



FITNESS SCHEDULE

EFFECTIVE MARCH 4, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Early Morning	5:30am – 6:05am H.I.I.T Tracy W. / Jamie	5:45am – 6:30am Spinning / Cheryl	5:30am – 6:05am Total Body Strength / Tracy W.	5:45am – 6:30am Spinning & Sculpt / Hannah		
	6:15am – 7:15am Body Basics / Barb	6:30am – 7:05am H.I.I.T / Amanda	6:15am – 7:15am Body Basics / Barb	6:30am – 7:05am H.I.I.T / Amanda	6:15am – 7:15am Body Basics / Barb	
Morning	8:00am – 8:45am Total Body Strength / Brandy	8:00am – 8:45am Fit For Life / Renee	8:00am – 8:45am Total Body Strength / Brandy	8:00am – 8:45am Fit For Life / Misti	8:00am – 8:45am Total Body Strength / Kelly	
	9:15am – 10:15am Waterworks / Misti	9:00am – 10:00am Gentle Yoga / Hilda	9:15am – 10:15am Waterworks / Kris	9:00am – 10:00am Gentle Yoga / Hilda	9:15am – 10:15am Waterworks / Renee	8:30am -9:30am Sunday Yoga / Amanda
	9:15am – 10:00am Pilates Fusion / Amanda	9:15am – 10:00am H.I.I.T / Tracy W.	9:15am – 10:00am Barre Pilates Fusion / Amanda	9:15am – 10:00am H.I.I.T / Brandy	9:15am – 10:00am Barre Fusion / Amanda	9:15am Saturday Instructors Choice 45min – 1 hr.
	9:15am – 10:00am Spinning / Kelly H.		9:15am – 10:00am Spinning / Brandy		9:15am – 10:00am Step Aerobics / Jen	
		10:30am – 11:30am Chair Fusion & Mobility / Hilda	10:15am – 11:15am Vinyasa Yoga / Amanda	10:30am – 11:30am Chair Fusion & Mobility/ Hilda	10:15am – 11:15am Vinyasa Yoga / Susan	
	10:30am – 11:30am Forever Fit / Brandy		10:30am – 11:30am Forever Fit / Debra		10:30am – 11:30am Forever Fit / Robin	
Afternoon/ Evening	12:15pm – 1:00pm Mindful Movement & Meditation / Amanda	12:15pm – 1:00pm Total Body Strength / Kelly H.	12:15pm – 1:00pm Spinning / Renee	12:15pm – 1:00pm Total Body Strength / Brandy		
		5:30pm – 6:15pm Kickboxing Circuit/Cardio Boxing Erica/Hannah				
	5:30pm – 6:15pm Total Body Fusion / Camille	5:30pm – 6:15pm Spinning/Jamie	5:30pm – 6:15pm Zumba/ Camille	5:30pm – 6:15pm Total Body Strength/ Tracy W.		
				5:30-6:15pm Spinning / Nicole		
	6:30pm – 7:30pm Vinyasa Yoga / Susan P.	6:30-7:05pm H.I.I.T / Jamie	6:30pm – 7:30pm Restorative Yoga / Hilda	6:30-7:05pm HIIT / Brandy		
		7:15pm – 8:15pm Waterworks / Kris		7:15pm – 8:15pm Waterworks / Kris		

Virtual Classes: Join our Tri Cities Family Y Fitness Private Page! We have an archive of great classes and 3 new classes weekly.

Fitness Classes are Free to Members

Non-member drop-in fee/ \$15 visit.

Classes with low attendance are subject to cancellation.

Any changes to schedule will be posted on the Y website and Facebook page.

Body Basics: Jog, walk outdoors, or use the cardio room for you cardiovascular conditioning. Afterwards, meet up in the Group Exercise Studio for muscle strengthening and stretching.

Barre Fusion: Bands, light weights, and small balls are added to traditional exercises on the Barre. Mind & Body Studio

Barre Pilates Fusion: Your favorite core, stability and strengthening exercises combined with traditional exercise from barre and pilates in this fusion style class. Mind & Body Studio

Chair Fusion and Mobility: A wonderful one hour blend of strength, stretching, and expansive movements designed to recalibrate your performance. The moves are deep and thorough. The results are remarkable. Group Exercise Studio

Fitness for Life: This is a lower intensity total body conditioning class that aims to improve joint mobility, strength, balance and coordination. Activities include low-impact movement, range of motion exercises, light strength work, and balance training. Group Exercise Studio

Forever Fit: This class is meant to keep you forever fit, all of the exercises can be done from a chair, but are not limited to a chair. Joint mobility, strength, balance, and coordination are the focus points. Group Exercise Studio

Pilates Fusion: This is an intense variety of core, stability, strengthening and lengthening using a variety of equipment inspired by mat pilates. Group Exercise Studio

Gentle Yoga: This class is perfect for beginners or those looking for additional modifications offered at a slower pace. Restorative poses to realign your mind, body and spirit followed by a relaxing meditation. Mind/Body Studio

Restorative Yoga: Alignment based yoga focuses on body mechanics. Using proper alignment helps us to arrive at the poses with excellence. Practicing well helps us to move with ease and efficiency in our daily lives. Mind/Body Studio

H.I.I.T.: Challenge yourself with these athletic based cardio/strength circuit high intensity interval training workouts. Classes will feature a variety of H.I.I.T techniques including timed interval variations, tabata, and individual versus rotating stations. Group Exercise Studio

Mindful Movement & Meditation: class begins with gentle yoga postures and breath work, leading into 15-20 minutes of seated meditation. This is an all-levels class, no experience required. Come enjoy the benefits of yoga and meditation.

Spinning®: Settle in for an intense ride on our new Spinner bikes! Our team of certified instructors will guide you through a ride that you can customize to your fitness level. Be ready for a great low impact cardio workout! Mind/Body Studio

Spin® & Sculpt: The challenge of a spinning class with the benefits of sculpting! Intervals of sculpting exercises, incorporating tubing or body weight will be integrated into a great cycling ride! Mind/Body Studio

Step Aerobics: A great aerobic workout. Must be able to step up, over and around an adjustable bench. This will give you an excellent total body workout. Mind/Body Studio

Total Body Strength: Work all major muscle groups and enhance flexibility using barbells, stability balls, free weights, medicine balls, resistance bands and more to keep you engaged and challenged. Group Exercise Studio

Total Body Fusion: A combination of high/low aerobics, body conditioning, and abdominal work make this class the total package. Group Exercise Studio

Vinyasa Yoga: A flowing, dynamic sequence of poses to lengthen the body, open the hips, and relax the mind. Mind/Body Studio.

Water Works: Use a variety of equipment (flotation belts, barbells and water logs) for a great water workout. Pool

Tri-Cities Family YMCA

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