \*\*\*

**FULL BODY CONDITIONING:** Get it all when you join us for this spectacular blend of cardio and strength training. Class will consist of a full body muscle workout along with cardio intervals and finish with core work and stretching. \*\*\*

**BOOT CAMP OUTSIDE \$\$:** This multi-station high intensity interval training class using functional training equipment such as tires, ropes, kettlebells, ladder, will be held outside, weather permitting! \*\*\*

## MIND & BODY CLASSES

**YOGA:** This class links the movement of the body to the movement of the breath with dynamic and flowing movements. Leading you through a balanced series of postures to strengthen and build flexibility, promoting physical stamina and performance, leaving you feeling a deep inner sense of relaxation. This class is suitable for all fitness levels. No experience required! \*

**YINYASA YOGA:** This class is a hybrid of yang, active yoga, with yin, passive yoga. Beginning with a flow of gentle, fundamental yoga postures, helping you build strength and warmth while relieving stress and tension by connecting breath with mindful movements. Transforming you into your healthiest, strongest, and most confident self! \*

**POWER YOGA:** Guides you through energetic and quick flowing sequences, with a dynamic mix of postures; allowing you to release stress, while improving strength and flexibility. All levels welcome. Modifications for limitations available \*

## ART OF AGING CLASSES

**CHAIR ARTHRITIS:** The Arthritis Foundation Exercise Program (AFEP) is designed for individuals with arthritis, related rheumatic disease, or musculoskeletal conditions and will focus on range of motion, strength and endurance. The class is designed to be taken while sitting in a chair or standing beside a chair for added support. \*

**LOW IMPACT TRAINING:** This class begins with a light warm up, leading to a variety of low impact strength and cardio exercises, ending with a cool down of gentle stretching, making you feel better than when you walked in! \*

**ZUMBA GOLD™:** This lower impact Zumba™ class is designed for people seeking a fun atmosphere to break a sweat in. Dance to music of all kinds, feeling your stress melt away. No experience required! \*

\* Low Intensity/Senior Friendly | \*\* Intermediate Intensity | \*\*\* High Intensity | \$\$ Paid Class

For additional information or questions, call 847-438-5300.