

YWCA Winter 2025 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	Restorative Yoga (starts 1/9)	

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: Balance out the high-energy exercises or “yang” yoga practice with this yin yoga class. Yin Yoga focuses on long held meditative, seated poses while working deeper into the tissues and joints.

Restorative Yoga: A gentle passive form of yoga that focuses on relaxation and comfort. It involves holding reclined and restorative poses for longer than other types of yoga. Restorative Yoga relies on the help from props like blocks, bolsters, and blankets.

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