

# GROUP EXERCISE

Dates: July 2025

Branch: MacColl YMCA



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Total Body   Leah</b> 7:15 AM – 8 AM	<b>Endurance Circuit   Stef</b> 5:30 AM – 6:30 AM	<b>Balance &amp; Flex   Nisey</b> 5:30 AM – 6:30 AM	<b>Trekking   Selena</b> 5:30 AM – 6:30 AM	<b>Balance &amp; Flex   Nisey</b> 5:30 AM – 6:30 AM	<b>Endurance Circuit   Selena</b> 5:30 AM – 6:30 AM	<b>STT   Tammy</b> 7:15 AM – 8:15 AM
<b>Yoga   Gabrielle</b> 8:15 AM – 9:15 AM	<b>Total Body   Diane</b> 7:45 AM – 8:45 AM	<b>STT   Diane</b> 9 AM – 10 AM	<b>Step Interval   Diane</b> 7:45 AM – 8:45 AM	<b>BodyPump   Corey</b> 9 AM – 10 AM	<b>Step Interval   Diane</b> 7:45 AM – 8:45 AM	<b>Spin   Stephanie</b> 7:15 AM – 8:15 AM
<b>Spin   Leah</b> 8:30 AM – 9:30 AM	<b>Yoga   Poyee</b> 9 AM – 10 AM	<b>Spin   Selena</b> 9 AM – 10 AM	<b>Spin   Barbara/Nina</b> 9 AM – 9 :45 AM	<b>Spin   Selena</b> 9 AM – 9:45 AM	<b>Total Body   Corey</b> 9 AM – 10 AM	<b>WERQ   Corey</b> 8:30 AM – 9:30 AM
<b>Zumba   Nisey</b> 9:30 AM – 10:30 AM	<b>WERQ   Corey</b> 10:15 AM – 11:15 AM	<b>Aqua Blast   Selena</b> 10:30 AM – 11:15 AM	<b>Yoga   Poyee</b> 9 AM – 10 AM	<b>Aqua Blast   Selena</b> 10 AM – 10:45 AM	<b>Aqua Blast   Selena</b> 9:30 AM – 10:15 AM	<b>Spin &amp; Sculpt   Tami</b> 8:45 AM – 9:45 AM
<b>STT   Nisey</b> 10:45 AM – 11:45 AM	<b>Aqua Tone   Ritchie</b> 11 AM – 11:45 AM	<b>WERQ   Corey</b> 10:15 AM – 11:15 AM	<b>Aqua Tone   Ritchie</b> 9:45 AM – 10:30 AM	<b>Barre   Corey</b> 10:15 AM – 11:15 AM	<b>Mat &amp; Mobility   Kallie</b> 10:15 AM – 11:15 AM	<b>Yoga   Gabrielle</b> 9:45 AM – 10:45 AM
	<b>Senior Fit   Peter</b> 11:30 AM – 12:20 PM	<b>AOA   Stacie</b> 11:30 AM – 12:20 PM	<b>Zumba   Nancy</b> 10:15 AM – 11:15 AM	<b>AOA   Selena</b> 11:30 AM – 12:20 PM	<b>Chair Yoga &amp; Meditation   Gerri</b> 11:30 AM – 12:45 PM	<b>Zumba   Joanna</b> 11 AM – 12 PM
	<b>Bootcamp   Angel</b> 3 PM – 3:50 PM	<b>Barre   Kallie</b> 4:30 PM – 5:15 PM	<b>AOA   Nancy</b> 11:30 AM – 12:20 PM	<b>Yoga   Gabrielle</b> 4 PM – 5 PM	<b>Barre   Ritchie</b> 4:30 PM – 5:30 PM	
	<b>Bootcamp   Angel</b> 4 PM – 4:50 PM	<b>WERQ   Kat</b> 5:15 PM – 6:15 PM	<b>WERQ   Kat</b> 4:30 PM – 5:15 PM	<b>Spin &amp; Sculpt   Wendy</b> 5 PM – 5:45 PM	<b>Zumba   Holly</b> 5:30 PM – 6:30 PM	
	<b>POUND   Kat</b> 4:15 PM – 5:15 PM	<b>Spin   Tami</b> 5:15 PM – 6 PM	<b>STT   Tammy</b> 5:15 PM – 6:15 PM	<b>WERQ   Corey</b> 5:15 PM – 6:15 PM	<b>WERQ   Corey</b> 6:45 PM – 7:45 PM	
	<b>Body Pump   Corey</b> 5:15 PM – 6:15 PM	<b>Water Aerobics   Kim</b> 6:15 PM – 7 PM	<b>HIIT   Leah</b> 6:30 PM – 7:30 PM	<b>Water Aerobics   Kim</b> 6:15 PM – 7 PM		
	<b>WERQ   Kat</b> 6:30 PM – 7:30 PM	<b>HIIT   Selena</b> 6:15 PM – 7:15 PM		<b>Total Body   Ritchie</b> 6:15 PM – 7:15 PM		
	<b>Yoga   Ritchie</b> 7:30 PM – 8:30 PM			<b>Yoga   Maris</b> 7:15 PM – 8:15 PM		

For any class changes, cancellations, or reservations, scan here.



\*Classes with a colored background denote changes to the class.

## Locations & Color Key:

**Studio A**

**Program Room 2**

**Program Room 3**

**Pool**

**Fitness Floor**

**Functional Fitness Room**

## **Active Older Adults (AOA)**

A Low impact workout using weights, elastic tubing, and body-weight exercises

## **Aqua Blast**

Start your day with an energizing cardio, strength, and conditioning workout in water. Aqua weights are used, in addition to wall and balance exercises. Classes are held in the activity pool.

## **Aqua Tone**

The moderately paced class is held in deeper water and focuses on toning and strengthening with aqua weights.

## **Balance & Flex**

Balance & Flex Together is a 60-minute YMCA group exercise class that combines yoga and Pilates with athletic training to improve balance, flexibility, mobility, and core strength. The class is suitable for all levels, from beginners to athletes, and uses choreographed bodyweight movements, meditation, and breathwork.

## **Barre**

This dynamic workout integrates elements of Pilates, dance, cardio, and strength training in a continuous flow to keep the heart rate elevated. Props such as hand weights or Toning Balls might be used to help challenge and increase those lean muscles!

## **Barre & Mobility**

Fusion class which incorporates elements of pilates, strength training as well as stretching to help increase your range of motion and flexibility.

## **BodyPump**

BodyPump is a scientifically-backed barbell workout using light to moderate weights and high reps to build strength and get you fit – fast.

## **Bootcamp**

Mid to high-level intensity workout that includes intervals of cardio and strength training exercises.

## **Cardio Conditioning**

Get a total body workout designed to challenge you 20 minutes at a time with cardio, strength training and core.

## **Chair Yoga & Meditation**

This class takes you through a journey of seated stretches. You will learn how to use your breath through meditation and movement.

## **Endurance Circuit**

A great mix of Cardio and Strength workouts to boost the start of your day!

## **HIIT**

High-intensity cardio bursts are designed to tone your body, improve your endurance, and clear your mind.

## **Mat & Mobility**

This hour class will focus on stretches to improve your strength and flexibility. As well as increase your range of motion.

## **Mobility & More**

This 45-minute class will focus on stretches to improve your flexibility and range of motion. It will also incorporate strength-based exercises for a total body workout.

## **POUND**

Pound is a Full body work out that combines cardio, strength training and conditioning with drumming.

## **Senior Fit**

Designed for an older adult, this class will help build strength and work on balance and mobility to keep you active and on your feet.

## **Spin**

Hop on the bike and take a ride! You'll be climbing hills and sweating through speed intervals to motivating music. Limit 14 people per class.

## **Spin & Core**

This 45 minute class will include 30 minutes of spinning and 15 minutes of core exercises. This fun and fast class will challenge you on and off the bike!

## **Step Interval**

One-hour Workout that improves cardiovascular fitness using a step platform, in addition to building total body strength with weights.

## **Strength Train Together**

Sculpt your muscles with a high-rep weight training workout. Using a barbell, weight plates, and body weight, this workout uses functional integrated exercises.

## **Total Body Conditioning**

You will get a full-body workout in this fast-paced freeform class. High repetition exercises and varied equipment to get you a head-to-toe workout!

## **Trekking**

A 45-minute treadmill class that uses a variety of intervals with different work to rest ratios. Interval changes include speed or include sets that can vary between 30 seconds to 2 minutes. Recovery periods are built in as well, this class is for walkers or runners. Limited number of treadmills available.

## **Yoga**

This class focuses on flexibility and sequencing of posture. Perfect for the body & mind. (Class style may vary depending on the instructor.)

## **Water Aerobics**

Low to moderate impact cardio combined with strength training exercises, class is held in deeper water.

## **WERQ**

A wildly addictive cardio dance class based on the hottest pop and hip-hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps

## **Zumba**

A fusion of Latin, international music, and dance themes creating a dynamic, effective, and fun fitness system. Zumba® uses the principles of interval training by combining fast and slow rhythms tone and sculpt.