

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.



GROUP EXERCISE FEES

Y-MEMBERS: FREE

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NON-MEMBERS: DAY PASS FEE

Individual = \$10

Family = \$25

CONTACT

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MARSHFIELD CLINIC HEALTH SYSTEM YMCA

Group Exercise Classes

JULY 2024

GROUP EXERCISE

At the Y, we offer a wide variety of your favorite group exercise classes **FREE** with membership for all ages, all 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.

CARDIO

30/30

A low impact workout with options for added intensity for 30 minutes, followed by light strength training and stretching for 30 minutes. Participants are required to bring their own yoga mat and small hand weights.

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 **NEW**

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

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.

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 how to work on a boxing bag with basic punches and kicks and start to build combinations. Continue to challenge yourself with heavy weights and bootcamp style core work in this 60-minute high intensity class.

MX4 INTERVAL TRAINING

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.

TEEN STRENGTH & CONDITIONING

This small group class is designed for teens, ages 13-16, looking to build or improve on the foundations of strength training and cardiovascular conditioning. Each class will focus on improving strength, endurance, agility and cardio using a variety of equipment. **NEW**

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

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

This workout includes seated and standing exercises using a variety of handheld muscle equipment. Strong You can help increase muscle strength, bone density, and improve motor skills. Highly recommended for active older adults.

WOMEN ON WEIGHTS **NEW**

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

YOGA

Yoga builds a strong body, mind and spirit. This class incorporates Yoga postures, breathing exercises and a mind focus to improve balance, strength and flexibility. Yoga props are offered to safely perform exercises. Participants should 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 should bring their own yoga mat.

Participation is easy - just download our mobile app, click on "FIND A CLASS", reserve your spot, and plan on arriving 5-10 minutes before the start of class.