

Parker Hannifin YMCA Group X Schedule Effective Monday January 6th 2025

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6:00 AM		Cycle & Strength Sarah/Cycle Studio	6:15 AM Yoga Mairghread Yoga Studio	Cycle & Strength Sarah/Cycle Studio			
	9:00 AM						New! Cardio Dance /Sha'Ran Studio II	
	10:00 AM	Chair Yoga/Judi Yoga studio		10:45AM-11:15AM Fitness After 50 Express /Mo Fitness Floor		10:00 AM Aqua Fit/Katina Pool	New! Mindful Meditation Sarah/ Yoga Studio	
	11:00 AM	Classic Mat Pilates/Lisa Studio II	Silver Sneakers Classic/Mo Studio I	Pilates Plus/Lisa Studio II				
	11:00							
AFTERNOON	12:15 PM	New! Mindful Meditation Sarah/ Yoga Studio	Yoga/Adrienne Yoga Studio			New! Mindful Meditation Sarah/ Yoga Studio		
	12:15 PM	New!Core & More Coach Lo /Studio I	BODY PUMP Stefanie Studio I	New! Cardio Strength Combo Coach Lo /Studio I	BARBELL STRENGTH Gabriel Studio I	Barre Burn LaShudra/Studio II		
EVENING	5:30 PM		Total Body Blast Lisa Studio I	Barre Burn LaShudra Studio II	Total Body Blast TreRon Studio I			
	5:30 PM	Stretch and Flow/Sunni Yoga Room		New! Meditation Raqi Yoga Studio	5:45 PM Aqua Fit Kenny/Pool			
	5:45 PM	*Power Punch&Boxing Coach Lo	Aqua Fit Kenny Pool		*Power Punch & Boxing Coach Lo			
	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 Cycling with Doug Cycle Studio		
	6:30 PM			New! Hip Hop Dance Darian/Studio II registration required				

POWER PUNCH & BOXING
 Join our 6-week, 12-session Power Punch & Boxing class for an energetic and dynamic workout that combines boxing techniques with high-intensity strength and cardio exercises.

REGISTRATION REQUIRED
\$10 DROP-IN
\$120-MEMBERS \$240-NON MEMBERS

= This is a fee based class.

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
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
Cardio Dance	Dance your way to great health. No dance skills are needed - just come have some fun with us!
Hip Hop Dance	Dance and cardio go hand-in-hand in this high-energy hip hop class infused with today's hottest dance moves. Bring your own individual style and personality and join in the fun!
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	This targeted workout is designed to challenge your core and lower body.
Cardio Strength Combo	Sweat your way through a fast, fun, calorie-burning cardio workout that mixes a variety of intervals with weights and athletic drills.
Meditation	Meditation is a grounding practice which helps promote mindfulness in our daily lives and overall well-being. Science has proven that regular meditation can have powerful and long-lasting effects. This guided meditation class will leave you feeling calmer, with improved focus and decreased stress levels.
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
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.