

GROUP EXERCISE SCHEDULE

DECEMBER 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p> <p>9:00 am CORE FIT w/Dianna 10:00 am SILVERSNEAKERS CHAIR YOGA w/Dianna 2:30 pm SILVERSNEAKERS ENERCHI w/Leyla</p>	<p>3</p> <p>9:00 am STRONG YOU w/Jane 10:00 am SILVERSNEAKERS CLASSIC w/Dianna</p>	<p>4</p> <p>9:00 am CORE FIT w/Dianna 10:00 am FULL BODY STRETCH w/Dianna 2:15 pm SILVERSNEAKERS CLASSIC LITE w/Dianna</p>	<p>5</p> <p>9:00 am STRONG YOU w/Jane 10:00 am SILVERSNEAKERS CLASSIC w/Dianna 2:30 pm SILVERSNEAKERS ENERCHI w/Leyla</p>	<p>6</p> <p>10:00 am BALANCE & AGILITY w/Dianna</p>	<p>7</p> <p>9:30 am YOGA THERAPY w/Leyla</p>
<p>9</p> <p>9:00 am CORE FIT w/Dianna 10:00 am SILVERSNEAKERS CHAIR YOGA w/Dianna 2:30 pm Rescheduled 12/10</p>	<p>10</p> <p>9:00 am STRONG YOU w/Jane 10:00 am SILVERSNEAKERS CLASSIC w/Dianna 2:30 pm SILVERSNEAKERS ENERCHI w/Leyla</p>	<p>11</p> <p>9:00 am CORE FIT w/Dianna 10:00 am FULL BODY STRETCH w/Dianna 2:15 pm SILVERSNEAKERS CLASSIC LITE w/Dianna</p>	<p>12</p> <p>9:00 am STRONG YOU w/Jane 10:00 am SILVERSNEAKERS CLASSIC w/Dianna 2:30 pm SILVERSNEAKERS ENERCHI w/Leyla</p>	<p>13</p> <p>10:00 am BALANCE & AGILITY w/Dianna</p>	<p>14</p> <p>9:30 am YOGA THERAPY w/Leyla</p>
<p>16</p> <p>9:00 am CORE FIT w/Dianna 10:00 am SILVERSNEAKERS CHAIR YOGA w/Dianna 2:30 pm SILVERSNEAKERS ENERCHI w/Leyla</p>	<p>17</p> <p>9:00 am STRONG YOU w/Jane 10:00 am SILVERSNEAKERS CLASSIC w/Dianna</p>	<p>18</p> <p>9:00 am CORE FIT w/Dianna 10:00 am FULL BODY STRETCH w/Dianna 2:15 pm SILVERSNEAKERS CLASSIC LITE w/Dianna</p>	<p>19</p> <p>9:00 am STRONG YOU w/Jane 10:00 am SILVERSNEAKERS CLASSIC w/Jane 2:30 pm SILVERSNEAKERS ENERCHI w/Leyla</p>	<p>20</p> <p>10:00 am BALANCE & AGILITY w/Dianna</p>	<p>21</p> <p>9:30 am YOGA THERAPY w/Leyla</p>
<p>23</p> <p>9:00 am CORE FIT w/Dianna 10:00 am SILVERSNEAKERS CHAIR YOGA w/Dianna 2:30 pm SILVERSNEAKERS ENERCHI w/Leyla</p>	<p>24</p> <p>NO CLASSES</p>	<p>25</p> <p>NO CLASSES</p> <p>MERRY CHRISTMAS</p>	<p>26</p> <p>9:00 am STRONG YOU w/Dianna 10:00 am SILVERSNEAKERS CLASSIC w/Dianna</p>	<p>27</p> <p>NO CLASSES</p>	<p>28</p> <p>NO CLASSES</p>
<p>30</p> <p>9:00 am CORE FIT w/Dianna 10:00 am SILVERSNEAKERS CHAIR YOGA w/Dianna</p>	<p>31</p> <p>9:00 am STRONG YOU w/Dianna 10:00 am SILVERSNEAKERS CLASSIC w/Dianna</p>				

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. Bring a mat and small blanket.

SILVERSNEAKERS ENERCHI (75-minute class)

This is a seated and standing class offering joint gymnastics and TaiChi movements in a warming and flowing sequence to progress strength, balance, and focus. Tai Chi exercise also improves stamina with repetitive motion. Tai Chi is a lifetime exercise supporting aging well.

SILVERSNEAKERS CHAIR YOGA (45-minute class)

This class involves moving 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 (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.

SILVERSNEAKERS CLASSIC LITE (45-minute class)

SilverSneakers Classic Lite is less intense than SilverSneakers Classic and modified depending on fitness levels. 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.

BALANCE & AGILITY (45-minute class)

This is a fun and interactive social class to work on better balance and agility. Class may include group and partner activities to keep you moving and talking. Exercises will focus on decreasing the risk of falls and improving lower body strength and agility. All fitness levels welcome.

YOGA THERAPY (75-minute class)

Yoga Therapy is a unique and relaxing practice that stretches different areas of the body and strengthens the spine to help release pain. This class is calming and soothes the body using Hatha yoga postures, breathing exercises, and meditation to improve both mental and physical well-being. Bring a mat and small blanket.

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