


















FOX VALLEY FAMILY YMCA

Group Exercise Schedule
West Branch-Sandwich Location
Starts December 4th, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A.M.	A.M.	A.M.	A.M.	A.M.	A.M.
5:00-5:45 		5:00-5:45 		5:00-5:45 	
	7:30-8:15 Enhance Fitness	7:30-8:15 Enhance Fitness	7:30-8:15 Enhance Fitness	7:30-8:15 Enhance Fitness	7:30-8:15 
	8:30-9:15 Chair Yoga		8:30-9:15 Chair Yoga		8:25-9:10   ALT
8:30-9:25 	8:45-9:15 Core Fusion	8:30-9:25 	8:30-9:30 	8:45-9:30 	
9:30-10:15 	9:20-9:50 H.I.I.T.	9:30-10:00 Core & More		9:35-10:35 Yoga	
P.M.	P.M.	P.M.	P.M.		
5:30-6:15 	5:30-6:15 	5:30-6:20 	5:30-6:15 		Bolded Classes = New Class or Time Change
			5:30-6:30 Yoga		

Enhance Fitness	These classes will improve strength, balance, flexibility and cardio fitness. All ages are welcome
	Focusing on each of the major muscle groups, you'll start working THE REP EFFECT™ involving all the important muscles to sculpt your legs, chest, back, shoulders and abdominals. Finally, enjoy a well-deserved cool down as you stretch your muscles.
	This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai, you'll strike, punch, kick, and kata your way through calories to superior cardio fitness.
	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.
	TONE offers a modern training experience while maintaining the original 3 in 1 training style. A mix of cardio, resistance and core, TONE plays with a variety of training concepts to ensure everyone gets the best results from their workout
Yoga	In yoga class the basic foundational yoga postures are practiced. To align, strengthen and promote flexibility in the body. Breathing and relaxation techniques are also integrated.
Chair Yoga	Chair Yoga is a gentle form of yoga that can improve your flexibility, concentration and strength, while boosting your mood, and reducing stress and joint strain.
H.I.I.T.	This High Intensity Interval Class will get your heart rate going and improve overall strength and endurance. Modifications and options available for all fitness levels.
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.
Barre	Improve your flexibility and increase your strength. You will be guided through postures inspired by ballet mixed with common fitness moves. This class focuses on alignment, form, and safety.
Core Fusion	This class uses body weight strength training exercises, infused with core development and stabilizing moves.
Core & More	This class is designed to build core muscles with a variety of exercises to strengthen your abdomen, hips, glutes and a back muscles.

All Group Fitness classes are FREE to members, no advanced sign up required. Questions or concerns contact our West Branch at 815-786-9998. All classes are subject to change due to attendance. Free child care is offered with family membership. Fitness Classes are available online at www.foxvalleymca.org