

GROUP EXERCISE SCHEDULE

JULY 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 am CORE FIT w/Dianna 10:00 am SILVERSNEAKERS CHAIR YOGA w/Dianna	2 9:00 am STRONG YOU w/Jane 10:00 am SILVERSNEAKERS CLASSIC w/Jane	3 9:00 am CORE FIT w/Dianna 10:00 am SILVERSNEAKERS CHAIR YOGA w/Dianna 2:15 pm SILVERSNEAKERS CLASSIC LITE w/Dianna 5:30 pm KICKBOXING FUSION w/Mary	4 HAPPY 4TH OF JULY	5 NO CLASSES
8 9:00 am CORE FIT w/Dianna 10:00 am SILVERSNEAKERS CHAIR YOGA w/Dianna	9 9:00 am STRONG YOU w/Jane 10:00 am SILVERSNEAKERS CLASSIC w/Dianna	10 9:00 am CORE FIT w/Dianna 10:00 am SILVERSNEAKERS CHAIR YOGA w/Dianna 2:15 pm SILVERSNEAKERS CLASSIC LITE w/Dianna 5:30 pm KICKBOXING FUSION w/Mary	11 NO CLASSES	12 9:00 am WALK & TALK w/Dianna 10:00 am FULL BODY STRETCH w/Dianna
15 NO CLASSES	16 9:00 am STRONG YOU w/Jane 10:00 am SILVERSNEAKERS CLASSIC w/Jane	17 5:30 pm KICKBOXING FUSION w/Mary	18 9:00 am STRONG YOU w/Jane 10:00 am SILVERSNEAKERS CLASSIC w/Jane	19 NO CLASSES
22 9:00 am CORE FIT w/Dianna 10:00 am SILVERSNEAKERS CHAIR YOGA w/Dianna	23 9:00 am STRONG YOU w/Jane 10:00 am SILVERSNEAKERS CLASSIC w/Dianna	24 9:00 am CORE FIT w/Dianna 10:00 am SILVERSNEAKERS CHAIR YOGA w/Dianna 2:15 pm SILVERSNEAKERS CLASSIC LITE w/Dianna 5:30 pm KICKBOXING FUSION w/Mary	25 9:00 am STRONG YOU w/Jane 10:00 am SILVERSNEAKERS CLASSIC w/Dianna	26 9:00 am WALK & TALK w/Dianna 10:00 am FULL BODY STRETCH w/Dianna
29 9:00 am CORE FIT w/Dianna 10:00 am SILVERSNEAKERS CHAIR YOGA w/Dianna	30 9:00 am STRONG YOU w/Jane 10:00 am SILVERSNEAKERS CLASSIC w/Dianna	31 9:00 am CORE FIT w/Dianna 10:00 am SILVERSNEAKERS CHAIR YOGA w/Dianna 2:15 pm SILVERSNEAKERS CLASSIC LITE w/Dianna 5:30 pm KICKBOXING FUSION w/Mary		

GROUP EXERCISE CLASS DESCRIPTIONS

At the Y, we offer group exercise classes for all ages, all levels and all interests. We trust you'll find a group class that's fun, supportive and keeps you moving. Below is a detailed listing of our current offerings. Yoga participants are required to bring their own yoga mat.

CORE FIT (30-minute class)

This 30-minute class features controlled abdominal and back exercises designed to create and define a strong core. Positive coaching will help you achieve improved posture and self-confidence.

FULL BODY STRETCH (45-minute class)

Regular stretching compliments any workout routine, helps to relieve stress in the body, and improve well-being. Benefits of stretching include more flexibility, increased mobility, and improved muscle tone. Join us in a guided, slow paced, on the mat stretch that includes gentle to advanced stretching options with a yoga emphasis. Bring your own mat and a small blanket.

KICKBOXING FUSION (45-minute class)

A mix-up of Kickboxing and HIIT (high intensity interval training). Learn the basic kicks and punches to create boxing combinations for a high energy burn. Simple boxing bags are provided to build your kickboxing skills. Short bursts of HIIT intervals may include strength, resistance, core, or plyometric drills to build stamina and fuse this cardio blast workout.

SILVERSNEAKERS CHAIR YOGA (45-minute class)

Move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.

SILVERSNEAKERS CLASSIC & CLASSIC LITE (45-minute class)

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing/seated circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobics choreography. A chair is used for standing/seated support, stretching and relaxation exercises.

STRONG YOU (45-minute class)

This workout includes seated and standing exercises using a variety of handheld equipment. Strong You can help increase muscle strength, bone density, and improve motor skills. Recommended for active older adults.

WALK & TALK (30-minute class)

This is an instructor-led social class that keeps you on the move. The instructor will choose health-related topics to spark conversation within the class, and then pair the discussion with a low-impact and low-intensity walking workout.

GROUP EXERCISE CLASS RESERVATIONS

Max Capacity Per Class = 10

Reservations are recommended to guarantee your spot in class. Reserve your spot up to one week in advance of class.

Download our mobile app. Search: "Marshfield YMCA" available on the app store or google play. Select "Find a Class" from the home screen to access our reservation page.

CLASS CANCELLATION POLICY

Classes will be cancelled in the event of severe weather warnings or if fewer than 3 participants register. Cancellation notifications will be sent through the Mobile App.