

GROUP EXERCISE SCHEDULE- DUNIGAN FAMILY YMCA (April 1-May 26, 2024)

Monday

TIME	LENGTH	CLASS	STUDIO
5:10-5:40 AM	30	RPM™	CYCLE
8:15-9 AM	45	BODYATTACK™	C
8:30-9 AM	30	SB UNHITCHED	B
8:30-9:25 AM	55	RESTORATIVE YOGA	YOGA
9-9:45 AM	45	SS CLASSIC	GYM
9:15-10 AM	45	RPM™	CYCLE
9:15-10 AM	45	POWER CARDIO	C
9:15-10 AM	45	DANCE™	A
10-10:55 AM	55	FLOW YOGA	YOGA
10:15-10:45 AM	30	CORE™	C
12-1 PM	60	*BODYPUMP™	C
4:15-5:15 PM	60	TAI CHI	A
4:30-5:15 PM	45	TRX®	B
4:30-5:25 PM	55	BODYATTACK™	C
5:30-6:15 PM	45	CORE™	C
5:30-6:15 PM	45	RPM™	CYCLE
5:45-6:40 PM	55	GENTLE YOGA	YOGA
5:45-6:40 PM	55	ZUMBA®	A

Tuesday

TIME	LENGTH	CLASS	STUDIO
5:10-5:55 AM	45	*BODYPUMP™	C
5:15-6:10 AM	55	*HOT FLOW YOGA	YOGA
8:30-9 AM	30	*SHOCKWAVE	C
9:15-9:45 AM	30	RPM™	CYCLE
9:15-10 AM	45	DANCE™	A
9:15-10:15 AM	60	*BODYPUMP™	C
9:15-10:10 AM	55	*WARM FLOW YOGA	YOGA
10:15-11 AM	45	SS CARDIO CIRCUIT	A
10:30-11 AM	30	WARM ATHLETIC STRETCH	YOGA
11:15-12 PM	45	CHAIR YOGA	A
12-12:45 PM	45	*WARM FLOW YOGA	YOGA
12-12:45 PM	45	BODYCOMBAT™	C
4:15-5:10 PM	55	*HOT FLOW YOGA	YOGA
4:15-5:15 PM	60	*BODYPUMP™	C
5:30-6 PM	30	KIDS POWER CIRCUIT (6-12)	A
5:30-6:15 PM	45	TRX®	B
5:30-6:15 PM	45	BODYATTACK™/BODYSTEP™	C
6:20-7:20 PM	60	*BODYPUMP™	C

Wednesday

TIME	LENGTH	CLASS	STUDIO
5:10-5:40 AM	30	RPM™	CYCLE
5:10-5:40 AM	30	BODYATTACK™	C
5:45-6:15 AM	30	CORE™	C
8:15-9:10 AM	55	BODYCOMBAT™	C
8:15-9 AM	45	SB UNHITCHED	B
8:30-9:25 AM	55	RESTORATIVE YOGA	YOGA
9-9:45 AM	45	SS CLASSIC	GYM
9:15-10 AM	45	TRX®	B
9:15-9:45 AM	30	RPM™	CYCLE
9:15-9:45 AM	30	CORE™	C
10-10:45 AM	45	BODYSTEP™	C
10-10:55 AM	55	FLOW YOGA	YOGA
12:15-12:45 PM	30	GUIDED MEDITATION	YOGA
4:30-5:15 PM	45	BODYSTEP™	C
5:30-6:15 PM	45	SB UNHITCHED	B
5:30-6:25 PM	55	FLOW YOGA	YOGA
5:30-6:15 PM	45	RPM™	CYCLE
5:30-6:25 PM	55	ZUMBA®	A

Thursday

TIME	LENGTH	CLASS	STUDIO
5:10-5:55 AM	45	*BODYPUMP™	C
8:15-9 AM	45	BODYSTEP™	C
9:15-10 AM	30	RPM™	CYCLE
9:15-9:45 AM	30	PRESCHOOL YOGA (3-5)	A
9:15-10:10 AM	55	*WARM FLOW YOGA	YOGA
9:15-10:15 AM	60	*BODYPUMP™	C
10:15-11 AM	45	SS CARDIO CIRCUIT	A
10:30-11 AM	30	WARM ATHLETIC STRETCH	YOGA
11:15-12 PM	45	CHAIR YOGA	A
12:15-12:45 PM	30	CORE™	C
4:15-5:15 PM	60	*BODYPUMP™	C
4:30-5 PM	30	KIDS YOGA (6-12)	A
4:45-5:15 PM	30	SB UNHITCHED	B
5:30-6 PM	30	GRIT™	C
5:30-6:15 PM	45	DANCE™	A
5:30-6:25 PM	55	*WARM POWER YOGA	YOGA
6:05-6:50 PM	45	BODYATTACK™/BODYCOMBAT™	C

Saturday	LENGTH	CLASS	STUDIO
6:45-7:45 AM	60	*BODYPUMP™	C
8-8:55 AM	55	BODYATTACK™	C
8:30-9 AM	30	CORE™	A
9:15-10 AM	45	BODYSTEP™	C
9:15-10 AM	45	RPM™	CYCLE
9:15-10 AM	45	SB UNHITCHED	B
10:15-10:45 AM	30	DANCE™	A
10:15-10:45 AM	30	ATHLETIC STRETCH	YOGA
10:15-11:15 AM	60	*BODYPUMP™	C

Friday

TIME	LENGTH	CLASS	STUDIO
8:15-9 AM	45	CORE™	C
8:15-9 AM	45	TRX®	B
8:30-9:15 AM	45	RPM™	CYCLE
9-9:45 AM	45	SS CLASSIC	GYM
9:15-10 AM	45	DANCE™	A
9:15-10:10 AM	55	BODYATTACK™	C
9:30-10:25 AM	55	FLOW YOGA	YOGA
10:15-10:45 AM	30	SB UNHITCHED	B
10:30-11:15 AM	45	CHAIR YOGA	A
5:30-6:25 PM	55	ZUMBA®	C

Sunday	LENGTH	CLASS	STUDIO
2:05-3 PM	55	*HOT FLOW YOGA	YOGA
2:15-2:45 PM	30	GRIT™	C
3:15-4:10 PM	55	*WARM FLOW YOGA	YOGA
3:15-4:10 PM	55	SB UNHITCHED	B
4:15-5:10 PM	55	ZUMBA®	A

Active Older Adults Classes

Reservation Required

Reserve your spot in our Y Member app

*For Ages 14 & Up

<p>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.</p>
<p>TRX BodyBlast: Beginner-Advanced; Improve overall strength, balance, and cardio conditioning during this total body TRX class. This style of TRX has coordinated tempo with movements performed to the beat of the music. Sets of exercises are organized by number of repetitions rather than based on time.</p>
<p>TRX Circuit: Beginner-Advanced; Challenge your TRX workout using high-intensity, powerful movements of combined TRX moves and cardio drills. This class is guaranteed to keep your heart rate pumping and burn mega calories. Participants perform the exercises together but not in a synchronized manner. Each individual works at their own pace. Sets are organized by time, generally one minute per exercise or 30 seconds for unilateral movements. Tabata format may also be used.</p>
<p>TRX Bootcamp: Beginner-Advanced; Step it up a notch with TRX Bootcamp! 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! Bootcamp is intense, but brings a fun competitive spirit to each workout. Prepare to sweat!</p>
<p>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.</p>
<p>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.</p>
<p>Restorative Yoga: All fitness levels; Restorative Yoga is a restful practice that is all about slowing down and opening your body through passive stretching. The yoga poses will be held for an extended duration using a variety of props such as bolsters, blankets, straps and blocks. We encourage members to bring a towel and their own mat.</p>
<p>Gentle Yoga: All fitness levels; Gentle yoga stays low to the floor most poses during the class. Some standing balance poses and light core work will also be integrated into the class. We encourage members to bring a towel and their own mat.</p>
<p>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.</p>
<p>Guided Meditation: For all fitness levels; Immerse yourself in a state of complete relaxation, releasing physical, mental, and emotional tension using props such as bolsters. Allow the soothing guidance and visualization techniques to calm your nervous system, promoting stress relief and rejuvenation. No late entry to class allowed.</p>
<p>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.</p>
<p>Kids Yoga: For ages 6-12 years - For all fitness levels; This class was created to introduce yoga 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.</p>
<p>Preschool Yoga: For ages 3-5; Children will be introduced to the practice of yoga through story time with movement, breath and relaxation in a playful and imaginative way.</p>
<p>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.</p>
<p>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.</p>
<p>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.</p>
<p>Tai Chi: Beginner-Intermediate/AOA; the practice of bringing the body and mind as one, in balance.</p>
<p>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.</p>
<p>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.</p>
<p>Les Mills DANCE: For all fitness levels; Calling all dance fanatics – LES MILLS DANCE™ is here to light up your world! A 30 or 45-minute, high-energy workout that will challenge and move you. With a focus on movement and technique, it is simple to master and a great option for those who want to improve their dance skills while getting fit, or for anyone who loves to dance.</p>
<p>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.</p>
<p>Les Mills Body Step: Intermediate-Advanced; This full-body cardio workout will tone your butt and thighs! You can expect a mixture of upbeat, rhythmic stepping on a bench with squat and lunge patterns to work the legs. Combine this with movements like burpees, push-ups and weight plate exercises and the result is a fun, uplifting, and total body workout that burns up to 540 calories. We encourage new exercisers to utilize the Smart Start.</p>
<p>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.</p>
<p>Les Mills GRIT: Intermediate-Advanced/High-Intensity; This is a 30-minute high-intensity interval training (HIIT) workout designed to improve strength, cardiovascular fitness, and build lean muscle. You will use a variety of equipment such as a barbell, weight plate, bench, risers, and your own body weight to blast all major muscle groups. Cutting edge HIIT movements combined with powerful music and inspirational coaches will motivate you to go harder to get fit, fast! We encourage new exercisers to utilize the Smart Start.</p>
<p>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.</p>
<p>Power Cardio: For all fitness levels; This high-intensity cardio interval class is always changing to keep your muscles guessing. We use a variety of equipment to mix things up! You'll combine cardio, strength, and core exercises to give you a total body workout that leaves you sweaty and feeling successful.</p>
<p>Shockwave: Intermediate-Advanced; Shockwave is a 30-minute circuit style class that uses the Water Rower to provide short-burst, high-intensity, calorie-torching intervals to drive your heart rate. We combine functional strength and sculpting exercise stations to target the legs, arms, and core.</p>
<p>Soul Body Unhitched: Beginner-Advanced; Soul Body Unhitched is a total body workout in 30, 45, 55 minute formats 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! We encourage you to bring a Yoga mat.</p>
<p>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.</p>