

















RICHARD KANE YMCA

GROUP FITNESS SCHEDULE

Updated September 1st

**CHILDWATCH
HOURS**
M-Sat 9am – 12pm
M-Th 5pm – 7:30pm

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|---|--|
| 5:30-6:30a BODY PUMP B Virtual | 5:45-6:30a REV + FLOW B Rosa | 5:30-6:30a BODY PUMP B Virtual | 5:45-6:30a REV + FLOW B Rosa | 5:30-6:30a BODY PUMP B Virtual | |
| | 6:00-6:45a SPIN C Ashley | | 6:00-6:45a SPIN C Ashley | | 8:35-9:20a BODY BALANCE A Chasity |
| 8:00-8:50a STRETCH A Bob | 8:00-8:50a SENIOR STRENGTH A Donna | 8:00-8:50a STRETCH A Bob | 8:00-8:50a SENIOR STRENGTH A Donna | 8:00-8:50a STRETCH A Bob | 8:30-9:30a BODY PUMP B Virtual |
| 9:30-10:30a FIT KIDS Gym Mary & Gracie | 9:15-10:015a Tai Chi A Margo | 9:30-10:30a FIT KIDS Gym Julia & Malcolm | 9:15-10:015a Tai Chi A Margo | 9:30-10:30a REFIT  A Rosa | 9:40-10:35a Zumba A Zandra |
| 9:30-10:30a 3G B Julia | 9:30-10:00a SPRINT  C Virtual | 9:40-10:25a BODY BALANCE  A Kacey | 9:30 -10:15a BODY PUMP B Maddie | 10:35-11:20a BODY BALANCE  A Teresa | |
| 10:35-11:20a BODY BALANCE  A Jessie | 10:30-11:30a GENTLE YOGA  A Meral | | | 12:15-12:45a PILATES A Amanda | |
| 11a - 5p On Demand B / C Virtual | 11a - 5p On Demand B / C Virtual | 11a-5p On Demand B / C Virtual | 11a - 5p On Demand B / C Virtual | 11a - 5p On Demand B / C Virtual | |
| | | | 2:00-2:30p THRIVE A Deb | | |
| | | | 5:45-6:30p REFIT  A Angela | | |
| 2:00-2:30p THRIVE A Deb | 5:30-6:15p RPM  C Virtual | | | 5:30-6:30p BODY PUMP B Virtual | |
| 5:30-6:30p BODY PUMP B Margie | 5:30-6:15p BODY BALANCE  A Tiffany | 5:30-6:30p BODY PUMP B Margie | 6-6:45p 3G B Kim | | |
| 5:45-6:30p REFIT  A Angela | 6-6:45p 3G B Kim | | 6:35-7:20p BODY BALANCE  A Chasity | | |
| 6:35-7:20p REV + FLOW  A Angela | 7-7:30p SPRINT  C Briana | | 7-7:30p SPRINT  C Briana | | |

CLASS DESCRIPTIONS

LIVE INSTRUCTOR LED CLASSES

3G: Targeting Glutes, Guns and Gut with free weights, plyometric exercises, and core moves.

FIT KIDS: Introduce your kids to fitness through fun & high-energy group class just for them! Check kids in at the front desk & drop them off at the gym. Kids can also be checked in at Childwatch to be escorted by staff to the gym when class starts.

***LES MILLS BODY BALANCE™:** Stretch through a series of simple yoga moves, embracing elements of Tai Chi and Pilates. Instructors will always provide options for those just getting started.

***LES MILLS BODYPUMP™:** The original LES MILLS barbell class will sculpt, strengthen and tone your body fast! Low weight loads and high repetitions will burn fat, gain strength, and quickly produce lean body muscle conditioning.

GENTLE YOGA: A calming, chair-assisted class with breathwork, light color visuals, and gentle movement. Family-friendly, senior-friendly, and wheelchair accessible, this class supports healing, relaxation, and peace of mind for all bodies.

PILATES: Core strengthening exercises while gaining more flexibility. Helps to reduce injury and bring balance back to both sides of the body.

REFIT: A dance fitness class designed to engage the body and soul, focusing on building relationships as well as endurance, strengthening muscles and encouraging hearts. With easy to learn movements designed for beginners to fitness enthusiasts.

REV+FLOW: A dynamic workout that's easy on joints without compromising intensity. REV+FLOW strengthens bodies and sculpts muscles through targeted movements and resistance training.

SPIN: An indoor cycling workout that focuses on endurance, strength, and intervals

SENIOR STRENGTH: Using light weights and low repetitions this class is designed to help the classic generation maintain or regain strength and enjoy a healthy welcoming environment.

STRETCH: Includes a series of slow, gentle stretches using different postures to help maintain or regain range of motion throughout your entire body.

****LES MILLS SPRINT™:** A 30 minute High Intensity Interval Training (HIIT) workout, using an indoor bike. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals fast!

LES MILLS THRIVE™: A 30-minute, low impact workout focusing on lower body and core strength, flexibility, and balance to keep older adults fit for life. Each workout is designed for a variety of fitness levels with the right amount of challenge and intensity to suit each level.

ZUMBA®: We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning Latin inspired dance fitness party.

VIRTUAL ON DEMAND CLASSES

***LES MILLS BODYCOMBAT™** is a total body martial arts workout that is designed to give you maximum calorie burn. Punch and kick your way to fitness with these high-energy non-contact martial arts workout videos. You'll release stress, have a blast and feel like a champ.

***LES MILLS GRIT™ Cardio** is a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast.

***LES MILLS GRIT™ Strength** is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups.

***LES MILLS GRIT Athletic** uses a bench and a weight plate combined with bodyweight exercises and other multi-dimensional sports conditioning training. It's a 30-minute high-intensity interval training (HIIT) sports conditioning workout, designed to make you perform like an athlete.

***LES MILLS BODYATTACK™** is a high-energy, fun and athletic workout focused on cardio fitness, stamina and agility. Combining athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats

***LES MILLS CORE™:** is a scientific core workout that uses athletic training principles to build strength, stability and endurance in the muscles that support your core. Each workout features a mix of proven core exercises and new integrated core training innovations

***LES MILLS BORN TO MOVE** is designed to nurture a life-long love of physical activity. Children experience the joy and vitality of moving to music. Each session feeds young people's natural appetite for action, movement and play – and lets them enjoy the energy, confidence, good health and increased ability that goes with it.

****LES MILLS RPM™:** From LES MILLS, this cycling class will round out your training. Come and enjoy a cardio intense peak training ride.

****LES MILLS THE TRIP** is a fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally-created worlds.

Shaded = virtual



= family friendly (ages 10+ with a parent at the Instructors discretion)

**Classes can be streamed On Demand in Studio B when no live or virtual class is scheduled*

***Classes can be streamed On Demand in Studio C when no live or virtual class is scheduled*