

GROUP EXERCISE SCHEDULE

APRIL 2025



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|---|--|-----------|
| | 1 9:00 am STRONG YOU w/Dianna 10:00 am SILVERSNEAKERS CLASSIC w/Dianna 2:45 pm TAI CHI w/Leyla | 2 9:00 am CORE FIT w/Dianna 10:00 am FULL BODY STRETCH w/Dianna 2:15 pm SILVERSNEAKERS CLASSIC w/Dianna | 3 9:00 am STRONG YOU w/Jane 10:00 am SILVERSNEAKERS CLASSIC w/Jane 2:45 pm TAI CHI w/Leyla | 4 8:30 am CORE FIT BALL w/Dianna 10:00 am BALANCE & AGILITY w/Dianna 2:45 pm QIGONG w/Leyla | 5 |
| 7 9:00 am CORE FIT w/Dianna 10:00 am CHAIR YOGA w/Dianna | 8 9:00 am STRONG YOU w/Dianna 10:00 am SILVERSNEAKERS CLASSIC w/Dianna 2:45 pm TAI CHI w/Leyla | 9 9:00 am CORE FIT w/Dianna 10:00 am FULL BODY STRETCH w/Dianna 2:15 pm SILVERSNEAKERS CLASSIC w/Dianna | 10 9:00 am STRONG YOU w/Jane 10:00 am SILVERSNEAKERS CLASSIC w/Dianna 2:45 pm TAI CHI w/Leyla | 11 8:30 am CORE FIT BALL w/Dianna 10:00 am BALANCE & AGILITY w/Dianna 2:45 pm QIGONG w/Leyla | 12 |
| 14 9:00 am CORE FIT w/Dianna 10:00 am CHAIR YOGA w/Dianna | 15 9:00 am STRONG YOU w/Jane 10:00 am SILVERSNEAKERS CLASSIC w/Dianna 2:45 pm TAI CHI w/Leyla | 16 9:00 am CORE FIT w/Dianna 10:00 am FULL BODY STRETCH w/Dianna 2:15 pm SILVERSNEAKERS CLASSIC w/Dianna | 17 9:00 am STRONG YOU w/Jane 10:00 am SILVERSNEAKERS CLASSIC w/Jane 2:45 pm TAI CHI w/Leyla | 18 8:30 am CORE FIT BALL w/Dianna 10:00 am BALANCE & AGILITY w/Dianna 2:45 pm QIGONG w/Leyla | 19 |
| 21 9:00 am CORE FIT w/Dianna 10:00 am CHAIR YOGA w/Dianna | 22 9:00 am STRONG YOU w/Jane 10:00 am SILVERSNEAKERS CLASSIC w/Dianna 2:45 pm TAI CHI w/Leyla | 23 9:00 am CORE FIT w/Dianna 10:00 am FULL BODY STRETCH w/Dianna 2:15 pm SILVERSNEAKERS CLASSIC w/Dianna | 24 9:00 am STRONG YOU w/Dianna 10:00 am SILVERSNEAKERS CLASSIC w/Dianna 2:45 pm TAI CHI w/Leyla | 25 8:30 am CORE FIT BALL w/Dianna 10:00 am BALANCE & AGILITY w/Dianna 2:45 pm QIGONG w/Leyla | 26 |
| 28 9:00 am CORE FIT w/Dianna 10:00 am CHAIR YOGA w/Dianna | 29 9:00 am STRONG YOU w/Jane 10:00 am SILVERSNEAKERS CLASSIC w/Dianna 2:45 pm TAI CHI w/Leyla | 30 9:00 am CORE FIT w/Dianna 10:00 am FULL BODY STRETCH w/Dianna 2:15 pm SILVERSNEAKERS CLASSIC w/Dianna | | | |

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.

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.

CHAIR YOGA (45-minute class)

Chair Yoga includes all the benefits of a flowing yoga class such as mindfulness and flexibility, but is a gentle style of yoga that is done using a chair and other props. This class does not go down to the 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. BALL = all exercises will use a Swiss Ball.

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 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 aerobic choreography. A chair is used for standing/seated support, stretching, and relaxation exercises.

STRONG YOU (45-minute class)

This cardio and strength 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.

TAI CHI (60-minute class + optional 15-minute stretch)

This class is a beginners practice to Tai Chi and mixed martial arts exercise. Special physical movements and breathing exercises are practiced in a warming and flowing sequence to progress strength, balance, and focus. Tai Chi exercise also improves stamina with repetitive motion and promotes aging well. The class finishes with an optional 15-minute stretch.

QIGONG (60-minute class)

Qigong is a gentle mixed martial art exercise workout that optimizes energy channels within the body, mind, and spirit. The class goal is improving and maintaining health and well-being. It has both physical and psychological components that work together to help with regulation of the mind, body, and breath through movement and pos-

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.

CANCELLATION POLICY

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