









# Parker Hannifin YMCA Group X Schedule Effective Monday November 4th

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>	6:00 AM		Cycle & Strength Sarah/Cycle Studio	6:15 AM Yoga Mairghread Yoga Studio	Cycle & Strength Sarah/Cycle Studio			
						10:00AM Aqua Fit/Katina Pool		
	10:00 AM	Chair Yoga/Judi Yoga studio		10:45AM-11:15AM Fitness After 50 Express Fitness Floor				
	11:00 AM	Classic Mat Pilates/Lisa Studio II		Pilates Plus/Lisa Studio II				
	11:00		Silver Sneakers Classic/Mo Studio I		Silver Sneakers Classic/Judy Studio I		New! Solo Flow assisted stretching with Sunni	
<b>AFTERNOON</b>	12:15 PM	Power Yoga/Queen Yoga Studio	Yoga/Adrienne Yoga Studio	Power Yoga Queen Yoga Studio				
	12:15 PM	Core & More LaShundra Studio I	BODY PUMP Stefanie Studio II		BARBELL STRENGTH Gabriel Studio I	Barre Burn LaShundra Studio II		2:30 PM Power Yoga/Queen Yoga Studio
	12:00 PM							
<b>EVENING</b>							<p>Now offering mini one-on-one stretch sessions Friday with Sunni go to the Y360 app to sign up for a spot.</p> <p>Be sure to check out the assisted yoga with Queen Tues/ Thurs evenings!</p>	
	5:30 PM	New! Stretch Flow with Sunni Yoga Room	Total Body Blast! Lisa Studio I	Barre Burn Lashundra Studio II	Total Body Blast! Lisa Studio I			
	5:45 PM		Aqua Fit Kenny/Pool		Aqua Fit Kenny/Pool			
	6:30 PM	BODY PUMP Molly/Studio I	7:00 PM Yin Yoga/Queen followed by Assisted Yoga at 8:00 PM 25mins	BODY PUMP/Molly Studio I	7:00 PM Yin Yoga/Queen followed by Assisted Yoga at 8:00 PM 25mins			
					6:00 PM NEW! Cycling with Doug /Cycle Studio			

Aqua Fit - Combo	Use both the shallow and deep ends of the pool in this class that focuses on cardiovascular fitness, muscular strength, core, and balance. Flotation equipment is provided
Barbell Strength	In this dynamic group weightlifting class, you use adjustable barbells loaded with weighted plates. The weightlifting routines are choreography to popular songs, making your workout as enjoyable as it is effective.
Barre	This unique class combines ballet, yoga, and Pilates into a low impact workout that increases flexibility and balance. This class incorporates light weights for an upper body workout
Total Body Blast	This dynamic class targets strength building and muscular endurance through the use of bodyweight and resistance equipment, aerobic intervals, plyometrics, and more.
Les Mills BodyPump™	This is the original barbell workout, using light to moderate weights and high reps to get you lean and toned. Powering through squats, presses, lifts and curls you'll work all your major muscles as you build strength and burn calories, getting fitter, faster
Cycle	This indoor cycling class will take you on a ride through the flat lands to the mountain tops. Come see why the popularity of cycling continues to endure. Since you control your own pace and resistance, you can make this work out
Cycle & Strength	Get the best of both worlds! This class combines the benefits of group cycling for your heart and lungs and off-bike strength training to challenge your muscles.
Chair Yoga	Chair Yoga brings the best of a yoga practice to people who require or prefer the support of a chair. You will explore versions of twists, hip stretches, forward bends and mild backbends. The class helps participants stay healthy, vibrant and confident by focusing on developing small and large muscle groups, stretching, balancing (beside or behind the chair), and building strength.
Core & More	<b>This targeted workout is designed to challenge your core and lower body.</b>
Pilates	Pilates is a mat-based, full-body experience focused on the principles of core muscular strength, flexibility, breath control and proper body alignment to improve posture. Each class is different, but simple choreography makes this class accessible to both beginners and to those who exercise regularly.
Pilates Plus	In this intermediate-level class, you use props to simulate a Pilates workout that would be done on a reformer, Wunda Chair, and Cadillac. Previous Pilates experience is recommended.
Restorative Yoga	The soothing pace of Restorative Yoga is designed for people who are seeking relaxation, stress reduction or a deep stretch. Props are often used to support the body as focus is brought to specific areas, such as hips, pelvis and spine. Breath work, meditation and deep relaxation are parts of a gentle, restorative practice.
Yoga - Assisted	Assisted Yoga is a gentle hands-on technique applied by the Yoga instructor to the participant. It is designed to help enhance better understanding of alignment awareness, safety withing postures, and the deepening of muscle memory.
Power Yoga	Power Yoga is a fitness-based approach to Vinyasa-style flow. You will focus on linking your conscious breath with a vigorous and mindful flow. In a power yoga class, students build strength, flexibility, and cardiovascular health.
Stretch Flow	A certified stretch coach will teach you the techniques, and many benefits, of various stretches; as well, provide some hands-on assisted stretching when needed.
Fitness After 50	This intermediate-level class has low-impact cardiovascular conditioning, muscular strength work, and flexibility exercises. We also do exercises designed to improve balance, coordination, manual dexterity, and agility (both physical and mental). Your heart, lungs, muscles, balance, and energy will all improve – and you'll have lots of fun along the way!
SilverSneakers Classic®	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and chairs are used for support. This class is open to ALL YMCA members and suitable for new to intermediate exercisers.

	<p>The ToTal Body 360 workout is designed to use different energy systems for a maximum burn. It is based on the EPOC principle of excessive exercise post oxygen consumption. These specifically curated high intensity interval workouts will use plyometric movements, compound resistance training and cardio intervals to blast both your aerobic and anaerobic systems, resulting in fat burning, muscle building, and metabolism boosting sessions.</p> <p><b>*This is a fee based small group training program.</b></p>
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