

GROUP EXERCISE SCHEDULE

DECEMBER 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:30 am CORE FIT w/Ali 9:30 am TAI CHI w/Leyla 11:00 am CHAIR YOGA w/Dianna 4:00 pm FLEX-N-FLOW w/Ali	2 9:00 am STRONG YOU w/Jane 9:30 am WALK & TALK w/Leyla (Clinic Rm) 10:00 am SS CLASSIC w/Dianna 4:00 pm CARDIO LISS w/Ali	3 8:30 am CORE FIT w/Ali 9:30 am TAI CHI w/Leyla 11:00 am FLEX-N-FLOW w/Ali 2:15 pm SS CLASSIC w/Dianna	4 9:00 am STRONG YOU w/Jane 9:30 am WALK & TALK w/Leyla (Clinic Rm) 10:00 am SS CLASSIC w/Jane 4:00 pm CARDIO LISS w/Ali	5 8:30 am CORE FIT w/Ali 9:30 am AOA YOGA w/Leyla 11:00 am BALANCE & AGILITY w/Dianna
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29 8:30 am CORE FIT w/Ali 9:30 am TAI CHI w/Leyla 11:00 am CHAIR YOGA w/Dianna (Clinic Rm) 4:00 pm FLEX-N-FLOW w/Ali	30 9:00 am STRONG YOU w/Jane 9:30 am WALK & TALK w/Leyla (Clinic Rm) 10:00 am SS CLASSIC w/Dianna 4:00 pm CARDIO LISS w/Ali	31  NEW YEAR'S EVE NO CLASSES	NEW! Classes in (Clinic Rm) are located in the MCHS Board Room down the hall, last room on the left. Always check-in with FOB at the Y first!	

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. We recommend to bring a mat, towel, and water bottle.

AOA YOGA (60-minute class)

Welcome to a yoga practice for active older adults. This class will offer the slower and centering Hatha yoga style and then wind down with yoga therapy to strengthen and stretch the spine. Anyone can benefit from this mind, body, and breath connecting class. Bring a mat and small blanket.

BALANCE & AGILITY (45-minute class)

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

CARDIO LISS (60-minute class)

Low-Intensity Steady-State (LISS) cardio is a simple and effective way to build stamina and improve heart health with a walking, stepping, and dance moves. Get energized with this low-impact cardio workout.

CHAIR YOGA (45-minute class)

This class involves moving through seated and standing yoga poses. Chair support is offered so you can perform a variety of 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.

CORE FIT (45-minute class)

This class features a variety of abdominal, back, and total body exercises designed to create and define a strong core. Positive coaching will help you achieve improved posture and self-confidence. Bands, weights, and swiss balls may be used in some classes. Bring a mat.

FLEX-N-FLOW (60-minute class)

Flex-n-Flow is a blend of static and dynamic stretches to enhance your range of motion, boost mobility and cultivate body awareness. Designed for all fitness levels, this class focuses on safe and effective stretching techniques combined with mindful movements. Bring a mat and small blanket.

SILVERSNEAKERS CLASSIC (45-minute class)

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing/seated circuit workout. Strength work with hand-held weights, bands, and a fitness 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 strength and cardio intervals. Strong You can help increase muscle strength, bone density, and improve motor skills. Recommended for active older adults.

TAI CHI (75-minute class)

This class offers joint gymnastics and movements in a warming and flowing sequence to progress strength, balance, and focus. Tai Chi exercise improves stamina with repetitive motion and supports aging well. Class ends with stretches and a period of rest. Bring a mat.

WALK & TALK (60-minute class)

This is a social class that keeps you on the move. The instructor will choose health and wellness related topics to get the class talking and then pair conversation with low-intensity activity or a low-impact walk-in-place workout.

GROUP EXERCISE CLASS RESERVATIONS

**Max Capacity Per Class
= 10 persons**

Online 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.