



Capital

JANUARY 2025

Revised 12.31.24

Group Fitness Schedule

Monday

Tuesday

Wednesday

Thursday

Friday

Stretching 6:00am-6:50am Chere		HIIT 6:00am-6:50am Chere		
	Yoga Gentle Yin 8:00am-8:50am Johanna			
	Rowdy Yoga 12:15pm-1:00pm 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		
	HIIT 5:30pm-6:20pm Chere	Top to Bottom 5:30pm-6:20pm Kristen		

Facility Hours:

Monday-Thursday: 5:30am - 9:00pm

Friday: 5:30am - 8:00pm

Saturday: 7:00am - 6:00pm

Sunday: 9:00am - 6:00pm



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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

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.

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.

Stretching: a restorative class of dynamic and static stretching! This class is designed to increase flexibility, muscle control, and range of motion.

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