

Group Exercise Schedule

February 4 – March 31

BRADFORD YMCA



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
MORNING / EARLY AFTERNOON GROUP EXERCISE CLASSES								
5:30 – 6:30 Group Power® Saree	5:00 - 5:40 Cardio Cycle Natalie	5:30 – 6:30 Group Power® Amy	5:00 - 5:40 Cardio Cycle Natalie	5:30 – 6:30 Group Power® Saree	FACILITY HOURS Monday – Friday 5:00 AM – 9:00 PM Saturday 7:00 AM – 5:00 PM Sunday 11:00 AM – 3:00 PM			
"Believe in yourself"	5:45 - 6:25 Cardio Cycle Natalie	Spirit Studio 5:30 – 6:00 Sunrise Yoga Cathy	5:45 - 6:25 Cardio Cycle Natalie	"Believe in yourself"				
6:40 - 7:15 Cardio Cycle Sarah	6:40 - 7:15 Total Body Blast Sarah	6:40 - 7:15 Cardio Cycle Sarah	6:40 - 7:15 Total Body Blast Sarah	"Make yourself proud"				
"I can do this"	7:30-8:15 Cardio Cycle Dan S.	"Today in a new beginning"	NEW 7:30-8:15 Cardio Cycle Dan S.	"Excuses don't burn calories"	INTERESTED IN BECOMING A FITNESS INSTRUCTOR OR WORKING AT THE Y STOP AND SEE ONE OUR TEAM MEMBERS			
9:00 – 10:00 Cardio Kick & Tone Kathy	NEW 9:00-10:00 Cardio Fusion Kathy	NEW 9:00 – 10:00 Tabata Claudette	9:00-10:00 Cardio Fusion Kathy	9:00-10:00 Cardio Fusion Lisa			8:00 - 8:45 Cardio Cycle Lisa	EXTENDED HOURS Monday –Friday 4:00 AM – 12:00 AM Sunday 9:00 AM – 5:00 PM
10:00-10:45 Chair Yoga Cheryl	10:00 – 10:45 Chair Exercise Kim		10:00 – 10:45 Chair Exercise Kim	10:15 –10:45 10:45-11:15 ZUMBA® Brittany			9:00 – 10:00 Group Power® Amy	
11:00-12:00 Gentle Yoga Cheryl	"I'm working for myself by myself"				10:00-10:45 Dance Fitness Claudette	11:15 - 12:00 Group Power® Saree		
AFTERNOON/EVENING GROUP EXERCISE CLASSES								
12:15 - 12:45 Strength Express Tori	12:15 – 12:45 Strong by ZUMBA® Matt	12:15 - 12:45 Strength Express Tori	12:15 – 12:45 Strong by ZUMBA® Matt	12:15 - 12:45 Strength Express	12:30-1:15 ZUMBA® Brittany	12:30 – 1:15 ZUMBA® Brittany		
4:45-5:15 Hiit Express Lisa	4:30-5:10 GroupPower® Saree	4:45-5:15 Hiit Express Lisa	4:30-5:00 Cardio Step Suzy	"Today is a new beginning"				
5:30 - 6:30 Strong by ZUMBA® Matt	5:15 – 6:00 ZUMBA® Suzy	5:30 - 6:30 Strong by ZUMBA® Matt	5:15 – 6:00 ZUMBA® Suzy	"It is not easy, but it is worth it."	NEW SPIRIT FITNESS STUDIO This is the newly renovated room on the first floor of the YMCA. Stay tuned for more class offerings in this room.			
6:30 – 7:30 Group Power® Amy	NEW 6:00 – 6:45 Cardio Fusion Kathy	6:30 – 7:15 Cardio Cycle Natalie	6:00 – 7:00 Group Power® Natalie	YMCA of the Twin Tiers is now offering Silver Sneakers & other top Insurance Providers				
"It doesn't get easier, you just get better"	"Make yourself proud"	"Do it for you"	"You can make a difference"					

GROUP EXERCISE CLASS DESCRIPTIONS

CARDIO CYCLE: Indoor cycling. Instructor will guide you through an all-terrain ride while focusing on proper body alignment, heart rate, and proper cycling/spinning techniques.

CARDIO FUSION: This class is a step aerobics class combined with cardio, kickboxing, weights, and floor work.

CARDIOKICK & TONE: A full body workout with a combination of kicks along with upper and lower body toning.

CARDIO STEP: The instructor will lead you through aerobic movements and step aerobics while incorporating strength training.

CARDIO & STRENGTH (MODIFIED) A modified format of the original Cardio and Strength class that utilizes less intense forms of strength and cardio exercises that target the entire body for a total body workout.

CHAIR YOGA: This class is a gentle form of yoga that helps with relaxation, flexibility, and balance.

CHAIR EXERCISE: This class focuses on cardio, strength, balance, flexibility and coordination at low to moderate intensity.

CYCLE & SCULPT: Cardio cycling integrated with concentrated sculpting. This class wraps up with ab work and stretching.

DANCE FITNESS: This class is a combination of cardio with performing dance movements as well as strength.

GENTLE YOGA: Appropriate for those who want a softer, slow-paced and well supported relaxation practice.

GROUP POWER by Mossa® (previously known as "Strength Train Together"): Group Power will 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.

HiIT EXPRESS: This high intensity interval training class will get your heart pumping and your total body moving with different training techniques utilizing a variety of equipment.

STRENGTH EXPRESS: This circuit-based class will have your heart pumping and muscles working in no time. A variety of exercises are introduced as participants strengthen their muscles, and work on abs.

STRONG BY ZUMBA®: Strong combines high intensity interval training with sync music motivation to provide you with the ultimate workout. This class utilizes your own body weight and HiIT training to improve endurance, muscle tone, it makes you work harder, and burn more calories.

SUNRISE YOGA: Wake up with the SUN. Energize your body, mind and spirit with a practice that begins your day and harmonizes your life. The morning is considered as a "divine time", when an individual's spiritual energy is at its peak with fewer distractions allowing one to prepare for the challenges of the day ahead. Clarity, creativity, peace of mind and body are just a few benefits of a sunrise yoga practice.

- This class will introduce you to many basic yoga poses, breath awareness and deep relaxation with an occasional sprinkling of Ayurveda practices to connect the healing of the mind and body.
- You will be instructed in safe alignment with proper breathing so that you may experience the benefits of yoga. This class is at a pace that allows plenty of time to understand and integrate the instructions making it perfect for students who are brand new to yoga or little yoga experience.

TABATA: High intensity interval training designed to get your heart rate up in that anaerobic zone for short periods of time.

YOGA: This class creates balance in the body through developing both strength and flexibility. It is designed to relieve stress and bring peace of mind, body and spirit to you by focusing on breathing techniques, stretching, toning and relaxation. This class will teach you fundamental poses with an emphasis on proper alignment.

ZUMBA®: The perfect workout for everybody and everybody! Each Zumba® class is designed to bring people together to sweat it on. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are called exercise in disguise.



NEW CLASS OFFERING

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