

GROUP EXERCISE SCHEDULE

APRIL 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 9:00 am STRONG YOU w/Jane 10:00 am SILVERSNEAKERS CLASSIC w/Dianna 5:30 pm KICKBOXING w/Mary	3	4 9:00 am STRONG YOU w/Jane 10:00 am SILVERSNEAKERS CLASSIC w/Dianna	5 10:00 am WALK & TALK w/Dianna	6
8 10:00 am SILVERSNEAKERS CHAIR YOGA & ENERCHI w/Leyla 11:00 am YOGA THERAPY w/Leyla	9 9:00 am STRONG YOU w/Jane 10:00 am SILVERSNEAKERS CLASSIC w/Dianna	10 10:00 am SILVERSNEAKERS CHAIR YOGA & ENERCHI w/Leyla 11:00 am YOGA THERAPY w/Leyla 5:30 pm BOOT CAMP w/Mary	11 9:00 am STRONG YOU w/Jane 10:00 am SILVERSNEAKERS CLASSIC w/Dianna	12 10:00 am WALK & TALK w/Dianna	13 10:00 am TAI CHI w/Leyla 11:05 am HATHA YOGA w/Leyla
15	16 9:00 am STRONG YOU w/Jane 10:00 am SILVERSNEAKERS CLASSIC w/Dianna 5:00 pm SILVERSNEAKERS CHAIR YOGA & ENERCHI w/Leyla 6:00 pm YOGA THERAPY w/Leyla	17 5:30 pm CARDIO & STRENGTH w/Mary	18 9:00 am STRONG YOU w/Jane 10:00 am SILVERSNEAKERS CLASSIC w/Dianna 5:30 pm KICKBOXING w/Mary	19 10:00 am WALK & TALK w/Dianna	20 10:00 am TAI CHI w/Leyla 11:05 am HATHA YOGA w/Leyla
22 9:00 am CORE FIT w/Dianna 5:30 pm BOOT CAMP w/Mary	23 9:00 am STRONG YOU w/Jane 10:00 am SILVERSNEAKERS CLASSIC w/Dianna 5:00 pm SILVERSNEAKERS CHAIR YOGA & ENERCHI w/Leyla 6:00 pm YOGA THERAPY w/Leyla	24 9:00 am CORE FIT w/Dianna 2:15 pm SILVERSNEAKERS CLASSIC LITE w/Dianna	25 9:00 am STRONG YOU w/Jane 10:00 am SILVERSNEAKERS CLASSIC w/Dianna 5:00 pm SILVERSNEAKERS CHAIR YOGA & ENERCHI w/Leyla 6:00 pm YOGA THERAPY w/Leyla	26 10:00 am WALK & TALK w/Dianna	27 10:00 am TAI CHI w/Leyla 11:05 am HATHA YOGA w/Leyla
29 9:00 am CORE FIT w/Dianna	30 9:00 am STRONG YOU w/Jane 10:00 am SILVERSNEAKERS CLASSIC w/Dianna 5:00 pm SILVERSNEAKERS CHAIR YOGA & ENERCHI w/Leyla 6:00 pm YOGA THERAPY w/Leyla				

GROUP EXERCISE CLASS DESCRIPTIONS

At the Y, we offer group exercise classes for all ages, all levels and all interests. We trust you'll find a group class that's fun, supportive and keeps you moving. Below is a detailed listing of our current offerings. Yoga participants are required to bring their own yoga mat.

BALANCE AND AGILITY (45-minute class)

This is a fun and interactive social class to work on better balance and agility. Class may include group and partner activities to keep you moving and talking. Exercises will focus on decreasing the risk of falls and improving lower body strength and agility.

BOOTCAMP (45-minute class)

Bootcamp is a full body workout that offers a variety of exercises that will challenge your endurance, strength, power, agility, balance, and flexibility.

CARDIO & STRENGTH (45-minute class)

This dynamic workout combines metabolic strength training, agility, core stability, and high-intensity cardio to promote fat burning, all while being motivated by a high energy instructor. It's a total body workout!

CORE FIT (30-minute class)

This 30-minute class features controlled abdominal and back exercises designed to create and define a strong core. Positive coaching will help you achieve improved posture and self-confidence.

HATHA YOGA (60-minute class)

A form of yoga which emphasizes movement based upon the use of breath. Combining the precision of alignment with flow and body awareness to integrate the body, breath, mind, and heart. Variations of postures offered to adapt to your particular needs and energy levels.

HIIT (45-minute class)

HIIT is a full body workout that incorporates several rounds that alternate between several minutes of high intensity movements to significantly increase the heart rate, followed by short periods of lower intensity movements.

KICKBOXING 101

A mix of punches, kicks, and combinations to challenge your stamina all while learning basic kickboxing moves. Bodyweight strength intervals are added for a high energy cardio workout. Light weights can be added to increase the intensity.

SILVERSNEAKERS CHAIR YOGA & ENERCHI (60-minute class)

This is a gentle combination class. Offering TaiChi movements in a flowing sequence to progress strength, balance, and focus. Seated and standing yoga poses help increase flexibility, balance, and range of motion.

SILVERSNEAKERS CLASSIC (45-minute class)

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

STRONG YOU (45-minute class)

This workout includes seated and standing exercises using a variety of handheld equipment. Strong You can help increase muscle strength, bone density, and improve motor skills. Recommended for active older adults.

TAI CHI (45-minute class)

This class is a beginner's practice to Tai Chi and Qigong exercise. Special physical movements and breathing exercises are practiced in a flowing sequence that helps to progress strength, balance, and focus. This practice helps to relieve any kind of tension, raise the mood, and increase your energy for the whole day.

WALK & TALK (30-minute class)

This is an instructor-led social class that keeps you on the move. The instructor will choose health-related topics to spark conversations within the class, and then pair the discussion with a low-impact and low-intensity walking workout.

YOGA THERAPY (55-minute class)

Yoga Therapy is a unique and relaxing practice that stretches different areas of the body and strengthens the spine to release pain. This class is calming and soothes the body using Hatha yoga postures, breathing exercises, and meditation to improve both mental and physical well-being.

GROUP EXERCISE CLASS RESERVATIONS

Max Capacity Per Class = 10

Reservations are recommended to guarantee your spot in class. Reserve your spot up to one week in advance of class. Download our mobile app. Search: "Marshfield YMCA" available on the app store or google play. Select "Find a Class" from the home screen to access our reservation page.