YWCA IS ON A MISSION

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Group Exercise and Wellness Schedule | September 2- December 31, 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Mash-up Monday *With Laurie* **9:00-10:00** *Multi-Purpose*	**Functional Motion** *With Cindy* **9:00-10:00** *Multi-Purpose*	**Kickboxing** *With Laurie* **9:00-10:00** *Multi-Purpose*	**Balanced & Strong** *With Cindy* **9:00-10:00** *Multi-Purpose* -------- **Restorative Yoga** *With Brenna* **9:00-10:00** *Wellness Room*	**Get Fit Fridays** *With Cindy/Laurie* **9:00-10:00** *Multi-Purpose*
Boomer Nation *With Laurie* **10:15-11:15** *Multi-Purpose* -------- **Mobility Fusion** *With Debi* **10:15-11:15 am** *Wellness Room*	**SilverSneakers C*lassic*** *With Laurie* **10:15-11:15** *Multi-Purpose*	**Boomer Nation** *With Laurie* **10:15-11:15** *Multi-Purpose*	**SilverSneakers C*lassic*** *With Laurie* **10:15-11:15** *Multi-Purpose*	**Boomer Nation** *With Laurie/Cindy* **10:15-11:15** *Multi-Purpose*
Heavy Lifting for Active Agers *With Debi* **11:30-12:30 pm** *Multi-Purpose*		**Senior Fit 101** *With Laurie* **11:30-12:15** *Multi-Purpose* -------- **Heavy Lifting** *With Debi* **12:30-1:30 pm** *Multi-Purpose*		
Quiet Zone **12:00-1:00 pm** *Wellness Room*	**Quiet Zone** **12:00-1:00 pm** *Wellness Room*	**Quiet Zone** **12:00-1:00 pm** *Wellness Room*	**Tai Chi Community** *Student Led* **12:00-1:00 pm** *Wellness Room*	**Quiet Zone** **12:00-1:00 pm** *Wellness Room*
Cardio Pump *With Cassie* **5:15-6:15** *Multi-Purpose*	**Yin Yoga** *With Brenna* **5:15-6:15** *Wellness Room*	**Cardio Pump** *With Cassie* **5:15-6:15** *Multi-Purpose*	Book your next party or event with the YWCA!	

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**

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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!

Heavy Lifting for Active Agers: Get ready to lift as heavy as you like safely while utilizing shorter repetitions and longer rests to build that strength you have been wanting.

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.

Mobility Fusion: Perform a variety of dynamic exercises such as yoga, pilates, and cardio, that help you with improving balance and strength. Modifications are offered for whatever active lifestyle you live.

Quiet Zone: Enter quietly, stay for as much time as you need to recharge, refocus your mind, body, and spirit.

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.

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.

Tai Chi Community: Student Led, wonderful way to practice your flowing, mindful expression of Tai Chi in a group setting. Intermediate level students work together to recite body sequences that promote health.

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.