

YWCA Fall 2024 Group X Class Schedule

All group exercise 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	Mash-up Monday	Functional Motion	Kickboxing	Balanced & Strong	Get Fit Fridays
9:30-10:30 am					
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			Senior Fit 101		
5:15-6:15 pm	Cardio Pump	Yin Yoga	Cardio Pump		

Turn over for class descriptions

Group X Class Descriptions

Balanced & Strong: Build strength and improve balance.

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!

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: Step aerobics and muscle conditioning. Get ready for the weekend!

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

Mash-up Monday: New class where we tackle different workouts each week! Aerobic formats include step, kickboxing, hi-lo, and conditioning.

Senior Fit 101: Start your fitness program with the basics of strength training, joint flexibility and movement.

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.

Yin Yoga: Unwind from the hustle and bustle of your day with a relaxing, restorative, meditative style of yoga. Chinese Meridian theory and chakras are explored in longer-held, seated yoga postures.

Call us at (607) 753-9651 or speak to our staff at the front desk to inquire about memberships or certain classes!