



## GROUP FITNESS SCHEDULE

### UNION COUNTY FAMILY YMCA

June 2, 2025 - August 4, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BOOTCAMP 5:00AM	TREAD'N'SHRED 5:00AM	BOOTCAMP 5:00AM		BOOTCAMP 5:00AM	GROUP CYCLING 7:45AM	
*NEW* GREAT START STRENGTH 6:30AM					TAI CHI 8:15AM	
ACTIVE AQUA WELLNESS 8:00AM		ACTIVE AQUA WELLNESS 8:00AM		ACTIVE AQUA WELLNESS 8:00AM	STEP (1ST) 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	PELVIC FLOOR PILATES 9:00AM	INDOOR QUICK WALK 9:00AM	PILATES-STRENGTH BLEND 8:30AM	BODYSULPT (3RD) 8:30AM	
ABS AND CORE 9:15AM	YOGA STRENGTH 9:30AM	COREWORKS 9:15AM	*NEW* STRETCH AND STRENGTHEN 9:30AM	YOGA 9:30AM	HIT IT (4TH) 8:30AM	
MORNING FITNESS 9:30AM	DEEP WATER POWER PUMP 9:30AM	MORNING FITNESS 9:30AM	DEEP WATER POWER PUMP 9:30AM	MORNING FITNESS 9:30AM	YOGA 9:30AM	
STEP 9:30AM	ANYTHING GOES 9:30AM	TABATA HIIT 9:30AM	HIT IT BOXING 9:30AM	BODY SCULPT INTERVAL 9:30AM	FAMILY DANCE FITNESS 9:30AM	
*NEW* RELAX AND RESTORE MOBILITY CLASS 9:30AM	BODY SCULPT 10:45AM	KETTLE/YO 9:30AM	BODY SCULPT 10:45AM	<div>Classes are held in Studio #1. Indoor Quick Walk meets in the Gym.</div> <div>Classes are held in Studio #2.</div> <div>Classes are held in Studio #3.</div> <div>Classes are held in the Lap or Therapy Pool.</div> <div>Union County Family YMCA 1150 Charles Lane Marysville, Ohio 43040 937-303-9285</div>		
TOTAL BODY TONING 10:15AM		STRENGTH SESSION 10:45AM				
	DANCE FITNESS 5:30PM	ACTIVE AQUA WELLNESS 5:00PM	ACTIVE AQUA WELLNESS 5:00PM			
ACTIVE AQUA WELLNESS 5:00PM	TRX 5:30PM	COREWORKS 5:00PM	TRX 5:30PM			
BODY SCULPT INTERVAL 5:00PM		BODY SCULPT INTERVAL 5:15PM				
YOGA 6:00PM		YOGA FLOW AND STRETCH 6:00 & 6:30PM				

**Active Aqua Wellness:** This is an aqua class that meant to help with coordination, movement, flexibility, core strength, and overall function of those who find it harder to tolerate the cooler water pool.

**Anything Goes:** This class is based on instructors choice! It could be any of our class formats- but will involve strength as well as cardio!

**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 weights with reps and pulses with those weights leading the workout for the entire body.

**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:** The best group fitness atmosphere that will get you pushing your limits of endurance and strength with challenging plans each class.

**Dance Fitness:** A fun workout that feels like a dance party, mixing hit music with fun choreography for a full body workout. Choreographed for EVERYONE. No dance experience is required.

**Coreworks:** 15 minutes of non-stop full core workout. Working all the abdominals and core.

**Deep Water Power Pump:** High intensity total body conditioning, cardiovascular and muscular strengthening. Perform exercises without any straining to your body joints. Floatation belts and water resistance equipment will be used in the Lap Pool.

**Group Cycling/Spin:** This instructor lead class will use different riding positions and varying wheel resistance. Bikes are available on first come, first serve basis.

**Hit It! (Boxing class):** Intense Boxing routines using free standing punching bags- to kick, punch, and change up your workout that also includes high intensity cardio intervals.

**Great Start Strength:** Start off your week with a total-body strength workout that uses barbells and high repetitions to build lean muscle, improve bone health, and increase core strength. This fast-paced, full-body class will challenge you to reach your goals! This class features motivating exercises and great music to leave you feeling strong and fit!

**Indoor Quick Walking:** An energetic, fun fast paced 30 minutes of walking to the beat of motivating music. Class is for every fitness level and 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 lap pool.

**Pelvic Floor Pilates:** A 30 minute class focused on connecting breathing with Pilates movements that aid in strengthening the pelvic floor and core, and movements that will aid in protecting and strengthening the pelvic floor into every day life and workouts.

**Pilates Barre Blend:** Combining two core strength classes of Pilates and Barre Blend-

Pilates: Proper body weight movements with coordinated breathing- a challenging, and rewarding workout.

**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.

**Relax and Restore:** Take the time to relax, stretch, increase range of motion- using stretching and foam rolling to get ready to tackle whatever active activities you have in store!

**Step and Tone:** 1 hour class using 32 count beats per minute of a rhythmic choreographed routine on a step. This class is half step for cardio, half strength training for muscle toning using steps, weights, bands, and more.

**Stretch and Strengthen:** A different spin on getting your body moving, with light stretching and strength movements that will get your body warmed up and your muscles working.

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

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

**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!

**Tabata HIIT:** Extreme high intensity cardio class! Each interval is done on a timing basis with short rest periods in between. This is one of our intermediate classes, and cardio experience is preferred.

**TRX Suspension Training:** A Suspension workouts- an ideal mix of mobility training for strength, endurance, coordination, flexibility, power and core using weights, TRX straps, bands, bikes, and more.

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

**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.