



Capital Group Fitness Schedule

DECEMBER 2024

Revised 11.27.24

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Rowdy Yoga 12:15pm-1:00pm NO CLASS 12/24 and 12/31 Katherine</p>	<p>Zumba 12:15pm-1:00pm NO CLASS 12/25 Traci</p>	<p>Pilates Mat All Levels 12:15pm-1:00pm Stefani</p>	
<p>HITT 5:30pm-6:20pm NO CLASS 12/2, 12/9 , 12/23 and 12/30 Kristen</p>		<p>Top to Bottom 5:30pm-6:20pm NO CLASS 12/18 and 12/25 Kristen</p>		<p>BollyX 4:30pm - 5:20pm Traci</p>

Facility Hours:

Monday-Thursday: 5:30am - 9:00pm Saturday: 7:00am - 6:00pm
Friday: 5:30am - 8:00pm Sunday: 9:00am - 6:00pm

DECEMBER HOLIDAY HOURS:
12/24: Open at 5:30am, closing at 2:00pm
12/25 - CLOSED ALL DAY
12/26 - Open at 7:00am, closing at 9:00pm
12/31: Opening at 5:30am, closing at 6:00pm

DOWNLOAD THE APP TODAY





Google Android Apple iOS

All Group Fitness classes are included with Membership!
Download YMCA360 to easily view and register for classes or take a virtual class anywhere you are!

Join us for classes! This limited schedule is your chance to try something new at Capital YMCA.

We're listening to what's popular, so if you love it and want to see this class added to the full schedule, be sure to fill out a comment card and let us know!

LOVE our Classes?

Leave a comment in our virtual Suggestion Box to help the classes you love stay on our permanent schedule!



CLASS DESCRIPTIONS

BollyX: A popular dance fitness group exercise class that combines the upbeat music of India's biggest film industry, Bollywood, with a high intensity, interval training format, that burns calories, guarantees a good time, and is fun for all ages and fitness levels.

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.

Rowdy Yoga: A high energy, low impact class designed to get you moving and feeling good! Build strength and endurance powered by DDPYOGA. Increase flexibility and mobility, burn calories, and have fun! Modifications and progressions offered to accommodate varying levels of ability. Appropriate for intermediate beginner fitness level and up.

HIIT: A class that embraces the world of AMRAPs, EMOMs, and chippers to increase heart rates and get the most bang for your buck. HIIT compresses hours of exercising into short but intense bursts, which means the most bang for your buck.

Top to Bottom: Join this interactive interval class that targets each muscle from top to bottom in a circuit style method. Items used vary from body weight, dumbbells, and bands.

Pilates Mat All Levels: A system of controlled exercises that engages the mind and conditions the body. This class is designed to accommodate and challenge both beginners and experienced participants, focusing on building strength, enhancing flexibility, and improving posture. Movements can be modified or intensified to suit all fitness levels, promoting long, lean muscle development without bulk and relieving stress.