



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am-6:45am	Cycle Tina (3)(CYC)	Cycle Courtney (3)(CYC)	BODYPUMP Wendy(3)(GXS)	Cycle Tina (3)(CYC)	BODYPUMP Anthony(3)(GXS)		
8:00am-8:55am	Ageless Wonders Susan (3)(GXS)	ZUMBA Kim (3)(GXS)	Silver Sneakers Wendy (3)(GYM)	Silver Sneakers Cardio Fit Kathy (3)(GXS)	Pilates on the Ball Express Kathy (3)(GXS)	Step John (3)(GXS)	
	Silver Sneakers Kathy (3)(GYM)				Silver Sneakers Wendy(3)(GYM)	Cycle Rotation (3)(CYC)	
8:30am-8:55am				KISS Step Tracy (1)(GXS)	KISS Sculpt Kathy (1)(GXS)		
9:00am-9:55am	Step Susan (3)(GXS)	BODYPUMP Rhonda(3)(GXS)	Pilates Kathy (3)(GXS)	BODYPUMP Grace (3)(GXS)	Multi-Step Kathy (2)(GXS)	BODYPUMP Rotation (3)(GXS)	
		Chair Yoga Heidi (1)(CR)		Chair Yoga Heidi (1)(CR)			
9:15am-10:10am	Cycle Melissa G (3)(CYC)	Cycle Circuit Angela (3)(CYC)		Cycle Circuit Angela (3)(CYC)	Cycle Melissa D (3)(CYC)		
	Silver Sneakers Kathy (3)(GYM)		Silver Sneakers Kristy (3)(GYM)		Silver Sneakers Kristy (3)(GYM)		
10:00am-10:55am	Yoga Wendy (3)(GXS)	Chair Yoga Heidi (1)(CR)	Yoga Michelle (3)(GXS)	Chair Yoga Patience (1)(CR)	Core Fusion Michelle (3)(GXS)	Chair Yoga Patience (1)(CR)	
10:15am-11:10am		ZUMBA Kim (3)(GXS)		Ageless Wonders Susan (3)(GXS)		Pilates Wendy (3)(GXS)	10:30am-11:30am Cycle Jen (3)(CYC)
11:15am-12:10pm	BODYPUMP Grace (3)(GXS)	Yin Yoga Heidi (3)(GXS)	BODYPUMP Melissa D (3)(GXS)			Yoga Patience (3)(GXS)	11:00am-11:55am Tai Chi Terry (3)(GXS)
12:15pm-1:00pm		Yoga Carol (3)(GXS)		Yoga Patience (3)(GXS)			BODYPUMP 1:00pm-2:00pm Rotation (3)(AS)
4:30pm-5:25pm	Pilates on the Ball Kathy (3)(GXS)		Pilates on the Ball Kathy (3)(GXS)				<p>Key to Classes Classes are listed by time, type, instructor, level and location.</p> <p>Levels 1-Beginner 2-Intermediate 3-All Levels</p> <p>Location Key GXS-Group Exercise Studio CYC-Cycle Studio GYM-Gymnasium CR-Community Room</p>
5:30pm-6:25pm	ZUMBA Grace (3)(GXS)	BODYPUMP Grace (3)(GXS)	ZUMBA Sandy (3)(GXS)	BODYPUMP Wendy (3)(GXS)	Core Fusion Patience (3)(GXS)		
6:00pm-7:00pm	Cycle Melissa G(3)(CYC)	Cycle Jen (3)(CYC)		Cycle Jen (3)(CYC)			
			Core Fusion Darcia (3)(CR)			Aerobic Classes are in Red	
6:30pm-7:25pm	BODYPUMP Melissa D (3)(GXS)	Kickboxing John (3)(GXS)	Multi-Step John (3)(GXS)	Power Yoga Heidi (2)(GXS)		Cycle Classes are in Green	
7:30pm-8:25pm	Yoga Wendy (3)(GXS)		Tai Chi Terry (3)(GXS)	Yin Yoga Heidi (3)(GXS)		Active Older Adult Classes are in Blue	

North Branch
Group Exercise Class Descriptions
All classes free to members

AOA-Active Older Adults:

Classes catered towards our Active Older Adults

Express Classes:

Group exercise class formats are compressed into 30 minutes to provide you with an efficient workout experience that maximize your exercise time! Perfect for all levels.

Kickboxing:

Training that incorporates boxing, sports drills, and basic kick-boxing techniques

K.I.S.S. Classes:

The YMCA of Arlington has developed a unique series of 30 minute classes referred to as the Keep It Simple Series. These classes are specially designed for the beginning or returning exerciser. If you have never walked into a traditional group exercise class...let these classes be a personal invitation.

BODYPUMP:

This 60 minute workout challenges all your major muscle groups by using the best weight-room exercises. Great music, awesome instructors and your choice of weight inspire you to get the results your came for-and fast!

Tai Chi:

A great mind-body workout using concentration and flowing movements that integrate posture and deep breathing.

Multi-Step:

A step workout designed for the intermediate to advanced steppers using creative choreography. Class will be taught as a single, double, or triple step; per instructor choice. If you need a step challenge..you belong here.

ZUMBA:

Make your workout a dance party! A dance infused class that combines traditional Latin dance styles, including salsa, mambo, cha-cha, cumbia and meringue.

Zumba Gold:

This specialty course is designed for active older adults and addresses the anatomical, physiological and psychological needs specific to this population. It is also for members just starting their journey to a fit and healthy lifestyle and who want to join the fitness-party for the first time.

Step:

A predominantly low-impact activity involving stepping up and down a platform, while performing creative movements to music. The instructor will offer options in the class to suit various levels.

Chair Yoga:

Mind-body class utilizing the chair for seated yoga poses and to aid in standing poses. Wonderful for relaxation, self-awareness, and for improving flexibility.

Core Fusion:

Rhythmic movements combining Pilates and yoga poses to create an invigorating workout that produces results and leave your feeling refreshed and relaxed.

Cycle:

Enjoy an outdoor activity inside. Ride to great music that drives and motivates. Perfect for those who like a social workout while maximizing the calories your burn.

Cycle/ Circuit:

45 minutes of indoor cycle followed by 30 minutes of circuit training.

Pilates

Developed by the legendary Joseph Pilates this mat-based class is designed to strengthen and stretch the core muscles with focus on breath-work as well.

Pilates on the Ball:

Pilates inspired exercises utilizing the stability ball. This class will increase your flexibility, strength, balance and will help you feel great all over.

Yoga:

This class is based on a series of flowing yoga poses, designed to improve strength, flexibility and balance. Multiple variations for most poses will be demonstrated, making the class perfect for beginners yet challenging enough for seasoned practitioners.

Power Yoga:

A vigorous and athletic style of yoga practice. The classes are always a little more difficult with a creative, eclectic mix of traditional and innovative yoga postures that are designed to build your strength, stability and stamina and to increase flexibility in tight overused muscles.

Yin Yoga:

Suitable for almost all levels of students, Yin Yoga is a perfect complement to the dynamic and muscular (yang) styles of yoga that emphasize internal heat, and the lengthening and contracting of our muscles. Yin Yoga generally targets the connective tissues of the hips, pelvis, and lower spine.

Silver Sneakers 1- Muscular Strength & Range of Movement

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Silver Sneakers II-Cardio Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

Classes are subject to change based on member participation and room availability.