

















FOX VALLEY FAMILY YMCA CENTRAL BRANCH






Modified Group Exercise Schedule

Central Branch – Plano Location

Begins September 15th, 2025

Monday AM	Tuesday AM	Wednesday AM	Thursday AM	Friday AM	Saturday AM	Sunday 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 			
					8:00-8:50 	
9:00-9:50 	9:00-9:50 	9:00-9:50 	9:00-9:50 	8:30-9:15 Pilates	*9:00-9:30 Spinsanity EXPRESS	
~ 9:00-9:45 A-I-T Aqua Interval Training	~ 9:00-9:45 A-I-T Aqua Interval Training	~ 9:00-9:45 Aqua Fit	~ 9:00-9:45 A-I-T Aqua Interval Training	~9:00-9:45 Aqua Fit	9:00-9:45 	9:15-9:50 Guided Meditation
*10:00-10:30 Spinsanity EXPRESS	10:00-10:50 Yoga	10:00-10:45 	10:00-10:45 Barre and Stretch	9:30-10:15 	10:00-10:50 Yoga	10:00-10:45 Vin Yin Yoga (Family Friendly)
10:00-10:45 	*** 10:15-11:00 Walking Club	10:50-11:35 Enhance	*** 10:15-11:00 Walking Club			11:00-11:45  (Family Friendly)
10:50-11:35 Enhance	11:00-11:45 Core & More		11:00-11:45 Cardio Latin Rhythms	10:45-11:30 Enhance		
PM	PM	PM	PM	PM		
	5:05-5:50 		*5:30-6:00 			Classes are all held in the group ex room unless indicated as below
6:00-6:45 	6:00-6:55 	6:00-6:45 	6:10-7:05 			~ Pool *Cycle Room **Gym ***Outdoor Track
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.
	<u>LES MILLS</u> 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!
	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.
A-I-T Aqua Interval Training	This class is for all levels. Interval training in the pool is another high energy class while being forgiving to your body. It's a great way to move your body in the pool! 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!
Cardio Latin Rhythms	Get a great cardiovascular workout and have fun as you Salsa, Cha-Cha, and Samba your way to fitness. Burn calories while learning footwork and techniques of several popular Latin rhythms. Think 'Dancing with the Stars' Bootcamp!
Core & More	This class uses body weight strength training exercises, infused with core development and stabilizing moves.
Guided Meditation	Join us the last Sunday of each month for an empowering Chakra Balancing Guided Meditation to awaken the healer within you, supporting physical, mental, emotional, and spiritual well-being. Dress comfortably and feel free to bring a blanket to promote deep relaxation, restoring balance and inner peace.
Vin Yin Yoga	This class refers to a practice that combines a flowing, energetic vinyasa sequence with a more passive, restorative yin yoga practice. It aims to balance and harmonize the body and mind, stimulating the nervous system and then calming it. All levels are welcome!