

GROUP EXERCISE

At the Y, we offer a wide variety of your favorite group exercise classes **FREE** with membership for all fitness levels and all interests. From low impact exercise to high intensity interval training classes, to indoor cycling and yoga, you'll find a group class that's fun, supportive and keeps you moving.

This brochure includes detailed descriptions of our current offerings. A complete group exercise schedule can be found at the YMCA Welcome Center, online at mfldymca.org or on our mobile app.

Please note that AOA stands for Active Older Adults, but anyone at any age can participate in those classes.

CARDIO

30/30

30 minutes of low impact exercise, followed by light strength training and stretching for 30 minutes. Participants are required to bring their own yoga mat.

CHAIR ZUMBA

Enjoy a modified Zumba experience with reduced intensity, incorporating a chair for added support. This choreography promotes balance, enhances range of motion, and boosts coordination.

CYCLING

Indoor group cycling class that simulates outdoor riding and sprinting, hill climbing and other techniques.

CYCLING EXPRESS

An indoor 30-minute group cycling class that simulates outdoor riding with sprints, hill climbing and other endurance-building techniques. Class may also include core work.

ZUMBA

This cardio-Latin fusion class features aerobic interval training to maximize fat burning and total body toning, all to incredible music with moves that are easy to learn.

ZUMBA GOLD

A modified Zumba class that recreates the original moves you love at a lower intensity and easy-to-follow choreography that focuses on balance, range of motion and coordination.

CARDIO & STRENGTH

AOA CIRCUIT (formerly SilverSneakers Classic on Fridays)
Experience standing/seated, low-impact choreography alternated with standing/seated upper-body strength work. Suitable for nearly every fitness level. Your instructor can adapt the exercises depending on your skill.

AOA CIRCUIT LITE (formerly SilverSneakers Classic Lite)
Same structure as AOA Circuit but less intense and modified depending on fitness levels.

CARDIO & CONDITIONING

Combine metabolic strength training, agility, core stability and high intensity cardio to promote fat burning while having fun and working the total body.

CYCLING/HIIT COMBO

Get an intense cardio and strength workout with this combo style class. Power through your workout with a mix of cardio bursts on our Keiser spin bikes and a body toning strength workout.

HIIT (HIGH INTENSITY INTERVAL TRAINING)

Cardio and plyometric drills with intervals of strength, power, resistance, and core training. Long bursts of maximum-intensity exercises with short periods of rest.

HIIT BOXING

Strength and power interval drills mixed with boxing cardio for a full body workout. Learn basic punches and kicks as you challenge your endurance. Boxing gloves required.

KICKBOXING EXPRESS

This 30-minute express class is a mix of boxing combinations using basic punches and kicks on the bag. Short intervals will create a fast paced, high intensity workout.

KICKBOXING INTERVALS

A mix of cardio kickboxing, strength, and core intervals. Learn basic punches and kicks and start to build combinations. Challenge yourself with heavy weights and bootcamp style core work in this high intensity class.

MX4 INTERVALS

This small group interval training program is open to people of all fitness levels (ages 16+) who want to improve their cardio, power, strength, and endurance. Each 30-minute session is limited to 8 participants and led by a coach inspiring motivation and providing support and modifications.

SILVERSNEAKERS CLASSIC®

Increase muscle strength and range of movement and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify exercises for your fitness level.

ZUMBA TONING

An easy-to-follow Latin inspired dance workout that adds the challenge of light weights so you (and your muscles) stay engaged. Perfect for those who want to put extra emphasis on toning and sculpting.

STRENGTH

AOA STRENGTH & STABILITY

(formerly SilverSneakers Strength & Stability)
Use a variety of equipment to increase range of motion, strength, flexibility, and balance. Designed for fall prevention.

AOA STRENGTH & STABILITY LITE

(formerly SilverSneakers Strength & Stability Lite)
Same structure as AOA Strength & Stability but less intense and modified depending on individual skill levels.

SCULPT & STRETCH

This total body blend of strength and core work uses Pilates, barre, and low impact strength and toning work to build muscle, develop balance, and increase energy. Finish class with a full body stretch to increase your flexibility.

STRONG YOU

Move through seated and standing exercises using a variety of handheld equipment designed to increase muscle strength, bone density, and improve motor skills.

WOMEN ON WEIGHTS

Gain strength and confidence in this multi-level strength training class for women and learn the basics of strength training (form, function, reps, sets) all while using a variety of equipment.

YOGA

AOA YOGA (formerly SilverSneakers Yoga)

Move through floor, seated, and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity.

AOA YOGA LITE (formerly SilverSneakers Yoga Lite)

Same structure as AOA Yoga but does not include yoga poses on the floor.

YOGA

Incorporate Yoga postures, breathing exercises and a mind focus to improve balance, strength and flexibility. Yoga props are offered to safely perform exercises. Participants can bring their own yoga mat.

YOGA FUSION

This mixed level yoga class will fuse traditional yoga postures with elements of Pilates, strength training, balance, and core exercises to offer a total body workout. Class will conclude with deep stretching and relaxation. Participants can bring their own yoga mat.

GROUP EXERCISE CLASS RESERVATIONS

Reservations are required to guarantee your spot in class. Reserve your spot up to one week in advance of an upcoming 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.

The first time you use the reservation system, it will ask you to register using your name, email address, and password of choice. This will ensure you have a dedicated spot in our upcoming class offerings, and also allow access to add yourself to a waitlist for a class or cancel your upcoming reservation. Written instructions are available at the Y's Welcome Center or on our website.



INCLEMENT WEATHER POLICY

ALL Group Exercise Classes and programs will be cancelled if the Marshfield School District dismisses early or cancels school due to inclement weather. For weather related closings and cancellations, check our website, Facebook/Instagram page or contact the Y.

GROUP EXERCISE FEES

Y-MEMBERS: FREE

Reservations are required to guarantee your spot in class. Reserve your spot up to one week in advance of an upcoming class. Download our mobile app to access our registration page.

NON-MEMBERS: DAY PASS FEE

Individual = \$10

Family = \$25

CONTACT

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