



Group Fitness Schedule

Winona Family YMCA

Effective April 17th, 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 |
| 6:00–7:00 Intervals w/ Kathy GYM | 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 | 6:00–7:00 Fun Fit Friday w/ Kathy GYM | 9:00 – 9:50 HIIT w/ Sarah Fitness Studio | 11:00 – 11:50 Stretch & Flex w/Nicole V. Fitness Studio |
| 8:00 – 8:45 Pilates w/Sonja Fitness Studio | 9:00 – 9:50 Cardio Kick w/Danielle Fitness Studio | 6:00–7:00 Strength & Conditioning w/Kathy GYM | 9:00 – 9:45 Barre w/Angela Fitness Studio | 6:00 – 6:50 Barre w/Sarah Fitness Studio | 9:00 – 9:45 Group Cycle w/Kenzie Cycle Studio | 12:00 – 1:00 BODYPUMP w/Carol GYM |
| 9:00 – 9:45 Barre w/Danielle Fitness Studio | 10:00 – 11:00 QiGong/TaiChi w/Lynn Clara Barton Room | 8:00 – 8:45 Body Sculpt w/Angela GYM | 10:00 – 11:00 QiGong/TaiChi w/Lynn Clara Barton Room | 8:00 – 8:45 Pilates w/Angela Fitness Studio | 10:00 – 10:50 Zumba w/Tesla Clara Barton Room | 1:00 – 1:45 Yoga Express w/Renee Fitness Studio |
| 10:00 – 10:45 Active Older Adult Fitness w/Andrea Clara Barton Room | 10:00 – 11:00 Yoga w/Kassie Fitness Studio | 9:00 – 9:50 HIIT w/Melissa Fitness Studio | 10:00 – 10:50 Yoga w/Tesla Fitness Studio | 9:00 – 9:50 Zumba w/Jacque Fitness Studio | 10:00 – 10:50 Barre w/Nicole V. Fitness Studio | |
| 10:00 – 10:50 Gentle Yoga w/Tammy Fitness Studio | 12:00 – 1:00 20/20/20 w/Jackie Fitness Studio | 10:00 – 10:45 Active Older Adult Fitness w/Sonja Clara Barton Room | 12:00 – 12:50 Tabata w/Danielle Fitness Studio | 9:00 – 9:30 Cycle Express w/Melissa Cycle Studio | 11:00 – 11:50 Barre w/Connie Fitness Studio | |
| 12:00 – 12:50 Zumba w/Jackie Fitness Studio | 4:00 – 4:45 Beginner Yoga/Kassie Fitness Studio | 11:00 – 12:00 Line Dancing w/Amanda Fitness Studio | 5:00 – 6:00 Yoga w/Renee Fitness Studio | 10:00 – 10:45 Active Older Adult Fitness w/Danielle Clara Barton Room | | |
| 5:00 – 6:00 BODYPUMP w/Angela GYM | 5:00 – 6:00 Barre w/Connie Fitness Studio | 12:00 – 1:00 BODYPUMP w/Connie GYM | 5:00 – 5:30 Cycle Express w/Connie Cycle Studio | 12:00 – 1:00 BODYPUMP w/Josh GYM | | |
| 5:00 – 6:00 Yoga Sculpt w/Sam Fitness Studio | 5:00 – 6:00 Prenatal Yoga w/Renee Clara Barton Room | 4:00 – 4:50 Yoga w/Alanna Fitness Studio | 6:00 – 7:00 BODYPUMP w/Kim GYM | | | |
| 5:00 – 5:30 Cycle Express w/Laura Cycle Studio | | 5:00 – 5:50 Zumba w/Jacque Fitness 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> | | |
| 5:30 – 6:00 Cycle Express w/Laura Cycle Studio | | 5:30 – 6:15 Group Cycle w/Ryan Cycle Studio | | | | |
| | | 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 great for active older adults, but is also great for anyone new to exercise. |
| Barre | Barre is a total-body workout that integrates inspiration from Ballet Technique as well as 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 choreographed cardio class with options given for beginners to advanced. |
| Fun Fit Friday | Fun Fit Friday with Kathy and the Early Bird Crew is a mix of intervals, relays, inside/outside, cardio, strength, games, and core work. For all levels of fitness. Come ready to have fun and be prepared to go outside in the summertime. |
| 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. |
| Intervals | A combination of cardio and strength. Options are given for beginner to advanced. Members are encouraged to work at their own pace. A variety of different cardio and strength exercises will be taught with options for everyone. |
| 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 cardio-based dance fitness 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 mediation 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. |
| Strength & Conditioning | Strength and Conditioning training involves a wide range of exercises developed to build a variety of skills with a focus on mind, mobility, stability, strength, endurance, power, speed, agility and performance. 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> |
| 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