



# Y-Fit Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am	<b>5:15 START</b> LES MILLS BODYPUMP 60 MIN	POWER 30 30 MIN	<b>5:15 START</b> LES MILLS BODYPUMP 60 MIN	POWER 30 30 MIN	YOGA 30 MIN	
6:30am						
8:30 am	BP/YOGA 60 MIN	<b>8:45 START</b> CHAIR YOGA	BP/YOGA 60 MIN		BP/YOGA 60 MIN	YOGA 45 MIN
9:45am	SILVER SNEAKERS 45 MIN	REFIT 60 MIN	SILVER SNEAKERS 45 MIN	REFIT 60 MIN	CHAIR YOGA	
10:30am	FITNESS FUSION 60 MIN		FITNESS FUSION 60 MIN		FITNESS FUSION 60 MIN	
4:45pm	BUTTS & GUTS 30 MIN	LES MILLS BODYPUMP 60 MIN	BUTTS & GUTS 30 MIN	LES MILLS BODYPUMP 60 MIN		
5:15pm	YOGA 45 MIN		YOGA 45 MIN			
6:30pm			Studio Reserved	Studio Reserved		

**\*All Classes are Free with Membership\***

# Y-Fit Class Descriptions



: Challenge all major muscle groups by utilizing weight room exercises like squats, presses, lifts, and curls. Great music will inspire you to get the results you came for – and fast!

**BUTTS & GUTS:** Focuses on all core (abdominal and lower back) muscles along with your glutes.

**CHAIR YOGA:** A gentle form of yoga that's done while seated or using a chair for balance, makes the practice more accessible. In chair yoga, it's possible to move into poses like cat/cow, warrior, sun salutations and forward folds, all while seated.

**FITNESS FUSION:** Low impact class designed to exercise mind and body for overall fitness. Choreographed aerobic dance routines followed by a full body workout with light weights

**HIIT:** High Intensity Interval Training – It incorporates several rounds that alternate between several minutes of high intensity movements to significantly increase the heart rate to at least 80% of one's maximum heart rate, followed by short periods of lower intensity movements.

**POWER 30:** Interval training for all fitness levels. Combines body weight, muscle conditioning, cardio and plyometric training moves to invigorating music.



: The focus is structured around Cardio Dance movements, toning and flexibility, strength training and stretching are also incorporated into the REFIT workout.



: Silver Sneakers classes increase muscular strength, range of movement, and activity for daily living skills. A chair is used for seated and/or standing support.

**YOGA:** Designed as a physical, mental, and spiritual practice or discipline that aims to transform the body and mind through a series of controlled movements and breathing techniques. Feel free to bring your own mat.

## Community Members are welcome in all our group exercise classes

With the purchase of any of our passes, community members can attend classes for the same time period the pass is good.

## Cancellation Policy

During inclement weather or instructor illness, cancellations will be posted on our Facebook page and sent out on Textcaster