



ASCENSION ST. VINCENT YMCA GROUP EXERCISE



GROUP EXERCISE SEPTEMBER 8, 2026 TO OCTOBER 9, 2026

Monday

TIME	LENGTH	CLASS	STUDIO
5:10-5:55 AM	45	BODYATTACK™	B
5:15-6:15 AM	60	*HOT SLOW FLOW YOGA	HY
8:15-9:15 AM	60	*HOT SLOW FLOW YOGA	HY
8:30 - 9:00 AM	30	LES MILLS THRIVE	A
8:30-9:15 AM	45	RPM™	CYCLE
9:30-10:30 AM	60	*BODYPUMP™	B
9:30-10:45 AM	75	*HOT POWER YOGA	HY
11 - 11:45 AM	45	SLOW FLOW YOGA	B
12-12:45 PM	45	*HOT FLOW YOGA	HY
12:15-12:45 PM	30	CORE™	B
4:30-5:15 PM	45	*BODYPUMP™	B
4:30-5:30 PM	60	*HOT FLOW YOGA	HY
5:30 - 6:25 PM	55	BOXING FITNESS	BOXING
5:45-6:45 PM	60	*AERIAL YOGA	B

Tuesday

TIME	LENGTH	CLASS	STUDIO
5:10-5:55 AM	45	RPM™	CYCLE
5:15-6:15 AM	60	BOXING FITNESS	BOXING
8:15-9 AM	45	SB UNHITCHED	B
8:30-9:30 AM	60	*HOT FLOW YOGA	HY
9:15-10:15 AM	60	BODYJAM™	A
10 - 11 AM	60	*WARM SLOW FLOW YOGA	HY
11:45-12:15 PM	30	CYCLE	CYCLE
12-12:45 PM	45	*BODYPUMP™	B
4:15-5:15 PM	60	ZUMBA®	B
4:30-5:15 PM	45	*HOT FLOW YOGA	HY
5:30-6:15 PM	45	RPM™	CYCLE
5:30-6:30 PM	60	*BODYPUMP HEAVY™	B

Wednesday

TIME	LENGTH	CLASS	STUDIO
5:10-5:55 AM	45	*BODYPUMP/ BP HEAVY™	B
8:30-9:15 AM	45	RPM™	CYCLE
9:30-10:30 AM	60	*BODYPUMP™	B
9:30-10:45 AM	75	*HOT POWER YOGA	HY
11:30-12 PM	30	SB UNHITCHED	B
12-12:45 PM	45	*HOT FLOW YOGA	HY
12:15-12:45 PM	30	CORE™	B
4:30-5:15 PM	45	*BODYPUMP™	B
5:30 - 6:00 PM	30	LES MILLS THRIVE	A
5:30-6:25 PM	55	BOXING FITNESS	BOXING
5:30-6:45 PM	75	*HOT POWER YOGA	HY

Thursday

TIME	LENGTH	CLASS	STUDIO
5:15-6:15 AM	60	HIIT BOXING	BOXING
8:15-9 AM	45	SB UNHITCHED/CORE™	A
8:30-9:30 AM	60	*HOT SLOW FLOW YOGA	HY
9-9:45 AM	45	LINE DANCING	B
10-11 AM	60	*WARM SLOW FLOW YOGA	YOGA
12-12:45 PM	45	*BODYPUMP HEAVY™	B
12-12:45 PM	45	RPM™	CYCLE
4:30-5:15 PM	45	*HOT FLOW YOGA	YOGA
5:30-6:30 PM	60	*BODYPUMP™	B
5:30 - 6:30 PM	60	RESTORATIVE YOGA	A
5:30-6:15 PM	45	RPM™	CYCLE

Friday

TIME	LENGTH	CLASS	STUDIO
5:10-5:55 AM	45	RPM™	CYCLE
5:10-5:55 AM	45	CORE™	B
8:15-9:15 AM	60	*HOT FLOW YOGA	HY
9:30-10:30 AM	60	*BODYPUMP HEAVY™	B
9:30-10:45 AM	75	*HOT POWER YOGA	HY
11-11:45 AM	45	SLOW FLOW YOGA	B
12-12:45 PM	45	*HOT CHRIST-CENTERED YOGA	HY
12:15 - 1 PM	45	SHOCKWAVE	B

Saturday

TIME	LENGTH	CLASS	STUDIO
7-8 AM	60	*BODYPUMP™	B
7:15-8:15 AM	60	HIIT BOXING	BOXING
8:15 - 8:45 AM	30	ATHLETIC STRETCH	A
8:30-9:15 AM	45	RPM™	CYCLE
8:30-9:30 AM	60	*HOT POWER YOGA	HY
9:00-10:00 AM	60	ZUMBA®	A
9:30 - 10:30 AM	60	AERIAL YOGA	B
9:45-10:45 AM	60	*HOT FLOW YOGA	HY

Sunday

TIME	LENGTH	CLASS	STUDIO
1 - 1:45 PM	45	LES MILLS THRIVE	A
2:30-3:15 PM	45	GUIDED MEDITATION	B
2:30-3:30 PM	60	*HOT FLOW YOGA	HY
4-5 PM	60	*HOT FLOW YOGA	HY

Reserve your spot in our Y Member app

* For Ages 14 & Up

YOGA: Yoga at the Y will link movements and poses to breath for exercise without chanting, meditation or connotations. We recommend a medical release for expectant mothers or those with medical conditions for Hot Yoga (100+ degrees) and Warm Yoga (80-85 degrees). All classes will offer modifications to increase or decrease intensity. *Hot and Warm Yoga are for Y members, ages 14 & up ONLY. You must bring water to this class. We encourage members to bring a towel and their own mat. Reserve your mat beginning 72 hours prior to class start time in the mobile app.

Slow Flow: Beginner - Intermediate; Class will move at a slower pace & include simple poses, light core work and standing balance work.

Flow: Beginner-Intermediate; Options will be given if you choose not to flow.

Power: Intermediate - Advanced; Class will move quickly through advanced flow sequences designed to increase heart rate, building strength and flexibility. May incorporate advanced balance poses and / inversions. Options will be given to reduce difficulty.

Christ-Centered: Beginner - Advanced; poses will be held longer while Scripture is read to participants. Slow flows and light core work will be incorporated.

Restorative: Beginner - Advanced; Passive stretching poses are held for an extended duration using a variety of props such as bolsters, straps and blocks. We encourage members to bring a towel and their own mat.

Guided Meditation: All levels; Immerse yourself in a state of complete relaxation, releasing physical, mental, and emotional tension while in a hammock. Allow the soothing guidance and visualization techniques to calm your nervous system, promoting stress relief and rejuvenation. No late entry is allowed.

Athletic Stretch: All levels; Athletic Stretch is designed to help athletes (runners, cyclists, weight lifters, etc.) improve flexibility, joint mobility, balance, and breath awareness. Poses are performed on the ground and standing. We encourage members to bring a towel and their own mat.

Les Mills Body Attack: Intermediate-Advanced; A high-energy class combining athletic moves that cater to total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats all set to energizing music. Available in 30, 45, and 55-minute workouts. We encourage new exercisers to utilize the Smart Start.

Les Mills Body Jam: Intermediate-Advanced; a dance-based workout designed to get participants moving fast and working their body. Taking inspiration from dancers all over the world, and mixing it up with House, Hip-hop, Drum 'n' Bass, Trap and all styles of electronic dance music, BODYJAM brings a dose of soul to participants' workout.

Les Mills Body Pump HEAVY: Intermediate-Advanced; This class is for anyone looking to lift heavy and achieve muscle hypertrophy in a group setting. This strength training class uses the barbell to work all the major muscle groups while moving to the beat of music. The focus is on heavy weights, slow tempo, and long rests. You will use heavier weights and do fewer reps than in a Les Mills Body Pump class. Class lengths in 60 and 45-min formats. For ages 14 and up. Please arrive 10-15 minutes early for your first class. We encourage new exercisers

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Les Mills CORE: Intermediate-Advanced; A 30 or 45-minute workout using resistance tubes and weights to work every part of your core – upper and lower abs, obliques, the upper and lower back as well as your butt and shoulders. This is a great complementary class to any cardio program. The 45-minute class offers additional cardio for a full-body workout. We encourage new exercisers to utilize the Smart Start.

LES MILLS THRIVE: Beginner - Intermediate; Les Mills THRIVE, designed for those age 50+, is a low impact workout designed to improved the quality of your life by making you better at walking, running, climbing stairs and keeping up with your kids and grandkids! This 30 or 45-minute full body workout is designed to build core and lower body strength to help you move freely as you age. Perfect for anyone who is newer to exercise, returning from an injury or pregnancy, or who finds the pace of Body Pump, Core or Body Attack too fast. Class offers options, including using weight plates and bands for added resistance, using only body weight, or using a chair for support and balance (we never sit down in the chair during this class).

Les Mills RPM: Beginner-Advanced; This is an indoor cycling class, set to the rhythm of motivating music. You control your own resistance levels and sprint speed so you can build up your training level over time. 30, 45-minute options are available. A reservation is required. Reserve your bike beginning 72 hours prior to class start time in the mobile app. Please arrive 10-15 minutes early for your first class. We encourage new exercisers to utilize the Smart Start.

Zumba: For all fitness levels; Dance along to latin and international music in this cardio interval format class. Burn the calories and bring the heat while dancing to the beat of your drum! Each instructor offers their own unique style.

Cycle: For all fitness levels; This class offers great cardio benefits with no impact on the joints. Your instructor will lead you on a ride through fast, flat roads, rolling hills and long, slow climbs. A reservation is required. Reserve your bike beginning 72 hours prior to class start time in the mobile app

Soul Body Unhitched: Intermediate-Advanced; Soul Body Unhitched is a total body workout that uses a fusion of athletic Pilates, Barre and core movements to sculpt and strengthen your muscles. Performing mindful movements using a weighted bar and Pilates ball, in both standing and floor work exercises, you'll challenge balance & core stability, and drive heart rate up with optional cardio surges. Please bring your own Yoga mat.

Boxing Fitness. Intermediate-Advanced; This class combines non-contact basic boxing fundamentals, plyometric exercises and high intensity training that has both physical and mental benefits. You will build cardio endurance, burn calories, and gain self-confidence in this unique and challenging fitness class. First timers, please arrive 10-15 minutes early! Required equipment can be provided for first-timers, but you must purchase your own beyond that. (wraps and gloves)

HIIT Boxing: Advanced/High-Intensity; This is a station-based workout that uses traditional exercise equipment such as dumbbells, medicine balls and sand bells, as well as battle ropes, heavy bags and speed bags to create a non-contact high intensity full-body workout. Beginners are welcome and exercise modifications will be offered. First-timers, please arrive 10-15 minutes early. Required equipment can be provided for first-timers, but you must purchase your own beyond that. (wraps and gloves)

Aerial Yoga: For all fitness levels; This class combines yoga movements and a silk hammock hung from the ceiling which provides support and allows you to hang upside-down if you want. An accessible practice that can help you find proper alignment in your postures and safely create length through the spine. Some benefits of this class include increasing core and upper body strength, improved balance and focus, spinal decompression and it is great for stress relief! It may take a few classes to get used to the hammock; if you are prone to motion sickness, it may not agree with you. **No metal jewelry or zippers allowed** in Aerial Yoga and we recommend form-fitting clothing and shirts with sleeves for comfort. This class is not recommended for expectant mothers. *Aerial Yoga is for Y members ONLY and for ages 14 and up. Reservations are required. Reserve your hammock beginning 72 hours prior to class start time in the mobile app.

Active Older Adults - See AOA Schedule for Class Offerings

Chair Stretch & Balance: All fitness levels. Chair Stretch is taught from both a seated and standing position and is designed to improve flexibility, joint mobility, balance, and breath awareness.

SilverSneakers Classic: Beginner AOA; this low impact class is performed with music from both a seated and standing position (staying seated is an option) and alternates between low impact moves, balance, and strength work using resistance tubes, exercise ball and light dumbbells. Exercises are performed that mimic everyday movements and will help increase mobility and strength in the major joints and

SilverSneakers Cardio Circuit: Beginner-Intermediate AOA; this low impact cardio class is presented in a circuit format that alternates between low impact choreographed moves, balance and strength work using resistance tubes, exercise ball and light dumbbells. The cardio and balance portions of the class are performed standing, but strength exercises may be done standing or seated in a chair.

Walk n Talk: Join us for a relaxed, social walk on the indoor track. This staff-led walking time is designed for active older adults who want to stay moving while connecting with others. Walk at your own pace, enjoy friendly conversation, and get to know fellow members and staff along the way. No pressure, no workout to "keep up" with—just movement, community, and good conversation. Come with a friend, or come and make a new friend. Comfortable walking shoes recommended.

Line Dancing. For all fitness levels/AOA; Have fun learning line dances! Dance to pop, Latin, country, soul, and classic tunes. Steps will be taught in mostly 32-count patterns that you repeat to face a different wall. Come as you are in comfortable clothes and shoes you can pivot-turn in. Perfect for beginners.