

## GROUP EXERCISE SCHEDULE

JULY 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 9:00 am STRONG YOU w/Jane 10:00 am SILVERSNEAKERS CLASSIC w/Dianna	<b>2</b> 8:30 am CORE FIT w/Ali 10:00 am FULL BODY STRETCH w/Ali 2:15 pm SILVERSNEAKERS CLASSIC w/Dianna	<b>3</b> 9:00 am STRONG YOU w/Jane 10:00 am SILVERSNEAKERS CLASSIC w/Jane	<b>4</b> NO CLASSES HAPPY INDEPENDENCE DAY!
<b>7</b> 8:30 am CORE FIT w/Ali 10:00 am CHAIR YOGA w/Ali	<b>8</b> 9:00 am STRONG YOU w/Jane 10:00 am SILVERSNEAKERS CLASSIC w/Dianna	<b>9</b> 8:30 am CORE FIT w/Ali 10:00 am FULL BODY STRETCH w/Ali 2:15 pm SILVERSNEAKERS CLASSIC w/Dianna	<b>10</b> 9:00 am STRONG YOU w/Jane 10:00 am SILVERSNEAKERS CLASSIC w/Dianna	<b>11</b> 8:30 am CORE FIT w/Ali
<b>14</b> 8:30 am CORE FIT w/Ali 10:00 am CHAIR YOGA w/Ali	<b>15</b> 9:00 am STRONG YOU w/Jane 10:00 am SILVERSNEAKERS CLASSIC w/Jane	<b>16</b> 8:30 am CORE FIT w/Ali 10:00 am FULL BODY STRETCH w/Ali 2:15 pm CANCELLED	<b>17</b> 9:00 am STRONG YOU w/Jane 10:00 am SILVERSNEAKERS CLASSIC w/Jane	<b>18</b> 8:30 am CORE FIT w/Ali
<b>21</b> 8:30 am CORE FIT w/Ali 10:00 am CHAIR YOGA w/Ali	<b>22</b> 9:00 am STRONG YOU w/Jane 10:00 am SILVERSNEAKERS CLASSIC w/Dianna	<b>23</b> 8:30 am CORE FIT w/Ali 10:00 am FULL BODY STRETCH w/Ali 2:15 pm SILVERSNEAKERS CLASSIC w/Dianna	<b>24</b> 9:00 am STRONG YOU w/Jane 10:00 am SILVERSNEAKERS CLASSIC w/Jane	<b>25</b> 8:30 am CORE FIT w/Ali
<b>28</b> 8:30 am CORE FIT w/Ali 10:00 am CHAIR YOGA w/Ali	<b>29</b> 9:00 am STRONG YOU w/Jane 10:00 am SILVERSNEAKERS CLASSIC w/Dianna	<b>30</b> 8:30 am CORE FIT w/Ali 10:00 am FULL BODY STRETCH w/Ali 2:15 pm SILVERSNEAKERS CLASSIC w/Dianna	<b>31</b> 9:00 am STRONG YOU w/Jane 10:00 am 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.

## **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 (45-minute class)**

This class features controlled abdominal and back exercises designed to create and define a strong core. Both standing and on the mat core moves will be performed, weights may be used. Positive coaching will help you achieve improved posture and self-confidence.

## **FULL BODY STRETCH (50-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.

## **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.