


Spring 2025 Group Exercise and Wellness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Mash-up Monday <i>With Laurie</i></p> <p>9:00-10:00 <i>Multi-Purpose</i></p>	<p>Functional Motion <i>With Cindy</i></p> <p>9:00-10:00 <i>Multi-Purpose</i></p>	<p>Kickboxing <i>With Laurie</i></p> <p>9:00-10:00 <i>Multi-Purpose</i></p>	<p>Balanced & Strong <i>With Cindy</i></p> <p>9:00-10:00 <i>Multi-Purpose</i></p>	<p>Get Fit Fridays <i>With Cindy/Laurie</i></p> <p>9:00-10:00 <i>Multi-Purpose</i></p>	<p>Multipurpose Room Rentals</p> <p>(8:00-2:00)</p> <p><i>Book your next party or event with the YWCA!</i></p> 
<p>Boomer Nation <i>With Laurie</i></p> <p>10:15-11:15 <i>Multi-Purpose</i></p>		<p>Boomer Nation <i>With Laurie</i></p> <p>10:15-11:15 <i>Multi-Purpose</i></p>		<p>Boomer Nation <i>With Laurie/Cindy</i></p> <p>10:15-11:15 <i>Multi-Purpose</i></p>	
	<p>SilverSneakers Classic <i>With Laurie</i></p> <p>10:30-11:30 <i>Multi-Purpose</i></p>		<p>SilverSneakers Classic <i>With Laurie</i></p> <p>10:30-11:30 <i>Multi-Purpose</i></p>		
		<p>Senior Fit 101 <i>With Laurie</i></p> <p>11:30-12:15 <i>Multi-Purpose</i></p>			
<p>Cardio Pump <i>With Cassie</i></p> <p>5:15-6:15 <i>Multi-Purpose</i></p>	<p>Yin Yoga <i>With Brenna</i></p> <p>5:15-6:15 <i>Wellness Room</i></p>	<p>Cardio Pump <i>With Cassie</i></p> <p>5:15-6:15 <i>Multi-Purpose</i></p>	<p>Restorative Yoga <i>With Brenna</i></p> <p>5:15-6:15 <i>Wellness Room</i></p>		

Stay updated! Want the most up-to-date information on upcoming programming at the YWCA?

Subscribe to our monthly email newsletter at bit.ly/subscribe-ywca-newsletter

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.

Mash-up Monday: Try a different workout in this class 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 classes or membership!