



GROUP FITNESS SCHEDULE

UNION COUNTY FAMILY YMCA

October 1, 2024 - December 31, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BOOTCAMP 5:00AM		BOOTCAMP 5:00AM	CYCLING 5:15AM	BOOTCAMP 5:00AM	GROUP CYCLING 7:45AM	
ACTIVE AQUA WELLNESS 8:00AM		ACTIVE AQUA WELLNESS 8:00AM	3, 2, 1 FUN! INTERVAL CLASS 7:00AM (10/1/24 -10/18/24)	ACTIVE AQUA WELLNESS 8:00AM	TAI CHI 8:15AM	
MORNING FITNESS 8:00AM		MORNING FITNESS 8:00AM		MORNING FITNESS 8:00AM	STEP (1ST/3RD) 8:30AM	
SILVER SNEAKERS 8:15AM	SILVER SNEAKERS 8:15AM	SILVER SNEAKERS 8:15AM	SILVER SNEAKERS 8:15AM	CHAIR YOGA 8:15AM	BOOTCAMP (2ND) 8:30AM	
PILATES 8:15AM	INDOOR QUICK WALK 9:00AM	COREWORKS 9:15AM	INDOOR QUICK WALK 9:00AM	PILATES BARRE BLEND 8:30AM	HIT IT (4TH) 8:30AM	
ABS AND CORE 9:15AM	DEEP WATER POWER PUMP 9:30AM	TABATA HIIT 9:30AM	DEEP WATER POWER PUMP 9:30AM	BODY SCULPT INTERVAL 9:30AM	FAMILY DANCE FITNESS 9:30AM	
STEP & TONE 9:30AM	YOGA STRENGTH 9:30AM	KETTLE/YO 9:30AM	YOGA 9:30AM	YOGA 9:30AM	YOGA 9:30AM	
YOGA 9:30AM	ANYTHING GOES 9:30AM	STRENGTH SESSION 10:45AM	HIT IT BOXING 9:30AM		BODY SCULPT 10:30AM	
STRENGTH & YOGA FUSION 10:45AM	BODY SCULPT 10:45AM		BODY SCULPT 10:45AM	<div style="background-color: #f4a460; padding: 5px; margin-bottom: 5px;">Classes are held in Studio #1. Indoor Quick Walk meets in the Gym.</div> <div style="background-color: #8e44ad; padding: 5px; margin-bottom: 5px;">Classes are held in Studio #2.</div> <div style="background-color: #27ae60; padding: 5px; margin-bottom: 5px;">Classes are held in Studio #3.</div> <div style="background-color: #3498db; padding: 5px; margin-bottom: 5px;">Classes are held in the Lap or Therapy Pool.</div> <div style="text-align: center; padding: 20px 0 0 0;"> Union County Family YMCA 1150 Charles Lane Marysville, Ohio 43040 937-303-9285 </div>		
ACTIVE AQUA WELLNESS 5:00PM		ACTIVE AQUA WELLNESS 5:00PM	ACTIVE AQUA WELLNESS 5:00PM			
BODY SCULPT INTERVAL 5:00PM		COREWORKS 5:00PM	POWER STEP 5:15PM			
HIT IT BOXING 6:00PM	DANCE FITNESS 5:30PM	BODY SCULPT INTERVAL 5:15PM	BOOTCAMP 5:45PM			
YOGA 6:00PM	TRX 5:30PM	YOGA/YIN 6:00PM & 6:30PM	TRX 5:30PM			

Active Aqua Wellness: Is an aqua class held in our warm water therapy pool that anyone ages 13 yrs. and older can participate in. This class keeps the participant who does not tolerate the cooler water temps of our lap pool in mind. Class includes exercises to improve overall function and performance of daily tasks, improving mobility, gait, flexibility, balance and coordination by using low intensity that will help you focus on strength and toning. You will use exercise techniques to build your core strength as well, by using different equipment such as water weights, kick boards, and water noodles. Low cardio is used as needed to keep participants warm and comfortable. Therapy Pool

Anything Goes: The name says it all. It could be anyone of our class formats, incorporating both cardio and strength training. Studio #2

Barre Blend: A blend of Light Cardio, Pilates, Yoga strength training and Ballet', to challenge and tone the entire body by helping you with strength, flexibility and stabilization.

Body Sculpt: A barbell class that sculpts, tones and strengthens your entire body. Workout is done with the REP EFFECT in mind, focusing on low weight loads and high repetitions. Burn fat, gain strength and quickly produce lean body muscle conditioning.

Body Sculpt/Interval: Using the same technique as we do in our regular Body Sculpt class we have incorporated bursts of intervals in between each toning session.

Boot Camp: High energy, motivated, dedicated instructors will guide you through challenging cardio and toning moves, helping you to push past your physical fitness limit.

Dance Fitness: a fun workout that feels like a dance party, mixes hit music with fun choreography for a full body workout. Choreographed for EVERYONE. You are on a judgment-free dance floor, welcomed with open arms. Because fitness should be fun! So come to a workout that feels like you are going to the club with your friends. Let the beat move you and dance your heart out. No dance experience is required.

Coreworks: 15 minutes of non-stop full core workout. Working all those core muscles abdominal and back.

Deep Water Power Pump: High intensity total body conditioning, cardiovascular and muscular strengthening, perform exercises without any straining to your body joints. Great for circulation and improving overall fitness. Floatation belts and water resistance equipment will be used.

Lap Pool

Group Cycling: Instructor lead class on stationary bikes using different riding positions and varying the wheel resistance. Bikes are available on first come, first serve basis, sign up at front desk.

Hit It! (Boxing class): Intense Boxing routines using free standing punching bags, learn proper form to punch and kick the bag. You will also have burst of high intensity intervals for extra cardio.

Indoor Quick Walking: Held in our gymnasium. Energetic, fun fast paced 30 minutes of walking to the beat of motivating music. Class is for every fitness level and everyone age 13 years and older. This is held in the YMCA Gym.

Kettle/Yo: The best of both, using strength and conditioning for your muscles with the KettleBell for 30 minutes then work on the mind, body, and soul aspect of Yoga for 30 minutes to increase your flexibility.

Morning Shallow Water Fitness: Aerobic conditioning is what this class is all about. Both cardio and toning done in the shallow end of the pool. Lap Pool

Pilates Barre Blend: Combining two core strength classes. **Pilates:** Proper body mechanic movements with coordinated breathing. **Barre Blend:** Light Cardio, Pilates, Yoga Strength training and Ballet' challenging the entire body. St

Power Step: 30 minutes of power house step routines to a 32 count upbeat motivational music with non-stop energy to push you through the workout.

Step and Tone: 1 hour class using 32 count beats per minute of a rhythmic choreographed routine on a step. Step portion of the class is 30-40 minutes then strength and conditioning tools are brought in for the toning portion of the class. Studio #2

Silver Sneakers Chair Yoga: Yoga style moves done to meditating music with the aid of a chair for balance and joint problems. Studio #1

Silver Sneakers: Move to music through a variety of exercises designed to increase muscular strength, range of motion and activity for daily living skills. Studio #2

Strength Session: A 30 minute, strength focused class- dedicating each month to specific muscle groups and learning different exercises, combinations, and groupings to vary the format of your workout and increase your understanding of strength movements! This will include a monthly goal for the class and a chance to put your knowledge and exercises from prior classes all together at the end of the month!

Tabata HIIT: Extreme high intensity cardio class! Each interval is done on a timing basis with short rest periods in between. You will burn calories and sweat IT OUT! You must have been doing some form of cardio in your regular exercise regimen before attending this class for the first time. Studio #2

TRX Suspension Training: In Suspension workouts the user's hands or feet will be supported by a single point while the opposite end of the body is in contact with the ground. An ideal mix of mobility training for strength, endurance, coordination, flexibility, power and core.

Women's Strength Series: Lift heavy, lift confident, lift connected! This class will teach you proper technique, form, and programming while creating a community of supportive women who will learning and lifting right along side you!

Y 360 Open Studio: Try out our new app in our Studio #2 to set up your own class! Switch it up, or find what your comfortable with- either way, you will find a new way to get your workout in and have fun!

Yoga: Use body and mind in this class for strength, cardiovascular conditioning and flexibility using music to enhance your experience. Many people take Yoga for the sense of well-being and peace it brings.

Yin Yoga: Works your YIN tissues also known as your connective tissues. By doing a slow, steady load when holding the poses longer it will allow stimulation helping remove blockages in the myofascial meridians of your body, helping to balance the internal organs, gaining an end result of your muscles relaxing around the connective tissue.

Yoga Strength: Will provide all the wonderful benefits of yoga while incorporating light weights into the yoga practice to help strengthen your bones and muscles.