

GROUP EXERCISE SCHEDULE

NOVEMBER 2024 - MAY 2025



MONDAY			STUDIO	
5:30-6:15am	Barbell Strength	A	Jennie	
5:40-6:30am	Yoga	B	Katie/Heather	
6:40-7:15am	Step & Stretch	A	Heidi	
8:00-8:45am	Strength	A	Joni	
8:30-9:15am	Aquacise	Pool	Janet	
9:00-10am	Step	A	Kris	
9:00-10am	Cycle	B	Amber	
9:15-10am	Water Restore	Pool	Bernie	
10:15-11:00am	Cardio Lift	A	Kisha	
11:15-12:00pm	SilverSneakers	A	Kris	
12:15-1:00pm	HIIT	A	Bri	
1:00-2:45pm	Line Dancing	A		
4:30-5:15pm	CardioKick	A	Becky	
4:30-5:15pm	TRX	B	Heather	
5:30-6:15pm	Cycle/HIIT (starts Nov 4)	B	Cindy/Naesa	
5:30-6:15pm	Aqua ZUMBA®	Pool	Angela O.	
TUESDAY			STUDIO	
5:45-6:30am	Step	A	Kris/Lisa H./Beth	
8:00-8:45am	Cycle/TRX Stretch	B	Kris	
8:00-8:45am	Kettlebells	A	Aubrey	
8:30-9:15am	Deep Water Tabata	Pool	Mari	
9:00-10:00am	TRX	B	Allison	
9:00-10am	CardioKick/Weighted Bar	A	Lisa M.	
10:15-11am	Flex Strength	A	Chris R.	
11:15-12pm	Chair Yoga	A	Katie	
12:15-1:00pm	HIIT	A	Bri	
4:30-5:30pm	Strength/Yoga	A	Amber	
4:30-5:15pm	Yoga	B	Teresa/Rose	
5:30-6:15pm	POP Pilates®	B	Kisha	
5:30-6:30pm	Modern Line Dancing	A	Angela O.	
5:30-6:15pm	Aqua JAM	Pool	Lori/Val	
6:30-7:30pm	Begin Karate*	A	Tony K.	
WEDNESDAY			STUDIO	
5:45-6:30am	Cycle Express	B	Heather/Patty	
6:35-7:15am	Royally Fit	A	Bob	
8:00-8:45am	Strength	A	Beth	
8:30-9:15am	Aquacise	Pool	Mari	
9:00-10:00am	TRX	B	Amber/Allison	
9:00-10:00am	Step	A	Kris	
9:15-10am	Water Restore	Pool	Bernie	
10:00-11:00am	Pedal for Parkinson's™	B	Amber	
10:15-11am	Cardio Lift	A	Kristin	
11:15-12:00pm	SilverSneakers	A	Katie	
12:15-1pm	HIIT	A	Bri	
4:30-5:15pm	Kettlebells	A	Heather	
4:30-5:15pm	SHiNE Dance Fitness™	B	Jenny C.	
5:30-6:15pm	Water Tabata	Pool	Vicki	
5:30-6:15pm	Cycle	B	Candy	
THURSDAY			STUDIO	
5:45-6:30am	TRX	B	Heather	
8:00-8:45am	Kettlebells	A	Beth M.	
9:00-10:00am	Cardio Jam/HIIT	A	Lisa M.	
9:00-10:00am	TRX	B	Allison	
10:15-11am	Flex Strength	A	Chris/Rachelle	
11:15-12pm	Balance Tai Chi	A	Kris	
12:15-1:00pm	HIIT	A	Bri	
4:30-5:15pm	Basic Step & Strength	A	Dawn	
4:30-5:15pm	TRX/Foam Roller	B	Amber	
5:30-6pm	Yoga Stretch	B	Amber	
6:30-7:30pm	Adv Karate*	A	Tony K.	
FRIDAY			STUDIO	
5:30-6:15am	Cycle HIIT	B	Jennie	
5:40-6:30am	Yoga	A	Katie/Melissa	
6:40-7:15am	Step & Stretch	A	Heidi	
7:50-8:50am	Bootcamp	A	Amber	
8:00-8:45am	POP Pilates	B	Kisha	
8:30-9:15am	Aqua ZUMBA®	Pool	Angela O.	
9:00-10:00am	Cycle/HIIT	B	Joni	
9:00-10am	Gentle Yoga	A	Kris	
9:15-10:00am	Water Restore	Pool	Bernie	
10:15-11:00am	Cardio Lift	A	Kris/Angie	
10:15-11:00am	TRX-Level I	B	Chris/Amber	
11:15-12pm	SilverSneakers	A	Kisha	
12:15-1:00pm	HIIT	A	Bri	
SATURDAY			STUDIO	
7:10-7:55am	Cycle (starts Nov 2)	B	Rotation	
8:00-9:00am	INSANE	A	Kisha	
9:10-9:55am	Cardio Jam	A	Rotation	
10:05-11:15am	Yoga	A	Nita	
8:30-10:15am	16+ JUDO*	B	Chris K.	
10:30-12pm	16 yr under JUDO*	B	Colleen B.	
11:00-11:45am	Aqua Yoga	Pool	Jenna	

* Preregistration required for Judo and Karate



This symbol signifies that this class is also offered virtually through Zoom.

Contact Kris Bolin at kbolin@ymcaitasca.org for access

Check the group fitness blog for instructor changes or rotation classes
www.itascafitnessclasses.wordpress.com

For Group Fitness Class Updates via TEXT messaging,
sign up at membership desk.

Aqua Yoga requires pre-signup at itasca.recliquecore.com/classes/1/
Schedule subject to change

CLASS NAME	DESCRIPTION
Aqua JAM	AQUA JAM-A mix of aerobic exercises and stretches to a variety of songs that will get you "Jamin and Movin" as well as working a variety of muscles! Maximizing resistance at your pace to fit a variety of age groups.
Aqua Yoga	Aqua Yoga is a yoga practice that combines yoga on a board while floating in the pool. The board acts as a yoga mat, and the extra balance required by being on the water can make the yoga routine more challenging and intense. One must love water and have the upper body strength to pull.
Aqua ZUMBA®	Those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine with energizing music. Just add water and shake!
Aquacise	This class is performed without swimming and typically in waist deep or deeper water, it is a type of resistance training. It focuses on aerobic endurance, resistance training, and creating an enjoyable atmosphere with or without music.
Balance Tai Chi	Is an ancient Chinese discipline of meditative movements practiced as a system of exercises. This class is for beginners and focuses on balance.
Barbell Strength	A barbell program for able-bodied men and women of all ages and all fitness levels.
Basic Step & Strength	This class is excellent for those who are new to step or for those that want the intensity of step class without the choreography.
Bootcamp	A no frills, high energy, military style workout. Using drills and intervals to maximize your workout. All fitness levels are welcome.
Cardio Jam	A cardio class that could include intervals or continual cardio in one great class. Guaranteed a fun workout with excellent cardio benefits!
Cardio Lift	This class is for beginners to intermediate. Low impact cardio moves followed with strength so the entire body gets a workout. This class is 45 minutes in length.
CardioKick	A great cardio and strength workout in one. Combine floor exercises and traditional boxing and kickboxing moves.
CardioKick/ Weighted Bar	Martial arts-inspired stick fighting drills. This athletic kickboxing uses weighted bars to kick, punch, strike, block and feel like you can do anything.
Chair Yoga	This class will move your body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of motion.
Cycle	Enjoy the many benefits of this amazing sport while having a blast in a lively atmosphere set to great, motivating music. No outdoor cycling experience is required!
Cycle HIIT/ Cycle Mixup	This class is a blend of indoor cycle drills and strength moves to create a total body workout!
Deep Water Tabata	High Intensity Interval Training in the deep end of the pool.
Flex Strength	This class works on strength, balance, and flexibility. Great for seniors, beginners and injury rehab members.
HIIT	High Intensity Interval Training that improves aerobic and anaerobic capacity, increases metabolic rate and reduction in training time. No dancing in this class just an awesome athletic style workout. Great class for everyone!
INSANE/HIIT	Are you ready for the ultimate challenge? INSANE uses a method called Max Interval Training. You'll do cardio and plyometric drills with intervals of strength, power, resistance, and core training.
Kettlebells	Kettlebell workouts are intended to increase strength, endurance, agility and balance, challenging both the muscular and cardiovascular system with dynamic, total-body movements. This class may be more intense for the average person if you are new to Kettlebells please come early to class and talk to the instructor.
Modern Line Dance	A fun energetic workout that combines the classic line dance format with today's most popular music. No partner needed. This class is for beginners and for seasonal dancers! Easy-to-follow steps to a variety of music genres.
Pedaling for Parkinson's™	This class is based on research indicating that forced exercise on a bicycle can be very beneficial. This class is great for anyone with a chronic disease.
POP Pilates®	POP Pilates® is where strength meets flexibility. Think highly-focused movements that leave your body toned and transformed. This isn't your average workout. It's a dance on the mat.
Royally Fit	Early morning, low stress, lots of laughs. Start your day with a cardio workout, and then break for toast, juice and coffee.
SHINE Dance Fitness™	SHINE Dance Fitness™ brings original routines to life using hit music and choreography for all-abilities. Rooted in jazz, ballet, and hip-hop, this workout gives you a creative outlet to escape from daily stress. Each class includes the perfect balance of high cardio and toning to ensure you receive a full-body workout with real results.
SilverSneakers	A class offered to Active Older Adults geared toward increasing strength and range of motion in daily exercises. Hand held weights, stretch bands and balls are used in seated and standing exercises with a chair for support.
Step	Do you love choreography? If so, this is the class for YOU! Come join this nonstop step party and enjoy being challenged physically as well as mentally. Previous step experience is recommended but not necessary.
Step & Stretch	This class is great for beginners. A little bit of step, a little bit of stretch and a lot of fun!
Strength	Sculpt and define your total body using a variety of equipment for resistance training. Weight lifting and resistance training to develop strength, size and endurance.
TRX	The TRX Suspension Trainer is the original, best-in-class workout system that leverages gravity and your body-weight to perform hundreds of exercises. You're in control of how much you want to challenge yourself.
TRX Level One	This TRX class is specific for beginners and primary focus is on flexibility, mobility and a little strength.
TRX/Foam Roller	TRX format/Foam rolling is a self-myofascial release (SMR) technique. It can help relieve muscle tightness, soreness, and inflammation, and increase your joint range of motion.
Water Restore	This class provides a gentle workout for people with Arthritis, MS or other mobility limitations. This class was developed in cooperation with the Arthritis Foundation and the National Multiple Sclerosis Society.
Yoga	Yoga is a type of exercise in which you move your body into various positions in order to become more fit or flexible, to improve your breathing, and to relax your mind. Beginners are welcome to any yoga class.
Gentle Yoga	Relax, strengthen and soothe the body, mind and soul. This class will increase your flexibility and strength through various body postures and breathing techniques. Gentle Flow Yoga is also a great beginner class for those with no experience with Yoga.