



Quincy Family YMCA Group Fitness Schedule December 1 - 31, 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 Multi-Purpose Room Heather Sommers 8:30am - 9:15am | Warrior Cross Train Gymnasium Megan Costigan 8:30am - 9:15am | Barre Aerobics Room Meghan Medsker 8:30am - 9:15am | Warrior Cross Train Gymnasium Megan Costigan 8:30am - 9:15am | ICE Aerobics Room Mary Terwelp 8:30am - 9:15am | Boxing Conditioning BFit Room Riley Giesing 8:15am - 9:00am |
| | Muscle Madness Aerobics Room 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 | | 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 | | | Karate Aerobics Room Gabbriel Forrester 9:00am-10:30am |
| 10:30am | | | Vinyasa Flow Yoga Aerobics Room Emely Rose 10:30am-11:15am | | Vinyasa Flow Yoga Multipurpose Room Emely Rose 10:30am-11:15am | |
| | | | | | 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 | Tabata Aerobics Room Beth Hilbing 12:15pm - 12:45pm | Yoga Aerobics Room Cathy Schluckebier 12:15pm - 12:45pm | |
| | Fit to Fight Aerobics Room Cathy Schluckebier 12:00pm - 1:30pm | Insanity Multipurpose Room Beth Hilbing 12:15pm - 1:00pm | | | | |
| 4:00pm | PiYo Aerobics Room Brenna Zanger 4:00pm-4:45pm | Pump Aerobics Room Johanna Voss 4:00pm-4:30pm | | | <p>Group Fitness classes are drop in classes unless shaded in gray. Classes shaded in gray are fee based where registration is required.</p> <p>Class participants are encouraged to wear socks and athletic shoes and bring water bottle and a towel.</p> <p>*Shaded classes have an additional fee</p> | |
| 4:30pm | | | RowFit Multipurpose Room Jen Oitker 4:30pm - 5:15pm | | | |
| 5:00pm | Muscle Tone Aerobics Room Jen Oitker 5:00pm - 5:30pm | | | | | |
| 5:30pm | Cardio Circuts Aerobics Room Jen Oitker 5:30pm - 6:00pm | Yoga Aerobics Room Cathy Schluckebier 5:30pm - 6:15pm | HIIT Aerobics Room Lisa Warner 5:30pm-6:15pm | Yoga Aerobics Room Kelle Bunch 5:30pm - 6:15pm | | |
| 6:00pm | 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 | | |
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Class Descriptions

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

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.

Dirty Thirty - The Dirty 30 is 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 to Fight: Fit to Fight improves the quality of life for people battling Parkinson's disease through non-contact, boxing-inspired fitness training.

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

Halyard '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 new 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.

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!

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.

Muscle Madness– A total body workout that focuses on the small and large muscle group. It uses various equipment to increase strength and your metabolism, so come on...join the 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 high energy class incorporating sprints, hills and flat rides to focus on power and strength on the bike.

Pump - A 30 minute workout focusing on strength training and building lean muscle.

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 and Row Fusion – This class offers a new form of exercise for people of all abilities; harness your own bodyweight to create resistance as you train. The Jungle GymXT Suspension Trainers allow you to leverage your own bodyweight and gravity to develop strength, balance, flexibility, and joint stability simultaneously. This class also incorporates the water rowers for a calorie blasting, intense 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.

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.

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

Warrior Cross Train – Find your inner warrior in this intense workout that incorporates strength and cardio combined. Be ready to run and sweat. Class is held outside when weather permits.