

Hartley YMCA Group Fitness Schedule

Month: October

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM	Cardio Mix			Metabolic Charge		
5:30 AM						
6:45 AM	Cycle		Cycle			
8:15 AM						Boot Camp
8:45 AM	SilverSneakers	SilverSneakers	SilverSneakers	SilverSneakers	SilverSneakers	
8:45 AM	GRIT	GRIT Self-Led	GRIT Self-Led	GRIT Self-Led	GRIT	
8:45 AM	Yoga	PiYo	Yoga	PiYo	Yoga	PiYo
8:45 AM		Cycle		Cycle	Cycle	Cycle
8:45 AM	Water Aerobics		Water Aerobics		Water Aerobics	
9:45 AM	Chair Yoga	DANCE Move	Chair Yoga	Aerobics	DANCE Move	Yoga
9:45 AM	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	
9:45 AM	SilverSneakers		SilverSneakers	Tai-Chi	SilverSneakers	
10:45 AM		Parkinson's Movement		Parkinson's Cycle	Chair Yoga	
12:20 PM	Upper Body Express	Lower Body Express	HIIT Express	CORE Express	Cycle Express	
4:30 PM			Yoga			
5:15 PM			HIIT			
5:30 PM				Cycle		
6:00 PM	Water Aerobics		Water Aerobics	Yoga	Water Aerobics	
6:15 PM	Zumba	Yoga	Zumba			
6:15 PM	Kettlebell		Kettlebell			
6:30 PM		GRIT		GRIT		
7:00 PM	Pilates			Zumba		
7:15 PM		Med-AB	Yoga Sculpt			
COLOR CODE	POOL	GRIT ROOM	FITNESS STUDIO	CYCLING STUDIO	UPSTAIRS STUDIO	Qubein Family Center



Hartley YMCA Class Descriptions

Cardio/Endurance	Cardio Mix	This class will incorporate a big dose of cardio to get your heart rate up and burn fat, combined with strength exercises to build muscle and sculpt your body! Together, cardio and strength achieve a lean and toned body!
	Cycle	A stationary cycling class for all levels of exercisers; a cardio mixture of hills, speed, and interval training with fun and motivating music.
	Cycle Express	A 20 minute beginner friendly cycle class; a mixture of hills, speed, and interval training
	DANCE Move	A higher intensity dance workout class that improves cardio endurance and burns calories. MOVE is all about breaking a sweat and having fun. The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout.
	Line Dance	Classes will provide line dance instruction with a variety of music genres including pop, rock, blues, country, R&B, Latin, salsa, contemporary, international and swing coupled with a medley of rhythms and dance styles.
	Metabolic Charge	This is a high-intensity interval-based workout that entails working for your MAX effort for short segments, followed by a short active recovery period before working at your max effort again.
	Zumba	Zumba combines high energy and motivational music with unique moves and combination themes creating a dynamic, exciting, effective class.
Low Impact	Low-Impact Aerobics	This class has a perfect mix of heart pumping, choreographed cardio. Low impact means any type of aerobic exercise that promotes physical fitness, but does not stress musculoskeletal tissues, and joints.
	Silver Sneakers	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance; and a chair is used for seated and/or standing support. Class is designed for Active Adults, but all ages are welcome.
	Water Aerobics	Water aerobics is a fun, effective, no impact total body workout that takes place in the water. You do not need to know how to swim to participate.
Mind/Body	Chair Yoga	Chair Yoga is a gentle form of yoga that can be done while sitting as well as using the chair while standing for support during some poses.
	Med-AB	Mediation class that transitions into an energizing abdominal and core workout to build strength and stability, and ends with restorative stretching and mindfulness. Leave feeling stronger, centered, and refreshed in both body and spirit.
	Pilates	Mat Pilates is a strengthening and lengthening form of exercise that focuses on your core (trunk) muscles while also training your arms and legs.
	PiYo	This class will strengthen your core, improve posture, and enhance flexibility through controlled, precise movements. Using mat and bodyweight exercises, you'll target deep stabilizing muscles, build long lean strength, and increase mobility.
	Tai-Chi	Tai Chi is a low-impact exercise session focusing on slow, flowing movements coordinated with deep breathing, designed to improve balance, flexibility, coordination, and reduce stress, suitable for all fitness levels.
	Yoga	The more you work your body the more you must let it stretch and extend. Enjoy a time of deep body-focused movement and meditation.
	Yoga Sculpt	Yoga Sculpt is a dynamic, full-body workout that blends traditional yoga poses with strength training and light cardio. Using hand weights and body-weight exercises, this class builds muscle, improves balance, and increases flexibility—all while staying grounded in mindful movement and breath.
Strength	Boot Camp	Start your weekend right! Format will vary weekly, but you'll always leave feeling stronger after a full-body challenging workout incorporating both strength and cardio exercises.
	GRIT	Functional Fitness class that encompasses full range of motion over varied times and rep schemes, as well as, incorporating body weight movements, dumbbells, kettlebells, tire flipping, and sleds. If you're looking to push yourself, join us in GRIT!
	HIIT	High-intensity interval training that alternates short bursts of maximum effort with brief recovery periods.
	Kettlebell	This 45 minute class is a great total body workout and a way to add cardio and strength to your routine.
	CORE Express	In and out in 20 minutes. This efficient, results-driven core class tightens, tones, and strengthens your midsection with purposeful movement and smart programming. Designed to fit your lunch break while delivering a serious workout!
	HIIT Express	Recharge your afternoon in just 20 minutes! High-intensity intervals designed to build strength, burn fat, and skyrocket your energy. Quick, effective, and equipment-free. Modifications for all levels.
	Lower Body Express	Quick and intense lower body interval training using body weight and weights. Alternate between heavy strength sets and explosive power movements to sculpt quads, glutes, hamstrings, and calves while boosting metabolism.
	Upper Body Express	Fast-paced upper body HIIT that blasts your shoulders, chest, back, and arms. Expect powerful intervals of presses, rows, push-ups, and pulls alternated with short recovery to build strength, endurance, and burn fat. Quick, intense, and highly effective!