



Capital YMCA

NOVEMBER 2024

Revised 11.11.24

Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
	Total Body Burn 8:00am-8:30am Chere		Total Body Burn 8:00am-8:30am NO CLASS 11/28 Chere	
	Rowdy Yoga 12:15pm-1:00pm Katherine	Zumba 12:15pm-1:00pm NO CLASS 11/27 Jackie	Pilates Mat All Levels 12:15pm-1:00pm NO CLASS 11/14, 11/28 Stefani	
HITT 5:30pm-6:20pm Kristen		Top to Bottom 5:30pm-6:20pm NO CLASS 11/13, 11/27 Kristen		BollyX 4:30pm - 5:20pm NO CLASS 11/29 Traci

Facility Hours:

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

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!

DOWNLOAD THE APP TODAY



Google Android



Apple iOS

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!

***Please note, there is currently limited equipment in the Group Fitness room while we are awaiting delivery.**

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.

Total Body Burn: A full-body strength class using bodyweight exercises, emphasizing control and form to maximize muscle activation.

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.