



YMCA OF MOUNT VERNON GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45am Grit & Grind Matia		5:45am Grit & Grind Matia		
		7am Tabata Jesse	7am Tabata Jesse	7am Tabata Jesse	7am Stretching Jesse
9am- 10am Body Sculpting Amy	9am- 9:50am Body Blast Lindsay	9am- 10am Body Sculpting Amy	9am- 9:50am Body Blast Molly	9am- 10am Body Sculpting Amy	9am- 10am Zumba Mari
9am- 9:45am Aqua Aerobics Vicky	9am- 9:45am Aqua Aerobics Erin	9am- 9:45am Aqua Aerobics Vicky	9am- 9:45am Aqua Aerobics Carol	9am- 9:45am Aqua Aerobics Erin	9am- 10am Grit and Grind Matia
10:10am- 11am Silver Sneakers Aerobics Mary Jo	10am- 11am Zumba Amber	10:10am- 11am Silver Sneakers Aerobics Mary Jo	10am- 11am Zumba Amber	10:10am- 11am Silver Sneakers Aerobics Mary Jo	*Class held in Group Ex 1
				11:10am- 12:00pm Silver Sneakers Yoga Camille	
	5:15pm- 6pm Aqua Aerobics Monique		5:15pm- 6pm Aqua Aerobics Monique		
5:15pm- 5:45pm Tabata 5:45pm- 6:15pm PiYo Annette	5pm- 6pm Kickboxing Annette	5:15pm- 6:15pm Strength & Balance Lindsay	4:30p-5:30p Body Blast Annette		
6:30pm- 7:30pm Zumba Mari	6:15pm- 7pm Yin Yoga Camille	6:30pm- 7:30pm Zumba Mari			

- Classes highlighted in blue take place in the pool.
- *SilverSneakers® Aerobics & SilverSneakers® Yoga* are highlighted in yellow and held at the YMCA Sportscenter located at 200 W. Chestnut Street.
- Unless otherwise noted, all group fitness classes are located in **Group Exercise Room 2**.
- Classes are open to individuals **ages 14 and up**. Youth ages **12–13** may attend with a parent or guardian.
- To stay updated on class changes or cancellations, be sure to **sign up for Knox Alerts**.

AQUA AEROBICS: This is a Moderate to High cardio workout in the water which will increase your heart rate, strengthen your muscles, utilizing the water as a resister in order to define & improve physical endurance.

BODY BLAST: A cardio charged workout that is high energy and motivating! This is a high intensity interval training class that incorporates challenging cardio segments, resistance training, and intense core work using diverse fitness equipment to blast your body into shape fast.

BODY SCULPTING: A 45 minute total body workout combining cardio and strength training. Body sculpting will help you increase strength and endurance and get your heart rate up to help you burn fat and calories.

GRIT & GRIND/RISE & GRIND: 60 minutes of resistance cardio through the use of dumbbells, barbells, kettlebells and bodyweight with a focus on full body, functional movement.

KICKBOXING: A fun workout combining non-impact kickboxing elements such as blocks, jabs, and kicks in heart-pumping cardio combinations. Strength training will also be added to this class to give you that total-body workout, allowing you to burn fat and calories and tone muscles. This workout can be modified to accommodate all fitness levels.

PIYO: A high-energy, low impact workout that blends the strength and flexibility of Pilates with the flow and power of yoga. The class builds core strength, improves balance and mobility and gets your heart rate up without high impact moves. Perfect for all fitness levels.

SILVER SNEAKERS: This program is designed to provide a fun and challenging way for you to continue the lifelong journey of holistic health. The program is easily personalized to address multiple fitness levels and differences in health needs. A variety of equipment and techniques will be used in this program. Chairs will be used for some of the exercises and will be available to you as necessary to work toward improved strength and endurance. If you use a wheelchair, you will find this program adaptable to your specific needs.

SILVER SNEAKERS YOGA: This fitness program designed for older adults, focusing on seated and standing yoga poses to improve flexibility, balance, and range of motion. It's a beginner-friendly class that can be adapted for various skill levels. The classes, typically 45 minutes long, often incorporate chair support and restorative breathing exercises.

STRENGTH & BALANCE: Strength work to improve posture and alignment, and increase range of motion while toning and strengthening major muscle groups.

STRETCHING: Release tension, improve flexibility, and move with ease in this relaxing stretch class using foam rollers. Guided movements and gentle pressure help loosen tight muscles, increase mobility, and promote recovery—perfect for all fitness levels and a great complement to any workout routine

TABATA: High Intensity Interval Training (HIIT) using the 20-10 Microburst Training Protocol (20 seconds work, 10 seconds rest). Workouts are short in duration and designed to boost post exercise calorie burn so your metabolism keeps burning more calories long after the exercise is over. Participate in Tabata workouts that will result in true, successful weight loss and muscle gain.

YIN YOGA: Yin yoga is designed to increase flexibility by holding poses for longer periods of time, allowing both muscles and connective tissues to stretch. Most poses are very accessible, even for beginners. Stretch your body; stretch your mind!

ZUMBA®: We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.