



GROUP EXERCISE

FONTAINE GILLS FAMILY YMCA

UPDATED ON 02/26/24

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

POUND 8:30 AM Mary (45')	PILATES 7:45 AM Mary (45')		POUND 7:00 AM Mary (55')	LES MILLS BODYPUMP 8:30 AM Nicole C (45')	
ZUMBA 9:30 AM Mary (55')	LES MILLS BODYPUMP 8:30 AM Nicole P (55')		ZUMBA 8:00 AM Rachel (55')	CLASSIC 9:30 AM Liza (55')	
CLASSIC 10:30 AM Mary (45')	LES MILLS BODYCOMBAT 9:30 AM Nicole P (30')	CIRCUIT 9:30 AM Leslie (55')	CIRCUIT 9:00 AM Rita (45')	CHAIR YOGA 10:30 AM Liza (55')	
CHAIR YOGA 11:30 AM Mary (45')	STABILITY 10:00 AM Leslie (45')	CLASSIC 10:30 AM Leslie (55')	STABILITY 10:00 AM Leslie (45')		
	CHAIR YOGA 10:45 AM Leslie (45')		CHAIR YOGA 10:45 AM Leslie (45')		
LES MILLS BODYPUMP 5:00 PM Nicole P (55')		LES MILLS BODYCOMBAT 5:15 PM Nicole P (45')	LES MILLS BODYPUMP 5:15 PM Nicole P (45')		
	tone 5:30 PM Erica (45')				
RESTORATIVE STYLE 6:15 PM Michelle (45')		IYENGAR STYLE 6:15 PM Michelle (45')			

SCHEDULE KEY

- MAIN GYM
- POOL
- KRAMER COURT

Visit YMCAWCF.ORG or the Daxko Mobile App to check out our classes online!



CATEGORY

CLASS

DESCRIPTION

STRENGTH

LES MILLS
BODYPUMP

Body Pump is a barbell workout using light to moderate weights and high reps to get you lean and toned. Build strength and burn calories while getting fitter, faster.

STRENGTH

Silver Sneakers
CLASSIC

Silver Sneakers Classic is designed to increase muscular strength, range of motion, and activities for daily living, a total body conditioning class.

STRENGTH
CARDIO

Silver Sneakers
CIRCUIT

Silver Sneakers Circuit is a workout offering standing, low impact choreography, alternated with standing upper body strength work. You will use hand weights, elastic tubing with handles, a Silver Sneakers ball and a chair is available for standing support.

CARDIO

STRONG
NATION™

Strong Nation is a high intensity training that combines body weight, muscle conditioning, cardio and plyometric training to music specifically designed to make you work hard and have fun!

CARDIO

 **ZUMBA**

Zumba is a high energy aerobics dance class inspired by latin beats that includes both fat burning and muscle toning benefits in a very fun atmosphere where you can sing along and enjoy the party!

CARDIO

POUND
ROCKOUT. WORKOUT.

Pound provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and appeals to all ages, abilities, and fitness levels.

CARDIO

LES MILLS
BODYCOMBAT

Body Combat is mixed martial arts inspired workout that fuels cardio fitness and defines and strengthens the body. Feel empowered as you build phenomenal core strength.

STRENGTH
CARDIO

LES MILLS
tone

LesMills Tone combines strength, cardio, and core exercises in one complete workout. It's a functional fitness mix that gives you the freedom to workout at your own intensity.

MIND/BODY

PILATES

Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being.

MIND/BODY


IYENGAR STYLE

Iyengar style yoga emphasizes strength, balance and flexibility. Stretch and strengthen your body using breathing techniques to achieve relaxation.

MIND/BODY


RESTORATIVE STYLE

Restorative style yoga emphasizes physical, mental and emotional relaxation. Appropriate for all levels. Restorative yoga is practiced at a slow pace, focusing on long holds, stillness and deep breathing.

MIND/BODY

Silver Sneakers
STABILITY

Silver Sneakers Stability helps improve balance, and strength. Movements focus on strengthening the ankle, knee, and hip joints all while improving reaction time.

FLEXIBILITY

Silver Sneakers
CHAIR YOGA

Silver Sneakers Yoga uses chair support so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and relaxation will promote stress reduction & clarity.

WATER
EXERCISE

Silver Sneakers
SPLASH

Silver Sneakers Splash a water fitness program designed to enhance your quality of life and daily functioning. This program utilizes the physical properties of the water to enhance your agility and cardiovascular conditioning.

WATER
EXERCISE

**AQUA
FIT**

Water conditioning with older participant's needs in mind, includes stretching and a low to mid intensity workout.