

AR= Main Aerobic Room (lower level), MPR = Multi-Purpose Room (upstairs)

## MONDAY

Time	Class	Location	Instructor
5:30-6:15am	Power Cycling	MPR	Melissa
5:45-6:45am	Morning Yoga	AR	Sara/Cathy
7:45-8:30am	Step	AR	Mary
8:30-9:15am	Muscle Madness	AR	Mary
8:45-9:10am	Y Kids Gym Class	LMPR	Mindy
9:15-10:00am	INSANITY	AR	Beth
9:15-10:00am	Cycling	MPR	Judy
9:30-10:15am	Intro to Weights	Wellness Center	Maggie
12:15-12:45pm	Suspension and Kettlebell	MPR	Johanna
5:00-5:30pm	RowFIT	AR	Jen O.
5:15-6:15pm	Boot Camp	Offsite	Kent/Jenny
5:30-6:00pm	Muscle Tone	AR	Liz
6:00-6:30pm	Circuits	AR	Liz
6:00-6:30pm	Cycle N Abs	MPR	Brittany
6:30-7:15pm	Cardio Dance Fusion	AR	Lindsey

## TUESDAY

Time	Class	Location	Instructor
5:45-6:15am	Dirty Thirty	AR	Camille
7:00-7:30am	Circuits	AR	Mary
7:30-8:00am	Suspension**	MPR	Mary
8:00-8:20am	Abdominals	MPR	Mary
8:00-8:25am	RowFit	AR	Beth
8:30-9:15am	Fitmix	MPR/Outside	Beth/Rachel
8:30-9:15am	Fit Beginnings	AR	Sherry/Johanna
9:15-10:00am	HIIT	AR	Heather
12:00-12:45pm	Intro to Weights	Wellness Center	Maggie
12:15-12:45pm	Noon Yoga	AR	Sherry/Cathy
4:30-5:00pm	RowFit	AR	Jen O.
5:00-5:30pm	BOSU Pump	AR	Jen O.
5:30-6:30pm	Power Cycling	MPR	Robin
5:30-6:30pm	Yoga	AR	Cathy/Kelle
6:30-7:15pm	PiYo	LMPR	Brenna
6:30-7:30pm	Karate	AR	Mike/Jay/Jeff

## WEDNESDAY

Time	Class	Location	Instructor
5:30-6:15am	Power Cycling	MPR	Melissa
5:45-6:45am	Morning Yoga	AR	Sara/Cathy
8:30-9:15am	BarreFIT	AR	Rachel
8:45-9:10am	Y Kids Gym Class	LMPR	Mindy
9:15-9:45am	TABATA	AR	Rachel
9:15-10:00	Cycling	MPR	Judy
9:30-10:15am	Intro to Weights	Wellness Center	Maggie
12:15-12:45	TABATA	AR	Johanna
5:00-5:30pm	RowFIT	AR	Jen O.
5:15-6:15pm	Boot Camp	Offsite	Kent/Jenny
5:30-6:00pm	Muscle Tone	AR	Liz
5:45-6:30pm	POUND	LMPR	Jennifer
6:00-6:30pm	Circuits	AR	Liz
6:30-7:30pm	Zumba	AR	Marisa/Janice

## THURSDAY

Time	Class	Location	Instructor
5:45-6:15am	Dirty Thirty	AR	Camille
7:00-7:30am	Circuits	AR	Mary
7:30-8:00am	Suspension**	MPR	Mary
8:00-8:20am	Abdominals	MPR	Mary
8:30-9:15am	Fitmix	MPR/Outside	Beth/Rachel
8:30-9:15am	Fit Beginnings	AR	Sherry/Johanna
9:15-10:00am	HIIT	AR	Heather
9:30-10:15am	PiYo	LMPR	Beth
9:30-10:15am	Intro to Weights	Wellness Center	Maggie
12:15-12:45pm	CrossTrain	AR	Johanna
4:30-5:00pm	RowFit	AR	Jen O.
5:00-5:30pm	BOSU Pump	AR	Jen O.
5:30-6:30pm	Power Cycling	MPR	Robin
5:30-6:30pm	Yoga	AR	Cathy/Kelle
6:30-7:30pm	Karate	AR	Mike/Jay/Jeff

## FRIDAY

Time	Class	Location	Instructor
5:30-6:15am	Pilates	MPR	Beth W.
5:45-6:45am	Morning Yoga	AR	Sara/Cathy
8:15-9:00am	ICE	AR	Mary
8:30-9:00am	SuspensionSHRED	MPR	Beth
9:00-9:45am	BarreFIT	AR	Rachel
9:45-10:30am	Pump and Roll	AR	Heather
12:15-12:45pm	Cycle N Abs	MPR	Johanna
12:15-12:45pm	Noon Yoga	AR	Sherry/Cathy

## SATURDAY

Time	Class	Location	Instructor
7:45-8:45am	Saturday Yoga	AR	Sara/Cathy
8:30-9:30am	Power Cycling	MPR	Robin
9:00-9:45am	Intervals	AR	Kim
10:00-11:00am	Kids Karate	AR	Mike/Jay/Jeff

\*\*Registration Required (due to limited equipment)

Highlighted classes require a separate fee

Schedule subject to change without notification.



## **Class Descriptions** (for a full listing of all class descriptions please visit our website [www.quincymca.net](http://www.quincymca.net))

### **FREE Classes**

**BarreFIT** - A total body workout designed around the ballet bar that lifts your seat, tones your thighs, abs and arms.

**Cardio Dance Fusion** - an addictive fusion of dance styles that puts the emphasis on having fun as much as breaking a sweat. Come meet new friends, enjoy the sensation of dance and leave feeling re-energized! This class will use choreography, across the floor combinations, barre work and mat work to give you the ultimate fun that only dance can deliver.

**Dirty 30** - your early morning wake-up call! It is never the same class twice, but always offers a full-body workout and variations to guarantee everyone gets a workout. This 30 minute class is structured around a HIIT or Tabata concept with 30 or 50 second full-on rounds and 10 seconds of rest hitting muscles, cardio, or combination of both

**Fit Beginnings** - a low-impact aerobic workout that incorporates balance, strength and cardio into a workout geared towards deconditioned individuals and older adults.

**Fitmix**- ready to mix things up this spring? Try this 45 minute class for a mix of strength, cardio, tabata, HIIT and more! Class will go outside on days that weather allows so bring a water bottle and towel along with you.

**Intro to Weights** - overcome any barrier you may have about lifting weights and working out in our Wellness Center and Free Weight Room areas. Your instructor/trainer will teach you correct use of equipment and form while helping you improve your overall strength. Workouts are designed to build muscular strength and endurance while giving you a total body workout. Lead by Personal Trainer Maggie Bowles.

**Pilates**- a body conditioning method based on the fusion of body and mind which results in improved posture, flexibility, strength and the transformation of the way a person's body feels, looks and performs. Pilates is different from other forms of exercise as it focuses on multiple muscles groups at the same time. We will focus on: Alignment, Breath, Concentration on Core strength, Control and Stability.

**PiYo** - combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. Crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

### **Speciality Class (highlighted classes - require separate fee)**

**BOOTCAMP** - have fun this summer with our outdoor Boot Camp. Boost your aerobic fitness with high-intensity, creative workouts. This intense conditioning class integrates cardio exercises with muscle conditioning exercises. Classes are held outdoors and off-site. \$24/Member, \$40/NonMember