


























FOX VALLEY FAMILY YMCA CENTRAL BRANCH

Group Exercise Schedule Central Branch – Plano Location Starts December 4th, 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	AM	AM	AM	AM	AM
**5:00-6:00 Boot Camp		**5:00-6:00 Boot Camp		**5:00-6:00 Boot Camp	
*5:15-6:00 Spinsanity	5:15-6:00 		5:15-6:00 		
				8:30-9:15 Pilates	8:00-8:50 
9:00-9:50 	9:00-9:50 	9:00-9:50 	9:00-9:50 	9:30-10:15 	*9:00-9:30 Spinsanity EXPRESS
~ 9:00-9:45 H2O Cardio		~ 9:00-9:45 Aqua Fit	~ 9:00-9:45 A-I-T Aqua Interval Training		9:00-9:45 
*10:00-10:30 Spinsanity EXPRESS	10:00-10:50 Yoga	*10:00-10:30 Spinsanity EXPRESS	*** 10:00-10:45 Barre and Stretch		YOGA 10:00-10:50
10:00-10:45 		10:00-10:45 			
10:45-11:30 Enhance		10:45-11:35 Enhance		10:45-11:30 Enhance	
PM	PM	PM	PM	PM	
	5:15-5:45  EXPRESS		*5:15-5:45 		Classes will be held in different locations as below
6:00-6:45 	6:00-6:55 	6:00-6:45 	6:00-6:55 		~ Pool * Cycle Room ** Gym *** Dance Room
7:00-7:50 Yoga	7:00-7:45 Pilates	7:00-7:50 Rock Out Yoga			

GROUP EXERCISE CLASS DESCRIPTIONS

BOOT CAMP	Boot camp is for individuals looking to be pushed to the next level! This class includes a mix of cardio and strength training. You will utilize body weight exercises, weight training and tabata methods. Tuesdays and Thursdays are typically more cardio based, utilizing the outdoors on occasion, weather permitting.
ENHANCE	A proven, community-based senior fitness and arthritis management program. This class will help you become more active, energized, and empowered. It will focus on cardiovascular endurance, strength, flexibility, and balance to help reduce arthritis symptoms. All fitness levels are encouraged to participate.
SPINSANITY	This class is like a party with pedals attached. You will work your body to the high energy beats of rock, hip-hop, alternative and pop music as you climb, sprint and work core stability.
Pilates and Stretch	This class combines movements from the center to work your core and increase the strength of the stabilizing muscles. We will combine this work with a series of stretching exercises to lengthen the muscles and increase flexibility.
	LES MILLS SPRINT is a 30-minute 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 comes from pushing your physical and mental limits
	BODYCOMBAT™ is the empowering group fitness cardio workout where you are totally unleashed. This energetic program is inspired by mixed martial arts.
	An energizing step workout that will have you feeling liberated and alive. Using height adjustable steps and simple movements on, over, and around the step.
	BodyPump is a barbell program for participants of all fitness levels. Sculpt your body from head to toe while increasing muscular strength and endurance!
DANCE HIIT	This class incorporates high intensity interval training (HIIT) styles with high energy cardio dance routines. You will target and tone your muscles with strength training moves for a total body workout. Routines will include hip hop, latin and more of today's music.
	WERQ® is the fiercely fun dance fitness class based on pop, rock, and hip hop music.
ROCK OUT YOGA & POWER YOGA	This version is an all level athletic yoga class. Come rock out to your favorite tunes while powering through this strength building yoga class. All levels are welcome!
YOGA	Sequential movements that interlink postures to form a continuous flow. The instructors will provide a variety of routines. All fitness levels are welcome!
BARRE and Stretch	Improve your flexibility and increase your strength while reducing stress levels and leaving class feeling calm and centered. You will be guided through postures inspired by dance, Pilates and yoga. This class focuses on alignment, form, and safety.
PILATES	Focus is placed on precise movements originating from the center or core of your body. Working from the deepest layers of muscles, which stabilize and support your spine and pelvis.
	WATERinMOTION® is a fun group aqua class that tones your whole body. This class is for all ages and levels. Come get a good workout while enjoying this low impact aqua class with great music and welcoming instructors.
H2O Cardio	H2O Cardio embraces the rhythms and movements of a variety of upbeat musical styles creating endless possibilities for fun and energizing workouts. Water creates natural resistance to burn calories, increase muscle strength, endurance, flexibility, and balance.
AQUA FIT	Aqua Fit is a high energy, low impact aqua interval workout for all fitness levels. This class will use your entire body to challenge your muscular endurance, balance and cardiovascular capacity. All while having fun in the pool! You'll leave feeling refreshed and empowered!
A-I-T Aqua Interval Training	Aqua Interval Training is an excellent option for participants seeking both high-intensity bursts and active recovery periods. It's a versatile workout that can cater to a wide range of fitness levels. This format boosts cardiovascular endurance and burns calories effectively.