


Eastern Branch YMCA Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yoga 7:00 - 8:00 am Craig		Yoga 7:00 - 8:00 am Craig		Yoga 7:00 - 8:00 am Craig	
Full Body Challenge 9:45-10:45 am Susan	BOOM Move It 9:15 - 9:45 am Lisa	Full Body Challenge 9:45-10:45 am Susan	BOOM Muscle 9:15 - 9:45 am Susan	Full Body Challenge 9:45-10:45 am Susan	Yoga (new Mar 1) 8:00 - 9:00 am
Enhance®Fitness 11:00 am - 12:00 pm Eleesa	BOOM Mind 9:45 - 10:15 am Lisa	Enhance®Fitness 11:00 am - 12:00 pm Eleesa	BOOM Mind 9:45 - 10:15 am Susan	Enhance®Fitness 11:00 am - 12:00 pm Meghan	
SilverSneakers Yoga 12:15 - 1:00 pm Eleesa		SilverSneakers Yoga 12:15 - 1:00 pm Eleesa	Walk 15® 4:30 - 5:00 pm Amy	SilverSneakers Yoga 12:15 - 1:00 pm Meghan	
Cardio Interval 5:30 - 6:00 pm Harry		Cardio Interval 5:30 - 6:00 pm Harry	CORE DE FORCE™ 5:30 - 6:00 pm Jen	Yoga 12:00 - 1:00 pm Craig	
Strength, Balance and Flexibility 6:00 - 6:30 pm Harry		Strength, Balance and Flexibility 6:00 - 6:30 pm Harry	INSANITY® 6:00 - 6:30 pm Jen		
	Yoga 6:00 - 7:00 pm Ashlee		Yoga 6:00 - 7:00 pm Ashlee		

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BOOM® MUSCLE – You'll move through several groups of exercises that focus on different muscle groups to tone muscles and build overall strength.

BOOM® MIND – Strength. Confidence. Flexibility. MIND takes the best from yoga and Pilates to strengthen core muscles and lower body and improve balance.

BOOM® MOVE IT – Break a sweat and have fun! The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences.

Cardio Interval – Complete multiple sweat inspiring intervals in this 30 minute class and improve cardio strength and endurance.

CORE DE FORCE – A martial arts inspired workout routine that combines elements of boxing, kickboxing, Muay Thai and body weight moves. The workout is structured for 3 minute rounds of high intensity fat burning!

Enhance®Fitness – A full hour of fun, EnhanceFitness focuses on cardio, strength, balance, and flexibility — everything older adults need to maintain health and function as they age.

Insanity – This 30 minute interval training class will push you past your limits with athletic/plyometric drills mixed with intervals of strength, power, resistance, and core training.

Strength, Balance and Flexibility – Increase strength and improve balance and flexibility in this 30 minute program. Body weight and resistance tools are used to challenge your strength and endurance.

Walk 15® – Taking the best features from low impact, aerobic style, group exercise, Walk 15® group classes keep it easy to follow but effective in results with our exclusive 15-minute, BIG Calorie-Burning Miles system! It's designed with "walking based" moves so that all fitness levels, all ages, all walks of life, can do it!

Yoga Vinyasa Flow – Coordinate movement with breath. Class format includes Sun Salutations, balance, heart and hip openers, spine twists and final relaxation. Participants flow between standing and floor positions.

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