

GROUP EXERCISE SCHEDULE

SEPTEMBER 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 LABOR DAY NO CLASSES	2 8:15 am STABILITY BALL w/Ali 9:00 am STRONG YOU w/Jane 9:30 am MOTION THERAPY w/Leyla (Clinic Rm) 10:00 am SS CLASSIC w/Dianna	3 8:30 am CORE FIT w/Ali 9:30 am TAI CHI w/Leyla 10:00 am FULL BODY STRETCH w/Ali (Clinic Rm) 2:15 pm SS CLASSIC w/Dianna	4 8:15 am STABILITY BALL w/Ali 9:00 am STRONG YOU w/Jane 9:30 am MOTION THERAPY w/Leyla (Clinic Rm) 10:00 am SS CLASSIC w/Jane	5 8:30 am CORE FIT w/Ali 9:30 am QIGONG w/Leyla 11:00 am BALANCE & AGILITY w/Dianna
8 8:30 am CORE FIT w/Ali 9:30 am TAI CHI w/Leyla 9:30 am CHAIR YOGA w/Ali (Clinic Rm)	9 8:15 am STABILITY BALL w/Ali 9:00 am STRONG YOU w/Jane 9:30 am MOTION THERAPY w/Leyla (Clinic Rm) 10:00 am SS CLASSIC w/Dianna 4:00 pm CARDIO LISS w/Ali	10 8:30 am CORE FIT w/Ali 9:30 am TAI CHI w/Leyla 10:00 am FULL BODY STRETCH w/Ali (Clinic Rm) 2:15 pm CANCELLED	11 8:15 am STABILITY BALL w/Ali 9:00 am STRONG YOU w/Jane 9:30 am MOTION THERAPY w/Leyla (Clinic Rm) 10:00 am SS CLASSIC w/Jane 4:00 pm CARDIO LISS w/Ali	12 8:30 am CORE FIT w/Ali 9:30 am QIGONG w/Leyla 11:00 am CANCELLED
15 8:30 am CORE FIT w/Ali 9:30 am TAI CHI w/Leyla 9:30 am CHAIR YOGA w/Ali (Clinic Rm)	16 8:15 am STABILITY BALL w/Ali 9:00 am STRONG YOU w/Jane 9:30 am MOTION THERAPY w/Leyla (Clinic Rm) 10:00 am SS CLASSIC w/Dianna 4:00 pm CARDIO LISS w/Ali	17 8:30 am CORE FIT w/Ali 9:30 am TAI CHI w/Leyla 10:00 am FULL BODY STRETCH w/Ali (Clinic Rm) 2:15 pm SS CLASSIC w/Dianna	18 8:15 am STABILITY BALL w/Ali 9:00 am STRONG YOU w/Jane 9:30 am MOTION THERAPY w/Leyla (Clinic Rm) 10:00 am SS CLASSIC w/Jane 4:00 pm CARDIO LISS w/Ali	19 8:30 am CORE FIT w/Ali 9:30 am QIGONG w/Leyla 11:00 am BALANCE & AGILITY w/Dianna
22 8:30 am CORE FIT w/Ali 9:30 am TAI CHI w/Leyla 9:30 am CHAIR YOGA w/Ali (Clinic Rm)	23 8:15 am STABILITY BALL w/Ali 9:00 am STRONG YOU w/Jane 9:30 am MOTION THERAPY w/Leyla (Clinic Rm) 10:00 am SS CLASSIC w/Dianna 4:00 pm CARDIO LISS w/Ali	24 8:30 am CORE FIT w/Ali 9:30 am TAI CHI w/Leyla 10:00 am FULL BODY STRETCH w/Ali (Clinic Rm) 2:15 pm SS CLASSIC w/Dianna	25 8:15 am STABILITY BALL w/Ali 9:00 am STRONG YOU w/Jane 9:30 am MOTION THERAPY w/Leyla (Clinic Rm) 10:00 am SS CLASSIC w/Jane 4:00 pm CARDIO LISS w/Ali	26 8:30 am CORE FIT w/Ali 9:30 am QIGONG w/Leyla 11:00 am BALANCE & AGILITY w/Dianna
29 8:30 am CORE FIT w/Ali 9:30 am TAI CHI w/Leyla 9:30 am CHAIR YOGA w/Ali (Clinic Rm)	30 8:15 am STABILITY BALL w/Ali 9:00 am STRONG YOU w/Jane 9:30 am MOTION THERAPY w/Leyla (Clinic Rm) 10:00 am SS CLASSIC w/Dianna 4:00 pm CARDIO LISS w/Ali		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. Yoga participants are required to bring their own yoga mat.

A MORE CONFIDENT YOU (60-minute seminar)

See separate topic guide and schedule.

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 (45-minute class)

Looking for an energizing, yet low impact cardio workout? 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 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.

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. Bring a mat and small blanket.

MOTION THERAPY (75-minute class)

Motion 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 restorative stretching postures, breathing exercises, and meditation to improve both mental and physical well-being. Bring a mat and small blanket.

QIGONG (45-minute class)

Qigong is a gentle mixed martial art exercise that optimizes energy channels. It has both physical and psychological components that work together to help with regulation of the mind, body, and breath through repetitive movements for improved health and well-being.

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 fitness ball is alternated with low-impact aerobics choreography. A chair is used for standing/seated support, stretching and relaxation exercises.

STABILITY BALL (30-minute class)

This dynamic ball workout will enhance your balance, core strength, and overall fitness. Using a ball requires constant body awareness and counter balance during your workout improving coordination. This class will include a variety of core, resistance, and strength training 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 is a seated and standing class offering joint gymnastics and 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.

GROUP EXERCISE CLASS RESERVATIONS

**Max Capacity Per Class
= 10**

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.