

GROUP EXERCISE SCHEDULE- ASCENSION ST. VINCENT YMCA

April 1-May 26, 2024

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
8:30-9:15 AM	45	RPM™	CYCLE
8:30-9:15 AM	45	DANCE™	B
9:30-10:30 AM	60	*BODYPUMP™	B
9:30-10:45 AM	75	*HOT POWER YOGA	HY
10-10:45 AM	45	CHAIR YOGA	A
11:30-12 PM	30	SB UNHITCHED	B
12-12:45 PM	45	BOXING FITNESS	BOXING
12-12:45 PM	45	*HOT FLOW YOGA	HY
12:15-12:45 PM	30	CORE™	B
4:15-5 PM	45	SB UNHITCHED	A
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

Wednesday

TIME	LENGTH	CLASS	STUDIO
5:10-6:10 AM	60	*BODYPUMP™	B
8:15-9 AM	45	SS CARDIO CIRCUIT	A
9:15-10 AM	45	SS CARDIO CIRCUIT	A
8:30-9:15 AM	45	DANCE™	B
9:30-10:30 AM	60	*BODYPUMP™	B
9:30-10:45 AM	75	*HOT POWER YOGA	HY
10:15-11 AM	45	CHAIR YOGA	A
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
5:30-6:25 PM	55	BOXING FITNESS	BOXING
5:30-6:45 PM	75	*HOT POWER YOGA	HY
5:45-6:30 PM	45	BODYCOMBAT™	B

Friday

TIME	LENGTH	CLASS	STUDIO
5:10-5:55 AM	45	RPM™	CYCLE
5:10-5:55 AM	45	CORE™	B
5:15-6:15 AM	60	*HOT FLOW YOGA	HY
8:15-9:15 AM	60	*HOT FLOW YOGA	HY
8:30-9:15 AM	45	SS CARDIO CIRCUIT	A
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
12:15-1 PM	45	TRX®	B
12-12:45 PM	45	*HOT CHRIST-CENTERED YOGA	HY

Tuesday

TIME	LENGTH	CLASS	STUDIO
5:10-5:55 AM	45	RPM™	CYCLE
5:15-6:15 AM	60	BOXING FITNESS	BOXING
6:05-6:35 AM	30	ATHLETIC STRETCH	B
8:30-9:30 AM	60	*HOT FLOW YOGA	HY
8:45-9:30 AM	45	SB UNHITCHED	B
10-10:45 AM	45	SS CLASSIC	B
11-11:30 AM	30	CHAIR YOGA	B
11:45-12:15 PM	30	CYCLE	CYCLE
12-1 PM	60	*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	KIDS BOXING FITNESS (6-12)	BOXING
5:30-6:15 PM	45	RPM™	CYCLE
5:30-6:30 PM	60	*BODYPUMP™	B
7-7:45 PM	45	GUIDED MEDITATION	B

Thursday

TIME	LENGTH	CLASS	STUDIO
5:15-6:15 AM	60	HIIT BOXING	BOXING
8:15-9 AM	45	SB UNHITCHED	A
8:30-9:30 AM	60	*HOT SLOW FLOW YOGA	HY
9-9:45 AM	45	LINE DANCING	B
10-10:45 AM	45	SS CLASSIC	B
10-11 AM	60	*WARM SLOW FLOW YOGA	YOGA
11-11:30 AM	30	CHAIR YOGA	B
12-12:45 PM	45	*BODYPUMP™	B
12-12:45 PM	45	RPM™	CYCLE
4:15-5 PM	45	TAI CHI	A
4:15-5:15 PM	60	ZUMBA®	B
5:30-6:15 PM	45	RPM™	CYCLE
5:30-6:25 PM	55	BOXING FITNESS	BOXING
5:30-6:30 PM	60	*BODYPUMP™	B

Saturday

TIME	LENGTH	CLASS	STUDIO
7-8 AM	60	*BODYPUMP™	B
7:15-8:15 AM	60	HIIT BOXING	BOXING
8:15-9 AM	45	BODYCOMBAT™	B
8:30-9:15 AM	45	RPM™	CYCLE
8:30-9:30 AM	60	*HOT POWER YOGA	HY
9:15-10 AM	45	ZUMBA®	B
9:45-10:45 AM	60	*HOT FLOW YOGA	HY
10:30-11:30 AM	60	*AERIAL YOGA	B

Sunday

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

AOA Recommendations

* For Ages 14 & Up

Reserve your spot in our Y Member app

Requires Registration

Yoga Flow: Beginner-Intermediate; Yoga flow will link movements and poses to breath for exercise without chanting, meditation or connotations. Options will be given if you choose not to flow. 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. It is important you bring water to this class. We encourage members to bring a towel and their own mat.

TRX: Beginner-Advanced; Step it up a notch with TRX! This class incorporates TRX moves with a variety of fitness props (Bosu Ball, medicine ball, rowers, sandbells, etc.) to add even more of a cardio blast! TRX is intense, but brings a fun competitive spirit to each workout. Prepare to sweat!

Slow Flow Yoga: Beginner-Intermediate; Slow Flow Yoga will link movements and poses to breath for exercise without chanting, meditation or connotations. The class will include simple poses, light core work and standing balance work. 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. It is important you bring water to this class. We encourage members to bring a towel and their own mat.

Power Yoga: Intermediate-Advanced; Power Yoga will link movements and poses to breath for exercise without chanting, meditation or connotations. This class will move quickly through advanced flow sequences designed to increase heart rate and build strength and flexibility and may incorporate advanced balance poses and/or inversions. Options will be given to reduce difficulty. 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. It is important you bring water to this class. We encourage members to bring a towel and their own mat.

Christ Centered Yoga: Beginner-Advanced; Christ Centered Yoga will link movements and poses to breath for exercise without chanting, meditation or connotations. Poses will be held longer while Scripture is read to participants. Slow flows and light core work may be incorporated. Options will be given if you choose not to flow. 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. It is important you bring water to this class. We encourage members to bring a towel and their own mat.

Chair Yoga: All fitness levels. Chair Yoga is taught from both a seated and standing position, in combination with restorative breathing exercises, to enhance the flow and energy created by the various poses.

Guided Meditation: For all fitness 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: For all fitness levels; Athletic Stretch is designed to help athletes (runners, cyclists, weight lifters, etc.) improve their flexibility, joint mobility, balance, and breath awareness. Poses are performed on the ground and standing. Yoga props are used to release tight muscles and assist in deepening the stretches. We encourage members to bring a towel and their own mat.

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 muscles.

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.

Tai Chi: Beginner-Intermediate/AOA; the practice of bringing the body and mind as one, in balance.

Les Mills Body Attack: Intermediate-Advanced; Body Attack is a high-energy fitness class combining athletic moves that cater for 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 that can help you burn up to 555 calories. You'll walk away feeling sweaty and with a sense of accomplishment. Available in 30, 45, and 55-minute workouts. We encourage new exercisers to utilize the Smart Start.

Les Mills Body Combat: Intermediate-Advanced; Body Combat is a high-energy martial arts inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 570 calories in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira, and Kung Fu. Release your stress, have a blast, and feel like a champ when you leave. Available in 45 and 55-minute workouts. We encourage new exercisers to utilize the Smart Start.

Les Mills Body Pump: Beginner-Advanced; This class is for anyone looking to get lean, toned and fit-fast. This strength training class uses the barbell and classic weights like dumbbells to work all the major muscle groups while listening to fun music. You will use lighter weights and do more reps, achieving lean muscles instead of bulky muscles. By the end of class you will feel challenged, yet accomplished. Full class length is 60-minutes or a 45-minute express option is available for those short on time but not short on energy! For ages 14 and up. Please arrive 10-15 minutes early for your first class. We encourage new exercisers to utilize the Smart Start.

Les Mills CORE: Intermediate-Advanced; This 30 or 45-minute workout uses 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 complimentary class to any cardio program. Participants typically see and feel results in their midsection just after a few classes. It's a challenging class, but instructors will provide options to decrease intensity. The 45-minute class will offer additional cardio for a full-body workout. We encourage new exercisers to utilize the Smart Start.

Les Mills RPM: Beginner-Advanced; This is an indoor cycling class, set to the rhythm of motivating music. Burn up to 500 calories a workout and get fit fast. You control your own resistance levels and sprint speed so you can build up your training level over time. 30, 45 and 60-minute options are available. A reservation is required. Reserve your bike beginning 72 hours prior to class start time in the mobile app. 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

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 and Active Older Adults.

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. This class is the ultimate burner for your legs butt and core! 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 that will push your limits and get results. This is a fun and fast-paced workout that will leave you craving more. Beginners are welcome and exercise modifications will be given so all participants feel successful. 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)

Kids Power Circuit: For ages 6-12 years - For all fitness levels; This fun-filled class will help increase your child's fitness level in a safe and challenging way all while having FUN! Expect to do body weight exercises, obstacle courses, team activities and games to add more of a cardio blast! Classes will use a variety of fitness props to keep their minds & muscles guessing.

Kids Stretch: For ages 6-12 years - For all fitness levels; This class was created to introduce the importance of stretch to children who are ready to start learning more age-appropriate movement, postures, breathwork, and relaxation. There will also be games and challenges to keep the class fun and to help reinforce poses taught each week.

Kids Boxing Fitness: For ages 6-12 - For all fitness levels; This youth class will combine non-contact basic boxing fundamentals, plyometric exercises that have both physical and mental benefits. Youth will channel their energy into boxing-related exercises while having fun during class. 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.