



GROUP EXERCISE

FONTAINE GILLS FAMILY YMCA

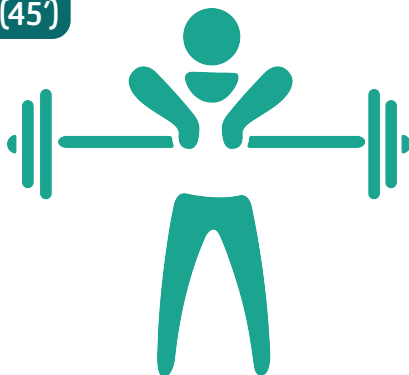
UPDATED ON 06/24/24

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



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

STRENGTH
CARDIO



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 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 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 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



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



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

MIND/BODY



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

FLEXIBILITY



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 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.

FLEXIBILITY



A mobility and flexibility program designed to help you move your body the way it's intended to move. Based on the science of functional movement, CIRCL Mobility™ focuses on flexibility, breathwork, and mobility exercises to enhance the way you move throughout the day!