



Capital

FEBRUARY 2025

Revised 01.24.25

Group Fitness Schedule

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday

Yoga Gentle Yin 8:00am-8:50am Johanna	Yoga Gentle Yin 8:00am-8:50am Johanna			
	Rowdy Yoga 12:00pm-12:50pm Katherine	Zumba 12:30pm-1:15pm Jackie	Pilates Mat All Levels 12:15pm-1:00pm Stefani	
	Pilates Mat All Levels 1:00pm-1:50pm Stefani			
		Pilates Mat All Levels 4:30pm-5:20pm Stefani		
		Top to Bottom 5:30pm-6:20pm Kristen		
		Zumba 6:30pm-7:20pm Kang		

Facility Hours:

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



STRENGTH CARDIO CORE RESTORE



DOWNLOAD THE APP TODAY



All Group Fitness classes are included with Membership!

Drop in rates:

Adult: \$15 Youth & Senior: \$8

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

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.

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.

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.

Yoga Gentle Yin: A deeply relaxing class for both mind and body. Provides a gentle, quiet, and meditative practice, all poses are done on the floor so that the muscles can relax and allow the deep connective tissues surrounding the hips, thighs, and lower back to be gently stretched. Poses are held for longer periods of time (generally 3-5 minutes) and awareness is brought to sensations in the body.

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.