



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STAY ACTIVE WITH A FRIEND

Fall Schedule (September 27th - December 18th, 2021)

Please see reverse side for class length and class descriptions.

LAND FITNESS CLASSES (IN-PERSON)



	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
5:45a	Active Together	Strength Train Together	Cardio Step Together	Balance & Flex Together Cycle Together* (NEW)	Strength Train Together	
6:00a		Indoor Cycling* 45 min. (NEW)				
7:00a		Core Focus Together (NEW)		Core Focus Together (NEW)		
8:00a		50+ 'N Fit		50+ 'N Fit		Indoor Cycling*/ Cycle Together* (NEW) Active Together
8:30a	Senior Fit Yoga				Senior Fit Yoga	
9:15a						Strength Train Together
9:30a	Strength Train Together	Cardio Step Together	Cardio Pump	Strength Train Together	Active Together	
10:30a						Groove Together
11:00a	Yoga Fusion	Vinyasa Yoga	Senior Fit Yoga	Vinyasa Yoga	Yoga Fusion	
12:00p						Balance & Flex Together
12:15p	TRX® 45 (NEW)		Core Focus Together (NEW)		TRX® 45 (NEW)	
4:15p	Groove Together	Balance & Flex Together	Cardio Step Together	Defend Together	Balance & Flex Together	
5:30p	Cardio Step Together Slow Flow Yoga Indoor Cycling* (NEW)	Strength Train Together Indoor Cycling* (NEW)	Active Together	Just Dance (NEW) Classic Yoga Indoor Cycling* (NEW)		
6:15p			Boot Camp			

CLASS LOCATION KEY
 Red = Studio 1
 Purple = Studio 2
 Green = Cycle Studio
 Orange = Weight Room

All classes are subject to changes and cancellations without notice per the discretion of fitness management.

* To ensure you have a spot for class, reserve a bike the day before by calling the Welcome Center at 941-2808.

Customize your fitness schedule and have it with you wherever you go.
 Download our mobile app today! Search for "Daxko".



NON-MEMBER PUNCH PASSES
 Non-Members can purchase punch passes to participate in any group exercise class on a drop-in basis.
 10 Classes: \$90 | 20 Classes: \$140

50+•N FIT 60 min. Class

A fitness program designed for active older adults who want to improve on their overall fitness especially to help in both everyday and recreational activities. This class will have a little bit of everything – cardio, strength, balance, core, and flexibility! Modifications will be offered so all fitness levels are welcome.

ACTIVE TOGETHER 60 min. Class

ACTIVE TOGETHER gives you all the fitness training you need– cardio, strength, balance, and flexibility – in just one hour. Get stronger and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements.

BALANCE & FLEX TOGETHER 60 min. Class

Balance & Flex Together will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey.

BOOT CAMP 60 min. Class

Get back to basics with our boot camp class. These group sessions, which focus on military-style exercises and functional movements like push-ups, squats, sprints, sit-ups and much more, provide a great workout and a chance to sweat and push yourself towards a new level of fitness.

CARDIO PUMP 60 min. Class

Pump up your cardio routine! This interval class combines step, dance, kickboxing, and resistance training for a unique cardiovascular workout. Easy-to-follow moves and catchy tunes provide the basis for a full-body workout.

CARDIO STEP TOGETHER 60 min. Class

CARDIO STEP TOGETHER is 60 minutes of cardio training that uses the STEP® in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your agility, coordination, and strength with exciting music and group energy.

CLASSIC YOGA 60 min. Class

In Classic Yoga, poses are held for an extended time, allowing the body to adjust to the stretch and releasing any underlying tension. As a result, the poses are done slowly and mindfully, using the breath to help relax into them. The poses are also sequenced so that every area of the body – internal as well as external – is covered. The class ends with “Yoga Nidra”, an extended deep relaxation, allowing the body to assimilate the benefits of the poses. Clear instructions are given, both to assure the safety of the poses and to enable participants to learn how to do them on their own. People of all levels of ability are welcome.

CORE FOCUS TOGETHER 30 min. Class

CORE FOCUS TOGETHER trains you like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and help strengthen your abs. Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel, and a platform – all to challenge you like never before.

CYCLE TOGETHER 60 min. Class

CYCLE TOGETHER is a huge calorie burner. It’s a 60-minute cycling experience brought indoors. Chase the pack, spin the flats, climb mountains, and sprint to the finish. Feel the thrill of energetic music and group dynamics as you get all the benefits of interval training.

DEFEND TOGETHER 60 min. Class

DEFEND TOGETHER is an intense hour that burns tons of calories and builds total body strength. Tap into the newest mixed martial movements done in a rapid-fire pace to smash your cardio fitness. The workout combines cutting edge moves with thrilling music.

GROOVE TOGETHER 60 min. Class

GROOVE TOGETHER will make you sweat with a smile during this energizing hour of dance fitness. It’s a sizzling cardio experience that is a fusion of club, urban and Latin dance styles set to current hits and energetic songs.

INDOOR CYCLING 60 min. Class (45 min. Class, Tuesdays at 6:00a)

An exciting and fun cycle class focusing on endurance, strength, intervals, high intensity, and recovery. With the help of an instructor and the use of a wide variety of music, you’ll stay motivated to help you train and meet your fitness goals! To ensure you have a spot for class, reserve a bike the day before by calling the Welcome Center at 941-2808.

JUST DANCE 60 min. Class

Move and groove, shake and shimmy! This class combines a variety of dance, fitness, and music styles to create a unique, energizing, and empowering dance workout. We do about 45 minutes of cardio that is adaptable to a variety of fitness levels and finish our workout with stretch and relaxation. This class will work your mind and your body through a combination of choreography and free dance that tones, tightens, strengthens, and stretches. No dance experience is required.

SENIOR FIT YOGA 60 min. Class

Based on classic Yoga poses and practices, this is a less intense, slower-moving class designed for seniors (55 and older) -- but people of any age or level of experience are welcome. Clear instructions are given, both for your safety and so you can learn to do the practices on your own. Proper breathing and release of tension are emphasized. Every class begins with a warm-up and ends with Yoga Nidra (a guided Deep Relaxation).

SLOW FLOW YOGA 60 min. Class

Aims to bring balance to the body and mind through a series of flowing postures that emphasize mindfulness while also increasing strength, flexibility, and stamina and improving balance and posture. A variety of options will be provided to make each class adaptable to a variety of fitness levels.

STRENGTH TRAIN TOGETHER 60 min. Class

STRENGTH TRAIN TOGETHER will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, this workout combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best.

TRX® 45 45 min. Class

TRX stands for Total body Resistance eXercise. TRX Suspension Training is a revolutionary method of leveraged body weight exercise. We will lead you to safely perform exercises that build power, strength, flexibility, balance, mobility and prevent injuries, all at the intensity you choose. Because you can instantly modify resistance by adjusting body position, Suspension Training workouts are safe and effective for people of all fitness levels. Change up your workouts with suspension training.

VINYASA YOGA 60 min. Class

Vinyasa yoga is a dynamic, movement-oriented yoga practice emphasizing the connection between mind, body and breath. Like other forms of yoga asana, regular vinyasa practice functions to prepare the body and mind for the deeper yogic practice of meditation.

YOGA FUSION 60 min. Class

A gentle to moderate level yoga class which blends traditional yoga postures, fitness yoga, Pilates, stretching, movement, and meditation for a well-rounded way to become stronger, more flexible, and release stress.

PLEASE NOTE: Region YMCA's Land Fitness schedule is subject to change due to low attendance as well as instructor and space availability. A new schedule is put out quarterly and we make every effort to communicate changes at least two weeks before the change takes place.

CLASS SIZE: All classes are on a first-come, first-served basis. Instructors reserve the right to limit class size to ensure your safety during class.