



Group Fitness Schedule

Winona Family YMCA

Effective March 6, 2023

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 – 6:15 HIIT w/Nicolle T. Fitness Studio	5:30 – 6:30 BODYPUMP w/Carol GYM	5:30 – 6:15 PiYo w/Carol Fitness Studio	5:30 – 6:30 BODYPUMP w/Rose GYM	5:30 – 6:00 Cycle Express w/Lisa Cycle Studio	7:00 – 8:00 BODYPUMP w/Rose GYM	10:30 – 11:00 Cycle Express w/Connie Cycle Studio
8:00 – 8:45 Pilates w/Sonja Fitness Studio	8:00 – 9:00 BODYPUMP w/Renee GYM	5:30 – 6:00 Cycle Express w/Lisa Cycle Studio	8:00 – 9:00 BODYPUMP w/Angela GYM	6:00 – 6:50 Barre w/Sarah Fitness Studio	9:00 – 9:50 HIIT w/ Sarah Fitness Studio	11:00 – 11:50 Stretch & Flex w/Nicole V. Fitness Studio
9:00 – 9:45 Barre w/Danielle Fitness Studio	9:00 – 9:50 Cardio Kick w/Danielle Fitness Studio	8:00 – 8:45 Body Sculpt w/Angela GYM	9:00 – 9:45 Barre w/Angela Fitness Studio	8:00 – 8:45 Pilates w/Angela Fitness Studio	9:00 – 9:45 Group Cycle w/Kenzie Cycle Studio	12:00 – 1:00 BODYPUMP w/Carol GYM
10:00 – 10:45 Active Older Adult Fitness w/Andrea	10:00 – 11:00 QiGong/TaiChi w/Lynn Clara Barton Room	9:00 – 9:50 HIIT w/Melissa Fitness Studio	10:00 – 11:00 QiGong/TaiChi w/Lynn Clara Barton Room	9:00 – 9:50 Zumba w/Jacque Fitness Studio	10:00 – 10:50 Zumba w/Tesla Clara Barton Room	1:00 – 1:45 Yoga Express w/Renee Fitness Studio
10:00 – 10:50 Gentle Yoga w/Tammy Fitness Studio	10:00 – 11:00 Yoga w/Kassie Fitness Studio	10:00 – 10:45 Active Older Adult Fitness w/Sonja Clara Barton Room	10:00 – 10:50 Yoga w/Tesla Fitness Studio	9:00 – 9:30 Cycle Express w/Melissa Cycle Studio	10:00 – 10:50 Barre w/Nicole V. Fitness Studio	
12:00 – 12:50 Zumba w/Jackie Fitness Studio	12:00 – 1:00 20/20/20 w/Jackie Fitness Studio	11:00 – 12:00 Line Dancing w/Amanda Fitness Studio	12:00 – 12:50 Tabata w/Danielle Fitness Studio	10:00 – 10:45 Active Older Adult Fitness w/Danielle Clara Barton Room	11:00 – 11:50 Barre w/Connie Fitness Studio	
5:00 – 6:00 BODYPUMP w/Angela GYM	4:00 – 4:45 Beginner Yoga/Kassie Fitness Studio	12:00 – 1:00 BODYPUMP w/Connie GYM	5:00 – 6:00 Yoga w/Renee Fitness Studio	12:00 – 1:00 BODYPUMP w/Josh GYM		
5:00 – 6:00 Yoga Sculpt w/Sam	5:00 – 6:00 Barre w/Connie Fitness Studio	4:00 – 4:50 Yoga w/Alanna Fitness Studio	5:00 – 5:45 Group Cycle w/Connie Cycle Studio	<p>All Classes: Please bring your own mat, water, and sweat towel. Members are responsible for sanitizing their own equipment. Schedule subject to change. Rooms are available for set up 15 minutes before class.</p> <p>Reservations required for each class. We only cancel classes when absolutely necessary. Cancellations will be posted on our online reservation system, Group Ex Pro.</p>		
5:00 – 5:30 Cycle Express w/Laura Cycle Studio	5:00 – 6:00 Prenatal Yoga w/Renee Clara Barton Room	5:00 – 5:50 Zumba w/Jacque Fitness Studio	6:00 – 7:00 BODYPUMP w/Kim GYM			
5:30 – 6:00 Cycle Express w/Laura Cycle Studio		5:30 – 6:15 Group Cycle w/Ryan				
		6:00 – 6:50 Stretch & Flex w/Nicole V. Fitness Studio				

Group Fitness Class Descriptions

20/20/20	20/20/20 is a class designed to meet your cardio, strength, and core needs. We'll spend roughly 20 minutes of each (cardio, strength, and core), all set to awesome music. This class is known as your "One Stop Shop". For all fitness levels.
Active Older Adult Fitness	Active Older Adult Fitness is designed for active adults ages 55 and older. You will use weights to tone and strengthen your entire body as well as perform sections of cardio. Class offers options for sitting. This class is great for active older adults, but is also great for anyone new to exercise.
Barre	Barre is a total-body workout that integrates Ballet Technique, Yoga, and Strength. Students will work to improve posture and alignment, mobility, flexibility, balance, strength, stability, and metabolic health. This is a strength-based class for all fitness levels.
BODYPUMP	This workout challenges all of your major muscle groups by using the best weight-room exercises such as squats, presses, lifts and curls. The key to BODYPUMP is THE REP EFFECT™, a breakthrough in fitness training focusing on high reps with low weight. This is a strength class for all fitness levels. Beginners are recommended to start at a lighter weight and arrive 10 minutes early for set up and tips from the instructor. BODYPUMP classes are held on the northside our GYM.
Body Sculpt	A great way to define and sculpt lean muscle. This class uses weights to tone and strengthen your entire body. This is a strength class for all fitness levels.
Cardio Kick	Cardio Kick combines traditional kickboxing moves with intense intervals for an unbelievable calorie burn. You'll have a blast learning hard hitting combos in one of our most empowering classes. This is a cardio class with options given for beginners to advanced.
Group Cycle	Group Cycle involves various cycling drills that offer an exhilarating cardiovascular workout. A variety of styles and music that you can make your own and have fun all while challenging yourself with each sprint, climb, or interval. This is a cardio class with options given for beginners to advanced. Cycle express is a shortened version of this class, usually around 30 minutes long. Longer versions of this class are 45 minutes.
HIIT	This High Intensity Interval Training (HIIT) class provides the support of group motivation to challenge you to work towards your highest potential and unleash your inner athlete. This is a cardio class with options given for beginners to advanced. May also include elements of strength training throughout the class.
Line Dancing	Line dance is a form of dance in which memory and execution come together . Dancers learn basic steps, rhythms and routines choreographed to music, thereby improving memory and balance. This is a beginner class with little to no impact.
Pilates	Pilates focuses on core conditioning. Movements concentrate on controlling the "powerhouse" muscles, from your shoulders to your hips, while toning, firming, and strengthening your entire body. This is a stretch and core strength-based class for all fitness levels.
PiYo	PiYo is a mix of Pilates, which focuses on muscle and core building, and yoga, which focuses on strength and flexibility. This total-body workout is designed to strengthen small muscles (triceps, shoulders, biceps, calves) and large muscles (hamstrings, back, chest). This is a strength-based class, sometimes with cardio bursts for all fitness levels.
T'ai Chi & Qi Gong	These body movements work to improve balance, breathing capacity and circulation while strengthening connective tissue and core muscles. Qigong is called moving meditation as the practice relaxes the mind, strengthens the body and uplifts the spirit. T'ai chi styles include tiger form and western style short form. Beginners are always welcome. This is a mind and body class that focuses on balance for everyone.
Tabata	Tabata is a 50-minute class designed with intervals of cardio and strength set to awesome music. This is a cardio based class with some elements of strength and core added in. For all fitness levels with options given for beginners to advanced.

Stretch & Flex	Stretch & Flex is a class based on yoga and Pilates based exercises and stretches that use primarily your own body's weight and resistance to engage and lengthen muscles for better rotation and mobility. This is a non-impact type of class that is mostly done on a mat with bands or blocks. Great before or after other classes to loosen up and get better flexibility and small muscle/core strength. For all fitness levels.
Yoga Classes	<p>A mind and body class for stretching and relaxation as well as body awareness. Instructors will talk you through positioning as you learn each stretch and pose. For all fitness levels with options given for beginners to advanced. Yoga Express is a shortened yoga class.</p> <p>Beginner Yoga is 8 weeks of back to basics Beginner Yoga with Kassie. The perfect class if you are new to yoga or are an experienced student who wants to revisit the basics and explore ways to deepen your practice. Benefits include gaining a clear foundation and understanding of yoga to prepare you for future classes. Improve strength, flexibility, balance, and body awareness. Reduce stress and anxiety.</p> <p>Gentle Yoga is a beginner yoga class geared towards new yogi's, all are welcome.</p> <p>Family Yoga is for all family members to attend and must each register a spot. Age 5 and up or at instructor discretion. Parents must participate with their kids, it's not a drop off class. Join your instructor for family, relaxation, fun, and stretching. It is recommended you bring your own yoga mat.</p>
Yoga Sculpt	Yoga Sculpt is an intense full-body workout that uses yoga postures and combines them with cardio and strength-training exercises. This music-driven class is upbeat and energizing, and utilizes the music to set the tempo for each movement. Although this type of fitness is intense, yoga experience is not necessary. Each movement and posture are able to be modified or advanced.
Zumba	"Ditch the Workout, Join the Party" for a fun, joyful class that combines all the rhythms in Latin music. Zumba applies dance moves from Salsa, Cumbia, Merengue, Belly Dance, Flamenco, Samba, Reggatone, Hip Hop, and popular music. For all fitness levels

- If you are new to a class or have any questions, please talk to the instructor prior to the start of the class.
- Classes are held in the Clara Barton Room, Fitness Studio, Gym, or Personal Training/Group Cycling Studio. **Please check the schedule for the location of your class.**
- Reservations are required. <https://www.winonaymca.org/reservations>
- It is recommended you bring your own mat, water bottle, and sweat towel.
- Ages 10-15 may attend classes with an adult and OR at instructor discretion and/or parent discretion. BODYPUMP and Group Cycle are recommended for age 14 and up OR at parent and/or instructor discretion.
- Questions on our Group Fitness classes, please contact our Fitness & Wellness Director, Jackie Goyette jgoyette@winonaymca.org
- Rooms are available for set up 10-15 minutes before the start of your class
- AquaFit Classes are on our Pool Schedule
- We only cancel classes when absolutely necessary