





GEARY FAMILY YMCA SPRING SCHEDULE MARCH 9TH-MAY 2ND

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------------------------------|---|-----------------------------------|--|-----------------------------------|---|--|
| 5:30 AM | | CYCLING W/JANA OR COREY | | CYCLING W/JANA OR AUTUMN | |  |
| 8 AM | SENIOR TRX W/CHONG | | SENIOR TRX W/CHONG STRETCH (CHOICE) W/CHRISTINE | | SENIOR TRX W/BECKY | |
| 9 AM | CORE WORK W/CHONG | SENIOR TRX W/KRISTEN | CORE WORK W/CHONG | TRX PILATES W/TERAH | CORE WORK W/CHONG | POWER SCULPT W/HEATHER |
| 10 AM | SILVER SNEAKERS W/KRISTEN | FITNESS FOR EVERYONE W/CHONG | SILVER SNEAKERS W/CHONG OR BECKY | FITNESS FOR EVERYONE W/HEATHER | SENIOR STRENGTH & STRETCH W/CHONG EXTENDED STRETCH W/CHRISTINE | BIG GYM- 2 ND FLOOR GROUP-X ROOM- 3 RD FLOOR TRX STUDIO- 3 RD FLOOR |
| 5 PM | | 30 MIN CYCLE SPRINT W/HEATHER | | 30 MIN CYCLE SPRINT W/HEATHER |    | |
| 5:15 PM 5:30 PM | 5:15 30 MINUTE MINI STRETCH W/CHRISTINE | 5:30 60 MINUTE TRX W/HEATHER | 5:15 HIIT W/CATE | 5:30 60 MINUTE TRX W/HEATHER | | |
| 6 PM | INTERVAL IGNITE W/KRISTEN OR HEATHER | 60 MINUTE CARDIO DRUMMING W/LAURA | | 60 MINUTE CARDIO DRUMMING W/LAURA | | |

Body Beat Method A fun, high energy fusion of cardio, dance and toning that builds strength and boosts endurance. All exercises are set to the beat of the music and can be modified to all fitness levels!

Cardio Drumming A full-body workout using drumsticks, buckets, and a yoga ball. Fun, choreographed routines set to a variety of music make this class perfect for anyone of any skill or experience level.

Core Work Your core is so important to your overall health. A strong core helps with balance and stability. You will work on strengthening your core, hips, butt, and lower back.

Cycle SPRINT A 25-minute fast ride! It's a short, intense style of training using timed intervals where the thrill and motivation come from kicking it up a gear and pushing through to challenge yourself!

Cycling This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome.

Extended Stretch Lengthen & strengthen the body/mind/heart connection. Invite more stillness. Less effort. Suitable for all levels. Modifications offered. You are welcome to bring your own exercise mat or borrow one of ours. Blocks, blankets & straps provided.

Fitness for Everyone This class has a full range and variety of exercises for everyone! Whether you're just starting or have been working out for a while, this class can be whatever you need it to be! We will focus on total body workouts, including aerobics, strength training, HIIT, balance, & stretching.

HIIT High-intensity interval training is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time.

Interval Ignite You can do anything for a minute! Ignite your metabolism and get stronger by rotating through exercises for intervals of 60 seconds work followed by 20 seconds rest. Perfect for all levels of fitness because YOU control the speed of your movements, the weight you lift and the intensity of work you perform.

Mini Stretch Enjoy a little time to be quiet and move slowly with intention. Breath, flow, restore. Suitable for all levels. Modifications offered. You are welcome to bring your own exercise mat or borrow one of ours. Blocks, blankets & straps provided.

Power Sculpt This class is a high-rep, low-weight combination designed to target the entire body. Power Sculpt will help you get toned and lean.

Senior Strength & Stretch This class will focus on moves for strength, balance, and stretching. A chair will be available for seated exercises or standing support.

Senior TRX A form of suspension training that uses bodyweight exercises to develop strength, balance, flexibility, and core stability simultaneously. This low-impact, all-standing class will focus on strength, balance, and core.

Stretch(Choice) This class will be tailored to participants specific needs for the day. More movement or relaxation? Suitable for all levels. Modifications offered. You are welcome to bring your own exercise mat or borrow one of ours. Blocks, blankets & straps provided.

TRX A form of suspension training that uses bodyweight exercises to develop strength, balance, flexibility, and core stability simultaneously. In addition to the TRX suspension trainer, various equipment may be used to provide variety and an additional challenge. Modifications and progressions will be provided for all levels of fitness.

TRX Pilates This class combines the core-strengthening, posture-improving benefits of Pilates with the dynamic, full-body resistance training of TRX. Blending traditional Pilates mat work with TRX exercises, you'll target deep core muscles, improve flexibility, and build functional strength while moving mindfully through a variety of lengthening and strengthening exercises. The combination of mat-based precision and suspension-based intensity makes this a low-impact yet highly effective workout for most fitness levels.

Please note: All participants must be able to transition from a standing position to the floor for mat-based exercises.

