

GROUP EX CLASSES: STARTING WEEK OF NOVEMBER 1

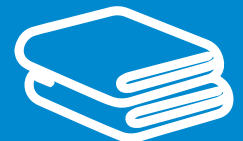
	TIME	CLASS	LOCATION	VIEWING OPTIONS
MONDAY	6 am	Cycle	Gym	In Person & Virtual
	7 am	Barre Fusion	Adams Room	In Person & Virtual
	9 am	Gentle Yoga		Virtual Only
	9 am	Cardio Step Together	Adams Room	In Person & Virtual
	9:45 am	Enhance Fitness	Gym	In Person
	10:15 am	Active Together	Adams Room	In Person & Virtual
	11 am	SilverSneakers	Gym	In Person
	12 noon	Strength Train Together	Adams Room	In Person & Virtual
	5:30 pm	Defend Together	Adams Room	In Person & Virtual
	5:30 pm	Cycle	Gym	In Person & Virtual
TUESDAY	6 am	PiYo	Adams Room	In Person
	9 am	Strength Train Together	Adams Room	In Person & Virtual
	10 am	Cycle 30	Gym	In Person
	12 noon	Barre Fusion	Adams Room	In Person & Virtual
	4:30 pm	Cardio Step Together		Virtual Only
	5:30 pm	Zumba	Adams Room	In Person & Virtual
WEDNESDAY	6 am	Cycle	Gym	In Person & Virtual
	7 am	Wake Up Yoga		Virtual Only
	7 am	Active Together	Adams Room	In Person & Virtual
	9 am	Defend Together	Adams Room	In Person & Virtual
	9:45 am	Enhance Fitness	Gym	In Person
	10:15 am	Active Together	Adams Room	In Person & Virtual
	11 am	SilverSneakers	Gym	In Person
	12 noon	Strength Train Together	Adams Room	In Person & Virtual
	5:30 pm	Cycle	Gym	In Person
	5:30 pm	Cardio Step Together	Adams Room	In Person & Virtual
THURS	7 am	PiYo	Adams Room	In Person & Virtual
	9 am	Strength Train Together	Adams Room	In Person & Virtual
	10 am	Cycle 30	Gym	In Person
	12 noon	Barre Fusion	Adams Room	In Person & Virtual
	4:30 pm	Defend Together		Virtual Only
	5:35 pm	Strength Train Together	Adams Room	In Person & Virtual
FRIDAY	6 am	Cycle	Gym	In Person & Virtual
	7 am	Active Together	Adams Room	In Person & Virtual
	7 am	Yoga		Virtual Only
	9 am	Cardio Step Together	Adams Room	In Person & Virtual
	9:45 am	Enhance Fitness	Gym	In Person
	10:15 am	Active Together	Adams Room	In Person & Virtual
SATURDAY	8 am	Cardio Step Together	Adams Room	In Person & Virtual
	8 am	Cycle	Gym	In Person
	9 am	Barre Fusion	Adams Room	In Person & Virtual
	9 am	Yoga		Virtual Only
	10:15 am	Zumba	Adams Room	In Person & Virtual
SUN	8:45 am	Cardio Step Together	Adams Room	In Person & Virtual
	9 am	Yoga		Virtual Only
	10 am	Strength Train Together	Adams Room	In Person & Virtual



WHAT TO BRING TO YOUR CLASS



**MASK OR
FACE COVERING**



TOWEL



**YOGA OR
EXERCISE MAT**



WATER BOTTLE



GROUP EXERCISE

We are now offering over 35 classes a week in-person at the Y and streaming LIVE!

All classes held at the YMCA in Greenfield will require members to log into their accounts to reserve a spot at the Y (limited to 9 participants in the Adams Room). All virtual classes offered by the Y will require members to log into their www.your-y.org account to view the link to the virtual class via Zoom.

Classes held at the Y will no longer be drop-in. Meeting links and passwords for Zoom classes are posted on the YMCA's website at www.your-y.org/virtual-ymca. Members need to be logged in to view this information.

All Members must bring with them Masks/Face Coverings*, Water Bottles, Towels, and Exercise (Yoga) Mats.

***Face coverings are required in the building but not during a Group Ex Class.**

GROUP EX DESCRIPTIONS

ACTIVE TOGETHER

For the new or the infrequent exercisers. Basic stepping, strength training, balance and flexibility all in one class.

BARRE FUSION

Class will mix elements of Pilates, dance, yoga and functional training. Each workout will use the ballet barre and exercise equipment like small hand weights to sculpt, slim and stretch the body.

CARDIO STEP TOGETHER

Utilizes the step as an effective training tool. Encourages a simple and fun way to cardio train.

CYCLE

Bring your cycling experience indoors. Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish. Feel the thrill of energetic music and group dynamics as you get all the benefits of interval training.

DEFEND TOGETHER

Tap into the hottest mixed martial arts class, movements done at a quick pace to improve your overall fitness.

ENHANCE®FITNESS

Senior exercise program designed to decrease falls and improve daily activity. Works on flexibility, balance, strength training, and aerobic activity. Helps with arthritis.

PIYO™

Designed to build strength & gain flexibility. It's about energy, power, and rhythm. Increase overall core strength, and stability. For the moderate to advanced participant.

SILVERSNEAKERS®

Increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and balls are used for resistance. Chairs available for support.

STRENGTH TRAIN TOGETHER

Barbell class that strengthens all your major muscles in an inspiring, motivating group environment. **** For those participating at home - we will loan out equipment, contact Jayne Trosin for details ****

YOGA

A gentle way to improve your posture, balance, and coordination. Yoga is a systematic practice of physical exercise, breath control, relaxation, and positive thinking and meditation aimed at developing harmony in the body, mind, and environment.

ZUMBA®

Try the hottest dance craze! With easy to follow steps, routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness.

YOUTUBE COLLECTION & DIGITAL COACHING

Your YMCA membership includes FREE ACCESS to our new virtual fitness platform which consists of: Digital Coaching, LIVE Virtual Group Ex Classes, & our YouTube Library!

Simply visit <https://your-y.org/virtual-ymca/> login, & get your workouts going!