















FOX VALLEY FAMILY YMCA





Modified Group Exercise Schedule

West Branch-Sandwich Location

Begins September 15th, 2025

| 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 HIIT | |
| | 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 | | 8:30-9:30 Chair Yoga | | 8:25-9:10  |
| 8:30-9:25  | 8:45-9:15 Core Fusion | 8:30-9:25  | 8:30-9:30  | 8:45-9:30 FIT | |
| 9:30-10:15  | 9:20-9:50 H.I.I.T. | | | 9:35-10:35 Yoga | |
| | | | | | |
| P.M. | P.M. | P.M. | P.M. | | |
| 5:30-6:15  | 5:15-6:00  | 5:30-6:20  | 5:15-6:00  | | Bolded Classes = New Class or Time Change |
| | | | 5:30-6:30 Yoga | | |
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GROUP EXERCISE CLASS DESCRIPTIONS

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|---|---|
| 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. | High Intensity Interval Training will get your heart rate going and improve overall strength and endurance. Modifications and options available for all fitness levels. |
| F.I.T. | Functional Interval Training focuses on movements like lifting, pushing, and squatting that mimic everyday activity. Improve strength, balance, and endurance with options 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. |

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