



# GROUP EXERCISE

## FONTAINE GILLS FAMILY YMCA

UPDATED ON 1/1/23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>POUND</b> 8:30 AM Chrissy (45')	<b>PILATES</b> 7:45 AM Mary (45')	<b>LES MILLS BODYCOMBAT</b> 8:30 AM Kaylee (45')	<b>STRONG NATION</b> 7:00 AM Mary (55')	<b>LES MILLS BODYPUMP</b> 8:30 AM Nicole C (45')	<b>LES MILLS BODYPUMP</b> 8:30 AM Maggie (55')
<b>ZUMBA</b> 9:30 AM Edith (45')	<b>LES MILLS BODYPUMP</b> 8:30 AM Nicole P (55')	<b>Silver Sneakers CIRCUIT</b> 9:30 AM Leslie (55')	<b>ZUMBA</b> 8:00 AM Rachel (45')	<b>Silver Sneakers CLASSIC</b> 9:30 AM Liza (55')	
<b>Silver Sneakers CLASSIC</b> 10:30 AM Mary (45')	<b>LES MILLS BODYCOMBAT</b> 9:30 AM Nicole P (30')	<b>Silver Sneakers CLASSIC</b> 10:30 AM Leslie (55')	<b>Silver Sneakers STABILITY</b> 10:00 AM Leslie (45')	<b>Silver Sneakers CHAIR YOGA</b> 10:30 AM Liza (55')	
<b>Silver Sneakers CHAIR YOGA</b> 11:30 AM Mary (45')	<b>Silver Sneakers STABILITY</b> 10:00 AM Leslie (45')	<b>LES MILLS BODYCOMBAT</b> 5:15 PM Nicole P (45')	<b>Silver Sneakers CHAIR YOGA</b> 10:45 AM Leslie (45')	<b>yoga RESTORATIVE STYLE</b> 6:15 PM Michelle (45')	
<b>LES MILLS BODYPUMP</b> 5:00 PM Nicole P (55')	<b>Silver Sneakers CHAIR YOGA</b> 10:45 AM Leslie (45')	<b>yoga IYENGAR STYLE</b> 6:15 PM Michelle (45')	<b>LES MILLS BODYPUMP</b> 5:15 PM Nicole P (45')		
	<b>LES MILLS tone</b> 5:15 PM Erica (45')				

### SCHEDULE KEY

- MAIN GYM
- POOL
- KRAMER COURT

Visit [YMCAWCF.ORG](http://YMCAWCF.ORG) or the Daxko Mobile App to check out our classes online!

## CATEGORY

## CLASS

## DESCRIPTION

**STRENGTH**

**LES MILLS  
BODY PUMP**

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**

**yoga  
IYENGAR STYLE**

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

**MIND/BODY**

**yoga  
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 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**

**AQUA  
FIT**

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