



Quincy Family YMCA Group Fitness Schedule June 28th - July 31st, 2021

	MON	TUE	WED	THU	FRI	SAT
5:30am		Dirty Thirty Aerobics Room Camille Donaldson 5:45am - 6:15am	Power Cycling Cycling Room Lisa Warner 5:30am - 6:15am	Dirty Thirty Aerobics Room Camille Donaldson 5:45am - 6:15am	Yoga Aerobics Room Sara/Cathy 5:45am - 6:45am	
5:45am			Yoga Aerobics Room Sara/Cathy 5:45am - 6:45am			
7:30am	Step Aerobics Room Mary Terwelp 7:30am - 8:15am	Suspension & Row Fusion Multi-Purpose Room Mary Terwelp 7:30am - 8:15am			Tabata Boot Camp Aerobics Room Heather Williams 7:30am - 8:15am	Yoga Aerobics Room Sara/Cathy 7:30am - 8:15am
8:30am	Pilates Aerobics Room Heather Sommers 8:30am - 9:15am	Warrior Cross Train Gymnasium Rachel Hansen 8:30am - 9:15am	Barre Aerobics Room Rachel Hansen 8:30am - 9:15am	Warrior Cross Train Gymnasium Rachel Hansen 8:30am - 9:15am	ICE Aerobics Room Mary Terwelp 8:30am - 9:15am	Boxing Conditioning BFit Room Mary Terwelp 8:15am - 9:00am
	WalkFIT Outdoors Mary Terwelp 8:30am - 9:15am	Get Fit Aerobics Room Lisa Warner 8:45am - 9:30am		Get Fit Aerobics Room Lisa Warner 8:45am - 9:30am	Suspension Multipurpose Room Heather Williams 8:30am - 9:15am	Power Cycling Cycling Room Robin Carlson 8:30am-9:30am
9:30am	Circuits Aerobics Room Kirkland 9:30am-10:15am		Cycling Cycling Room Judy Obert 9:30am - 10:15am			
10:30am			Vinyasa Flow Yoga Aerobics Room Emely Rose 10:30am-11:15am		Vinyasa Flow Yoga Multipurpose Room Emely Rose 10:30am-11:15am	Kids Karate Aerobics Room Gabriel Forresster 10:00am - 11:00am
					Fit to Fight Aerobics Room Cathy Schluckebier 10:30am-12:00pm	
12:15pm	Suspension & Row Fusion Multi-Purpose Room Beth Hilbing 12:15pm - 1:00pm	Yoga Aerobics Room Cathy Schluckebier 12:15pm - 12:45pm	PiYo Aerobics Room Beth Hilbing 12:15pm - 1:00pm	Insanity Aerobics Room Beth Hilbing 12:15pm - 1:00pm	Yoga Aerobics Room Cathy Schluckebier 12:15pm - 12:45pm	
	Fit to Fight Aerobics Room Cathy Schluckebier 12:00pm - 1:30pm	Tabata Multipurpose Room Beth Hilbing 12:15pm - 12:45pm				
					Group Fitness classes are drop in classes unless shaded in gray. Classes shaded in gray are fee based where registration is required.	
			Kettlebell Pump Aerobics Room Keagan Paul 4:00pm-4:30pm			
4:30pm		RowFit Multipurpose Room Jen Oitker 4:30pm - 5:15pm		BOSU Aerobics Room Jen Oitker 4:30pm - 5:15pm		
5:15pm	Boot Camp Offsite Kent Kreinberg 5:15-6:15		Muscle Tone Aerobics Room Jen Oitker 5:00pm - 5:30pm			
			Boot Camp Offsite Kent Kreinberg 5:15-6:15			
5:30pm	HIIT Aerobics Room Lisa Warner 5:30pm-6:15pm	Yoga Aerobics Room Cathy Schluckebier 5:30pm - 6:15pm	Cardio Circuts Aerobics Room Jen Oitker 5:30pm - 6:00pm	Yoga Aerobics Room Kelle Bunch 5:30pm - 6:15pm		
	Halyard '44 Boxing Club BFit Room 6:00pm-7:30pm	Power Cycling Cycling Room Robin Carlson 5:30pm - 6:15pm	Halyard '44 Boxing Club BFit Room 6:00pm-7:30pm	Power Cycling Cycling Room Robin Carlson 5:30pm - 6:15pm		
6:30pm		Halyard '44 Boxing Club BFit Room 6:00pm-7:30pm		Halyard '44 Boxing Club BFit Room 6:00pm-7:30pm		

Class participants are encouraged to wear socks and athletic shoes and bring water bottle and a towel.

*Shaded classes have an additional fee



Class Descriptions

Barre – A revolution that blends the best of ballet, strength, yoga and Pilates. A total body workout designed around the ballet bar that lifts your seat, tones your thighs, abs and arms.

BOSU Pump - Here is your chance to learn how to use that 1/2 ball on a platform that you have always wondered about. Try this new class for a great full body strengthening workout along with some great cardio moves.

Boxing Conditioning - This class combines the fundamentals of boxing along with cardio work which is essential for a boxing program. Participants will learn proper punches and footwork, utilizing the heavy bag, speed bag and double end bag.

Cardio Circuits – A 45 minute class designed to get your heart rate up and increase endurance. Instructors will take you through a variety of cardio based circuits. Be ready for anything and be ready to sweat!

Circuits – A high intensity, electrifying workout combining resistance training and aerobics. This class employs various circuits to not only keep participants interested, but also to provide a total body workout.

Cycling – A cycling class for all levels with the ability to tailor the workout to meet your needs and your experience level.

Dirty Thirty - 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 30 or 50 sec full-on rounds and 10 sec of rest hitting muscles, cardio or combination of both.

Fit to Fight: Class designed for individuals diagnosed with Parkinson's Disease.

Get Fit - Ideal for someone just starting an exercise program. Low impact exercises and muscle conditioning.

Halvard '44 Boxing Club – Come train with some amazing boxing instructors! You will learn everything from the basics of boxing to advanced combinations, proper stance, how to defend yourself and so much more. Ages 12 and up.

High Intensity Interval Training (HIIT) – a full-body, heart-pumping workout. Combine strength and endurance training with high-intensity cardio bursts. Set to energizing and motivational music. Modifications for all fitness levels.

ICE (Intermediate Circuit Extreme) - A fun workout for all fitness levels but geared to the intermediate individual. Lower impact exercise that still gets the heart pumping and makes the muscles burn. Enjoy a wide variety in this class with different themed workouts.

Insanity – Challenging, group-focused athletic training, cardio conditioning, and total-body strength drills designed for people of all levels. Moves are easy to follow, but the workout WILL challenge you, change you, and get you in the best shape of your life.

Kettlebell Pump – Looking for a quick, 30 minute workout that will leave you sweating? This is the one! This class is both cardio and strength based, using kettlebells to challenge your muscles. Great all over body workout that emphasizes core strength and functional movement.

Kids Karate – The Quincy YMCA offers a traditional Japanese Karate program that teaches blocks, punches, kicks and stances. This class includes strong discipline, values and fun!

Muscle Tone – Muscular strength and endurance exercises for total body conditioning, great for all levels. Hand weights, body bars, bands, and balls are used for this workout.

Pilates - Pilates is 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. 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.

Power Cycling - This class is a full 60 minutes of indoor cycling focused on power and strength on the bike.

RowFIT - Mix up your cardio with this new 30 minute class. You will work through a circuit of exercises on and off the rower that will get the heart rate pumping and the body moving.

Step – Prior step experience recommended. Cardiovascular workout using the step and a variety of equipment for muscle conditioning followed abdominal workout and cool down.

Suspension – This class offers a new form of exercise for people of all abilities; harness your own bodyweight to create resistance as you train. Develop strength, balance, flexibility and joint stability simultaneously.

Suspension and Row Fusion – Want an intense workout? This class will utilize suspension trainers, rowers and other equipment. It will fire up your core and give you an incredible fat and calorie burning workout..

Tabata – 20 seconds of work, 10 seconds of rest for 8 rounds, class will incorporate bodyweight strength and cardio moves as well as resistance training moves. Class is a high intensity workout and designed for any ability level.

Tabata Boot Camp – A high intensity interval training designed to get your heart rate up in a short amount of time. We will focus on body weight resistance with the option of using free weights & various other modes of resistance toning and conditioning muscles.

Vinyasa Flow Yoga – This is an intermediate level class. Building strength, flexibility and balance by flowing breath and movement together. Focusing on skills to advance your practice! Taught by Emely Rose.

WalkFIT – A 45 minute class that will keep you moving but with no running required. Join this group to get some steps in for the day.

Warrior Cross Train – Find your inner warrior in this intense boot camp style class is designed to get your heart rate up, increase strength and endurance. Be ready to run and sweat. Class is held outside when weather permits.

Yoga - All classes are variations of Ashtanga Yoga classes that differ per instructor.