

YWCA Fall 2023 Group X Class Schedule

All Group Ex classes are ongoing and held in the YWCA Multi-Purpose Room.

<i>Time</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
9:00-10:00 am	Full Body Fit	Functional Motion	Kickboxing	Balanced & Strong (9-9:45am)	Get Fit Fridays
10:15-11:15 am	Boomer Nation		Boomer Nation		Boomer Nation
10:30-11:30 am		SilverSneakers <i>Classic</i>		SilverSneakers <i>Classic</i>	
11:30-12:15 pm			SilverSneakers <i>Stability</i>		
5:15-6:15 pm	Cardio Pump		Cardio Pump		

Class Descriptions

Balanced & Strong: Build strength and improve balance in this 45-minute class. *New Time! Thursday 9:00-9:45 am*

Boomer Nation: Lower-intensity aerobics and exercises with a focus on functional fitness, balance, and core.

Cardio Pump: Tone your body with weights, fitness balls and more. A great class for any fitness level!

Full Body Fit: Rotating Intervals that strengthen and tone all the muscles in your body.

Functional Movement: A full body (inside and out) toning, strengthening, flexibility, and balance class using various pieces of equipment with small bursts of cardio to increase your everyday activities.

Get Fit Fridays: Different formats every week that include step, hi-lo Cardio, circuit workouts and more.

Kickboxing: Simple punches and kicks in combinations and muscle conditioning that give a great workout.

SilverSneakers® Classic: Have fun and move to the music with a variety of exercises designed to increase muscular strength, range of movement and activities for daily living.

SilverSneakers® Stability: Improve balance and agility while gaining leg strength to reduce the possibility of falling.