



**RYE YMCA GROUP FITNESS SCHEDULE**  
**November 10 – January 25, 2019 revised 11/13/2018**  
 Members 14 & up. Enjoy your classes!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 -7:00 AM <b>POWER IT UP</b> Christina	<b>6:00-7:00 AM</b> <b>SUNRISE YOGA</b> JT	6:15-7:00 AM <b>WAKE UP CIRCUIT</b> Diana/Melissa	6:00-7:00 AM <b>SUNRISE YOGA</b> Julia	<b>6:00 – 6:45 AM</b> <b>CIRCUIT MIX</b> JT	7:30-8:30 AM <b>POWER HOUR</b> Diana/JT	Please see Wainwright Schedule for more choices
				7:30-8:45 AM <b>GENTLE VINYASA YOGA</b> Naomi		
8:30-9:00 AM <b>CORE STRENGTH</b> Diana	8:30-9:30 AM <b>STRENGTH CIRCUIT</b> JT	8:30-9:30 AM <b>STRENGTH TRAIN</b> <b>TOGETHER</b> Michelle	<b>8:30-9:30 AM</b> <b>CORE FUSION</b> Diana	9:00-9:30 AM <b>CORE STRENGTH</b> Diana/Maiju	<b>8:35 - 9:35 AM</b> <b>STRONG</b> Laura	8:30-9:30 AM <b>STRENGTH TRAIN</b> <b>TOGETHER</b> Melissa
9:00-9:50 AM <b>CARDIO STEP TOGETHER</b> Maiju/Diana	9:30-10:30 AM <b>CARDIO KICKBOX</b> Yvette	9:30-10:30 AM <b>DYNAMIC CIRCUIT</b> JT	9:30-10:30 AM <b>CARDIO KICKBOX</b> Yvette	9:30-10:00 AM <b>CARDIO STEP TOGETHER</b> Maiju/Diana		9:30-10:20 AM <b>**ZUMBA (GYM)</b> Martha
10:00-10:45 AM <b>PILATES</b> Maiju	10:35-11:35 AM <b>DYNAMIC VINYASA</b> <b>YOGA</b> Samantha	10:35-11:35 AM <b>MEGA ZUMBA MIX</b> Martha	10:35-11:35 AM <b>TOTAL BARRE</b> Susan	<b>10:05 -10:50 AM</b> <b>PILATES WITH WEIGHTS</b> Maiju	10:00-1:10 pm <b>YOUTH KARATE</b> Advance registration and payment required	
<b>11:15-12:00 PM *LS</b> <b>FUNCTIONAL FITNESS</b> JT	12:00-12:45 PM <b>PILATES</b> Maiju		<b>12:00 -12:45 PM</b> <b>ZUMBA GLUTES &amp;</b> <b>ABS</b> Martha	<b>10:55-11:55 AM</b> <b>YOGA FOUNDATIONS</b> JT		10:45-12:00 PM <b>VINYASA YOGA</b> Justin/JT
<b>12:00-12:50 PM</b> <b>HIIT PILATES</b> JT	<b>1:00-2:00 PM *LS</b> <b>FUNCTIONAL FITNESS</b> <b>(WEIGHTS &amp; TONING)</b> JT	12:00-12:45 PM <b>PILATES</b> Rebecca	1:00-1:45 PM <b>PILATES</b> Rebecca	12:00-12:45 PM <b>PILATES</b> Rebecca		
1:00-2:00 PM <b>MINDFUL YOGA</b> Samantha		1:00-2:00 PM <b>MINDFUL YOGA</b> Susan	2:00-2:45 PM *LS <b>FUNCTIONAL FITNESS</b> JT	1:00-2:00 PM *LS <b>TAI-CHI</b> Joy		
	3:00-3:45 PM <b>TAI-CHI</b> Rob		4:30-5:15 PM <b>CORE SCULPT</b> Teresa			
4:30-5:15 PM <b>INTERVAL TONING</b> Teresa	4:30-5:15 PM <b>STRENGTH &amp; BALANCE</b> JT	<b>4:30-5:15 PM</b> <b>TONING CIRCUIT</b> Diana	<b>5:30 - 6:15 PM</b> <b>YOGA WITH PILATES</b> <b>MIX</b> JT	4:30-5:30 PM <b>CORE &amp; STRENGTH YOGA</b> Justin		4:30-5:30 PM <b>STRENGTH TRAIN</b> <b>TOGETHER</b> Hanan
5:30-6:15 PM <b>PILATES</b> Rebecca	5:30-6:15 PM <b>PILATES</b> Rebecca	5:30-6:10 PM <b>PILATES</b> Kathy	6:30-7:30 PM <b>STRENGTH TRAIN</b> <b>TOGETHER</b> Gina			
<b>6:20-7:20 PM</b> <b>ACTIVE TOGETHER</b> Melissa	6:30-7:30 PM <b>STRENGTH TRAIN</b> <b>TOGETHER</b> Susan	6:15-7:00 PM <b>CARDIO &amp; TONING</b> Kathy		6:00-6:30 PM <b>ACTIVE EXPRESS</b> Kathy	*LS: recommended for LIVESTRONG at the YMCA participants –open to all **This class takes place in the 3 <sup>rd</sup> Floor Gymnasium <a href="http://www.ryeymca.org">www.ryeymca.org</a> Group exercise classes are limited in size to ensure safety of participants	
	7:30-8:30 PM <b>POWER FLOW YOGA</b> JT			6:30-7:00 PM <b>PILATES</b> Kathy		
7:30-8:15 PM <b>ZUMBA</b> Martha		<b>7:30 – 8:15 PM</b> <b>ZUMBA</b> Laura	<b>7:45-8:30 PM</b> <b>ZUMBA</b> Angelica			
				<b>If an instructor indicates class is filled, kindly respect</b>		<b>Classes for 14 years and older.</b>

# GROUP EXERCISE CLASS DESCRIPTIONS

**ACTIVE EXPRESS:** Gives you all the training you need – cardio, strength, balance and flexibility in just one hour. Get stronger and healthier with inspiring music, adjustable dumbbells, weight plates, body weight and simple athletic movements.

**CARDIO KICKBOXING:** A mix of martial arts and boxing moves that will bring your cardio fitness to a new level.

**CARDIO MIX:** Cardio/Strength intervals with body weight exercises, weights, and core for a complete total body workout.

**CORE:** A mix of core exercises, total body, cardio and weights for a great workout!

**CARDIO STEP TOGETHER:** 60 minutes of cardio training that uses the Step in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your agility, coordination and strength with exciting music and group energy.

**CIRCUIT MIX:** Circuit training uses repetitions of different exercises that combine weight training, cardio endurance, and total body conditioning.

**DYNAMIC CIRCUIT:** A total body workout using weights and strength bar, combining interval training with core conditioning.

**ENHANCE FITNESS:** Evidence-based senior fitness and arthritis management exercise program that improves your endurance strength, balance and flexibility.

**FLOW YOGA:** Yoga flow focusing on alignment and core moves.

**FUNCTIONAL FITNESS:** This class uses everyday body movements in an exercise setting. Balance and stretch are incorporated. If you are just getting started, or just getting back into exercise, then this class is just for you.

**GENTLE VINYASA YOGA:** Awaken the body, mind and spirit with this steady, thoughtful practice that focuses on breath, proper alignment, strength, flexibility and bring the benefits of yoga beyond the mat.

**HIIT PILATES:** Pilates with HIIT workout designed to provide benefits to tone your muscles, and build your core.

**MINDFUL YOGA:** Mindful movements with breath awareness with Yoga focusing on flexibility and body and mind strength.

**MINDFUL YOGA FLOW:** Each class is unique, created with the intention of grounding your practice in strength, confidence, and mindfulness. Class ends with a guided meditation.

**WAKE UP CIRCUIT:** Intervals with cardio, weights, and body weight exercises. Class mixes in toning and core intervals to give you a great total body workout.

**INTERVAL TONING:** Interval toning with weights, abdominals, and strength for a total body workout.

**STRENGTH & BALANCE:** Class uses weights for a circuit workout and will focus on balance exercises.

**PILATES:** Performed on mats, this exercise methodology combines stretching and isometric contraction to produce a smoother, longer body silhouette.

**POWER FLOW YOGA:** Flow that transitions with a connecting Vinyasa flow.

**POWER HOUR:** Interval cardio and weights, core exercises to strengthen and tone the body.

**POWER IT UP:** Combines cardio, weights along with body weight exercises.

**STRENGTH TRAIN TOGETHER:** Blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best.

**STRONG:** One hour cardio/strength class where you work your entire body. It is to the beat of the music and very energetic. It is created by ZUMBA but not a Zumba class!

**TAI-CHI:** Practice through a series of smooth movements, this mind body form of exercise improves balance and strength.

**TOTAL BARRE:** Low impact high burn class using body weight and light weights to carve, shape, and tone arms, back, and glutes while working the core. Following the principles of Pilates and taking it further to enhance posture and balance while stressing and strengthening bones. No bar required.

**TOTAL BODY:** Interval mix with weights to give you a total body workout.

**STONE UP:** Mix of core intervals, weights, for a total bod workout.

**TRX CIRCUIT:** Mix of core strengthening exercises with TRX, weights and abdominal exercises.

**YOGA:** Features stretching postures, breathing techniques and meditation designed to develop strength, flexibility and a feeling of inner peace.

**YOGA – CORE AND STRENGTH:** Yoga that focuses on improving flexibility, strength with a mindful approach. Deep relaxation at the end of your practice leaving you energized.

**YOGA FOUNDATIONS:** Basic foundations of Yoga. Learn techniques and posture.

**YOGA/FLOW/STRETCH:** This yoga journey begins with warm ups and the active movement of sun salutations, moves through peaceful meditations and beneficial stretches and ends with healing relaxation.

**YOGA WITH PILATES MIX:** Yoga with Pilates moves mixed in.

**YOGA- VINYASA** - Flowing postures for all levels. "Power yoga"

**ZUMBA:** Fusion of Latin & Int'l music featuring aerobic/fitness interval training with rhythms that tone and sculpt.

**ZUMBA BLAST:** 30 minutes of Zumba and twenty minutes of toning with weights and core.

Member: FREE; Non-Member: N/A