






B.R. RYALL YMCA GROUP EXERCISE OCTOBER CLASS SCHEDULE

| MONDAY | | | | TUESDAY | | | | WEDNESDAY | | | |
|------------------------|---------------------|--------|-----------|----------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|---------|-----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|--------|-----------|
| TIME | CLASS | WHERE | INSTR. | TIME | CLASS | WHERE | INSTR. | TIME | CLASS | WHERE | INSTR. |
| 5:30-6:25A | BodyPump™ | Studio | Lauren | 5:30-6:30A | Tabata Bootcamp | Outside | JoElle | 5:30-6:30A | 30/30 Cycle/TRX | Studio | Lauren |
| 6:30-7 | Core Express | Studio | Lauren | 6:15-7 | Cycle | Studio | Steph | 7:30-8:30 | Active Older Adults | Studio | Shannon |
| 7:30-8:30 | Active Older Adults | Studio | Shannon | 8-9 | TRX | Studio | Olivia | 8:20-9:05 | Shallow Water* | Pool | Stephanie |
| 8:20-9:05 | Shallow Water* | Pool | Stephanie | 8:20-9:05 | Deep Water* | Pool | Stephanie | 8:30-9:30 | Move & Groove | Studio | Shannon |
| 8:30-9:30 | Move & Groove | Studio | Shannon | 9-10 | Strength & Cardio | Studio | Gilda | 9:15-10 | Shallow Water* | Pool | Stephanie |
| 9:15-10 | Shallow Water* | Pool | Stephanie | 9:15-10 | Deep Water* | Pool | Stephanie | 9:30-10:25 | BodyPump™ | Studio | Denise |
| 9:30-10:30 | PiYo | Studio | Denise | 9:30-10:15 | Bootcamp | Gym | Abby | 10:30-11:15 | Just Balance | Studio | Nancy |
| 10:30-11:15 | Cardio Kickboxing | Studio | Victoria | 10:15-11:15 | Yoga Barre | Studio | Ronda | 11:30-12:30 | Pedaling for Parkinson's | Studio | Denise |
| 11:30-12:30 | Tai Chi for Balance | Studio | Nancy | 11:30-12:30 | Yoga for Neuromuscular Disorders | Studio | Ronda | | | | |
| EVENING CLASSES | | | | EVENING CLASSES | | | | EVENING CLASSES | | | |
| 5:15-5:45P | Butts & Guts | Studio | Abby | 5-5:45P | Full Body Strength | Studio | Deanna | 4:45-5:15P | Family Zumba®  | Studio | Elissa |
| 5:45-6:30 | Zumba® | Studio | Abby | 5:45-6:15 | Cycle SPRINT™ | Studio | Deanna | 5:15-5:45 | Core Express | Studio | Abby |
| | | | | 6:30-7:30 | Yoga Essentials | Studio | Bob | 5:45-6:30 | Zumba® | Studio | Abby |
| THURSDAY | | | | FRIDAY | | | | SATURDAY | | | |
| 6-6:50A | Cycle | Studio | Lorri | 5:30-6:15A | Cycle | Studio | Lauren | 7-7:45A | Cycle | Studio | Lorri |
| 7-7:45 | Yoga Sculpt | Studio | Steph | 5:30-6:30 | HIIT | Outside | JoElle | 8-9 | BodyPump™ | Studio | Lauren |
| 8:20-9:05 | Deep Water* | Pool | Stephanie | 6:15-7 | TRX Bootcamp | Studio | Lauren | 9:15-10 | Zumba® | Studio | Abby |
| 9-10 | Strength & Cardio | Studio | Gilda | 7:30-8:30 | Active Older Adults | Studio | Shannon | 10-11 | Retro Step & More | Studio | Gilda |
| 9:15-10 | Deep Water* | Pool | Stephanie | 8:20-9:05 | Shallow Water* | Pool | Stephanie | | | | |
| 9:30-10:15 | Bootcamp | Gym | Abby | 8:30-9:30 | Move & Groove | Studio | Shannon | SUNDAY | | | |
| 10-11 | PiYo | Studio | Denise | 9:15-10 | Shallow Water* | Pool | Stephanie | 11-12 | Gentle Yoga | Studio | Kathy |
| 11-12 | Tai Chi | Studio | Bill | 9:30-10:25 | BodyPump™ | Studio | Olivia | 12:15-1 | Full Body Strength | Studio | Deanna |
| EVENING CLASSES | | | | 10:30-11:15 | Cycle | Studio | Jessica | 1-1:45 | Family Zumba®  | Studio | Elissa |
| 5:30-6P | Cycle SPRINT™ | Studio | Deanna | 11:30-12:30 | Exercising with Parkinson's | Studio | Shannon | CLASS NOTES AND INFO | | | |
| 6:15-7:15 | Yoga I/II | Studio | Mary | CLASS NOTES AND INFO | | | |  Denotes fitness for the whole family—open to children ages 8+; ages 8-12 must be accompanied by a guardian. | | | |
| | | | | All classes held in the studio will also be available virtually. Register online at www.brriallymca.org . | | | | *Indicates paid class. | | | |

30/30 Cycle/TRX

Cardio+ strength+ mobility = total body conditioning in this 30/30 class! Start with a cycle class focused on traditional cardiovascular fitness, followed by 30 minutes of TRX.

Active Older Adults

Join us in this active older adults' no-nonsense exercise class that focuses on strengthening every major muscle group in a relaxed, social atmosphere.

BODYPUMP™ (ALL LEVELS)

BODYPUMP™, the original barbell class, will sculpt, tone and strengthen your entire body—fast! Low weight loads and high repetition movements aid in burning fat and gaining strength.

Bootcamp/Tabata/HIIT (INTERMEDIATE/ADVANCED)

These classes are not for the faint of heart! A mix of high intensity calisthenics and body-weight exercises with cardio intervals and strength training result in the ultimate full-body workout.

Butts & Guts (ALL LEVELS)

Just like the title implies, this class focuses on toning and tightening all regions of the lower body, as well as core strength.

Cardio Kickboxing (ALL LEVELS)

Jab, jab, punch and kick your way to fitness in this martial arts cardio-inspired kickboxing class!

Core Express (ALL LEVELS)

In this 30 minute class, you'll work on your foundation—your core—the point at which all movement begins. Sculpt and strengthen your midsection through focused movement techniques as you improve your overall functional strength, balance and coordination.

Cycle/SPRINT™ (ALL LEVELS)

Using an indoor stationary bike, instructors lead you through an exhilarating ride designed to improve overall fitness while increasing performance—with focus on cardiovascular endurance and strength. Options and resistance levels can be personalized, so it's perfect for all!

Deep Water

Deep water exercises are easy on the joints and help increase flexibility, strength and cardiovascular endurance. Swimming skills are not necessary, but you must be comfortable in deep water with a flotation device.

Exercising with Parkinson's

With the support of the Parkinson's Foundation, we're pleased to offer this class that works the mind and body. For individuals with the disease or those who want to work on balance and coordination, this class focuses on axial rotation, balance, movement patterns, stretching and cardiovascular fitness. Movements may be done sitting in a chair or standing.

Full Body Strength (ALL LEVELS)

Challenge your muscles using strength equipment such as dumbbells, tubes and barbells in this full-body muscle conditioning class. Increase your lean body mass while reducing your body fat.

Gentle Yoga (BEGINNER/ALL LEVELS)

This slow-paced class focuses on stretching, breathing and relaxing, and is designed to be adaptable and gentle on the body.

Just Balance

Older adults and those with chronic health conditions often feel they must accept impaired balance and limited mobility, but this simply is not true! Let us help you build strength, improve balance and gain confidence in your mobility. Better balance has been proven to help reduce the risk of falls. Movements can be done sitting in a chair or standing.

Move & Groove

Perfect for anyone new to group exercise, this class incorporates light aerobics, strength training, and yoga/flexibility.

Pedaling for Parkinson's

With the support of the Parkinson's Foundation, this class is designed to improve quality of life for adults ages 30-75 with Idiopathic Parkinson's disease. Pedaling faster than normal cadence forces regions of the brain to connect more effectively, which can lessen disease symptoms.

PiYo (INTERMEDIATE/ADVANCED)

Don't be fooled by the low impact! This high-intensity workout combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of yoga. With a cranked up speed, it's muscle toning you've never seen before!

Retro Step & More (ALL LEVELS)

Step out of the box with this interval routine incorporating step and muscle conditioning designed to increase your overall strength and endurance.

Shallow Water

Shallow water exercises help increase flexibility, strength and cardiovascular endurance. Movements are accompanied by music. Swimming skills are not necessary.

Strength & Cardio (ALL LEVELS)

An invigorating workout, this class offers a mix of aerobic and strength training. It's a great way to burn fat and increase muscle tone.

Tai Chi

The 24 Step Simplified Yang Style Taiji form is a simpler and more standardized version, which is easier to learn and more accessible to people of all ages and those with a wide range of physical abilities. Practitioners can expect improvements in flexibility, strength, balance and patience.

Tai Chi for Balance

With the support of the Parkinson's Foundation, we are pleased to offer this class. This graceful form of exercise is designed to improve balance, strength, mobility and flexibility through therapeutic movements of Tai Chi. There are elements of both seated and standing instruction.

TRX (ALL LEVELS)

TRX is the ultimate in core and total body training. Use your bodyweight against gravity with the TRX suspension trainer to increase strength, improve forms, and find the level of progression for your ability—allowing you to challenge goals you've set for yourself.

Yoga I/II

From the beginner to intermediate participant, yoga combines strength and flexibility techniques to give you a total body workout. With a relaxing visualization section at the end, it's a great class for inner and outer body strength.

Yoga Barre (ALL LEVELS)

This class incorporates yoga, Pilates, and ballet principles and movements to build strength and flexibility. Threaded throughout this class is our body awareness connection. This class targets the full body.

Yoga Essentials (ALL LEVELS)

This class offers Hatha style yoga with meditation.

Yoga for Neuromuscular Disorders

With the support of the Parkinson's Foundation, this class offers an integrative approach to healing by using safe, effective, therapeutically-oriented yoga designed from the latest neuroscience research to adapt for individuals with Parkinson's, Multiple Sclerosis, Alzheimer's and dementia.

Yoga Sculpt

This class takes yoga to a whole new level! Using light weights, participants will get their heart pumping with interval training. While suitable for all levels, this class is much quicker than a traditional yoga class.

Zumba® (ALL LEVELS)

Come join our party! Be prepared to move to hypnotic Latin and international rhythms. You'll enjoy this inspiring, muscle-pumping, calorie-burning blast as you immerse yourself in the music and the rhythms.