



# FITNESS SCHEDULE

EFFECTIVE MARCH 10, 2025

	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	6am -6:45am Themed Spin Rides / Tracy	
	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	
		<b>*NEW*</b> <b>8am – 8:45am</b> <b>Step &amp; Sculpt /</b> <b>Heather</b>		<b>*NEW*</b> <b>8am – 8:45am</b> <b>Step &amp; Sculpt /</b> <b>Heather</b>		
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 <b>Sunday Yoga /</b> <b>Amanda</b>
	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 <b>Saturday</b> Instructors Choice 45min – 1 hr.
	9:15am – 10:00am Spinning / Kelly H.		9:15am – 10:00am Spinning / Brandy		9:15am – 10:00am Step Aerobics / Heather	
		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 / Kate		10:30am – 11:30am Forever Fit / Renee		10:30am – 11:30am Forever Fit / Robin	
Afternoon/ Evening		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/Cardio Boxing Jamie/Hannah		5:30pm – 6:15pm Total Body Strength/ Tracy W		
	5:30pm – 6:15pm Total Body Fusion / Camille	5:30pm – 6:15pm Spinning Brandy/Jamie	5:30pm – 6:15pm Zumba/ Camille	5:30pm -6:15pm Spinning / Jamie.		
		<b>*NEW*</b> <b>6:30pm-7:30pm</b> <b>Hatha Yoga / Nina</b>	6:30pm – 7:15pm Surge Strength / Claire			
	6:30pm – 7:30pm Vinyasa Yoga / Susan P.	6:30pm -7:05pm HIIT / Jamie	6:30pm – 7:30pm Restorative Yoga / Hilda	6:30pm -7:05pm UJam / Claire		
		7:15pm-8:15pm Water Works / Kris		7:15pm – 8:15pm Water Works / 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

**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

**Step & Sculpt:** The aerobics of Step mixed with strength training. A variety of strength equipment will be used. Mind/Body Studio

**Surge Strength:** High rep, muscle focused all weight training workout.

**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

**UJam:** Dance Class with Hip Hop and Urban Beats. 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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