GROUP EXERCISE
FONTAINE GILLS FAMILY YMCA
UPDATED ON 11.2.26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CIRCUIT MOBILITY 8:00 AM Mary (30′)	PILATES 7:45 AM Mary (45′)	ZUMBA 7:30 AM Kelly (55′)	PILATES 7:00 AM Mary (55′)	LesMILLS BODYPUMP 8:30 AM Akaishia (45′)	
POUND 8:30 AM Mary (45′)	AQUA AEROBICS RETURNING IN MAY!	AQUA AEROBICS RETURNING IN MAY!	ZUMBA 8:00 AM Edith (45′)	SilverSneakers CLASSIC 9:30 AM Liza (55′)	
ZUMBA 9:30 AM Mary (55′)	LesMILLS BODYPUMP 8:30 AM Nicole P (55′)	SilverSneakers CIRCUIT 9:30 AM Leslie (45′)	AQUA AEROBICS RETURNING IN MAY!	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′)		
	SilverSneakers CHAIR YOGA 10:45 AM Leslie (45′)		SilverSneakers CHAIR YOGA 10:45 AM Leslie (45′)		
LesMILLS BODYPUMP 5:00 PM Nicole P (55′)		LesMILLS BODYCOMBAT 5:15 PM Nicole P (45′)	LesMILLS BODYPUMP 5:15 PM Nicole P (45′)		
yoga RESTORATIVE STYLE 6:15 PM Michelle (45′)		yoga IYENGAR STYLE 6:15 PM Michelle (45′)			



SCHEDULE KEY

- MAIN GYM
- KRAMER COURT
- POOL

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

CATEGORY	CLASS	DESCRIPTION
STRENGTH	LesMILLS 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	SilverSneakers 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	SilverSneakers 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	LesMILLS 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	LesMILLS 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	SilverSneakers 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	SilverSneakers 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	SilverSneakers 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.
FLEXIBILITY	CIRCL MOBILITY	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!