



# Group Fitness Schedule

## Winona Family YMCA

Effective February 5, 2024

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/Connie Gym	5:30 – 6:00 Cycle Express w/Lisa Cycle Studio	7:00 – 8:00 BODYPUMP w/Rose Gym	11:00 – 11:50 Stretch & Flex w/Nicole V. Fitness 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	12:00 – 1:00 BODYPUMP w/Carol Gym
8:00 – 8:45 Pilates w/Sonja Fitness Studio	9:00 – 9:50 Cardio Blast w/Rotation Fitness Studio	6:00–7:00 Strength & Conditioning w/Kathy Gym	9:00 – 9:45 Barre w/Melissa Fitness Studio	6:00 – 6:50 Barre w/Thomas Fitness Studio	9:00 – 9:45 Group Cycle w/ Rotation Cycle Studio	1:00 – 1:50 Yoga w/Renee Fitness Studio
9:00 – 9:45 Barre w/Sarah 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	
10:00 – 10:45 Active Older Adult Fitness w/Hailey 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 P. 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 G. Fitness Studio	10:00 – 10:45 Active Older Adult Fitness w/Jackie Clara Barton Room	12:00 – 12:50 Cardio Blast w/Rotation Fitness Studio	9:00 – 9:30 Cycle Express w/Kasi Cycle Studio		
12:00 – 12:50 Zumba w/Jackie G. Fitness Studio	4:00 – 4:50 Beginner Yoga/Kassie Fitness Studio	10:00 – 11:00 Line Dancing w/Amanda M. Fitness Studio	4:00 – 4:45 TRX w/Hailey Fitness Studio	10:00 – 10:45 Active Older Adult Fitness w/Rotation 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 – 6:00 Yoga w/Sherry Fitness Studio	11:00 – 12:00 Barre w/Amanda B. Fitness Studio		
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	6PM BODYPUMP RETURNS 2/29/24	12:00 – 1:00 BODYPUMP w/Josh Gym		
5:30 – 6:15 Group Cycle w/Grace Cycle Studio		5:00 – 5:50 Zumba w/Jacque P. Fitness Studio		<p><b>All Classes:</b> Please bring your own mat, water, and sweat towel. Schedule subject to change. Rooms are available for set up 15 minutes before class. <b>We only cancel classes when absolutely necessary.</b> Sign up to receive email notifications of class cancellations at <a href="http://www.winonaymca.org/about-y">www.winonaymca.org/about-y</a>.</p>		
6:15 – 7:00 TRX w/Parker/Hailey Fitness Studio		5:30 – 6:15 Group Cycle w/Rotation Cycle Studio				
		6:00 – 6:50 Stretch & Flex w/Nicole V. Fitness Studio				

## Group Fitness Class Descriptions

<b>20/20/20</b>	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.
<b>Active Older Adult Fitness</b>	Active Older Adult Fitness is designed for active adults ages 55 and older. You will use weights, balls, and bands 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.
<b>Barre</b>	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.
<b>BODYPUMP</b>	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 of our GYM.
<b>Body Sculpt</b>	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.
<b>Cardio Blast</b>	Cardio Blast combines traditional kickboxing and HIIT 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. Cardio Blast may also include Tabata style drills as well as strength and core training.
<b>Fun Fit Friday</b>	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.
<b>Group Cycle</b>	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.
<b>HIIT</b>	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.
<b>Intervals</b>	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.
<b>Line Dancing</b>	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.
<b>Pilates</b>	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.
<b>PiYo</b>	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.

<b>Strength &amp; Conditioning</b>	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.
<b>Stretch &amp; Flex</b>	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.
<b>T'ai Chi &amp; Qi Gong</b>	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.
<b>TRX</b>	Labeled as "the perfect workout for everyone" - TRX, or Total Body Resistance Exercise, is a revolutionary training method using bodyweight! TRX classes focus on building power, strength, flexibility, balance, mobility, core and joint stability... all at the intensity you choose. Come experience one of the best total-body workouts you've ever had!  Weekly classes will be held Monday 6:15-7:00 pm & Thursday 4:00-4:45 pm. Held in the Fitness Studio. TRX is now a FREE offering. No registration or sign up required. First come, first serve.
<b>Yoga Classes</b>	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.  <b>Beginner Yoga</b> is back to basics Beginner Yoga. 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.  <b>Gentle Yoga</b> is a beginner yoga class geared towards new yogi's, all are welcome.  <b>Prenatal Yoga</b> is a wonderful way to connect with your changing body and your baby during pregnancy. Each session is designed to both nurture and challenge women in their second and third trimesters of pregnancy. This class will help you develop flexibility, strength, and breath awareness to aid common discomforts of pregnancy and labor. Participants will benefit from a community in which to share what you are experiencing.
<b>Yoga Sculpt</b>	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.
<b>Zumba</b>	"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.**
- It is recommended you bring your own mat, water bottle, and sweat towel.
- Clean, proper footwear is required for all classes with the exception of barefoot classes such as Yoga & Pilates.

- 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](mailto: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
- Sign up to receive email notifications of class cancellations at [www.winonaymca.org/about-y](http://www.winonaymca.org/about-y)