



# CAPITAL YMCA Group Fitness Schedule

OCTOBER 2024

Revised 10/14/24

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday

|               |   |   |  |   |
|---------------|---|---|--|---|
| October 7-11  | <b>HITT</b><br>5:30pm-6:10pm<br>Kristen | <b>Total Body Burn</b><br>8:00am-8:30am<br>Chere<br><br><b>Rowdy Yoga</b><br>9:00am-9:50am<br>Katherine | <b>No Classes 10/8</b>   | <b>Total Body Burn</b><br>8:00am-8:30am<br>Chere<br><br><b>BollyX</b><br>5:30pm - 6:20pm<br>Traci |
| October 14-31 |   | <b>Total Body Burn</b><br>8:00am-8:30am<br>Chere<br><br><b>Rowdy Yoga</b><br>9:00am-9:50am<br>Katherine | <b>Zumba</b><br>12:15 - 12:45pm<br>Jackie<br><b>HITT</b><br>5:30pm-6:10pm<br>NO CLASS 10/30<br>Kristen | <b>Total Body Burn</b><br>8:00am-8:30am<br>Chere<br><br><b>BollyX</b><br>5:30pm - 6:20pm<br>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! These introductory sessions are 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 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. Pop-Up and Demo Classes will utilize mainly the instructor and a portable speaker.**

## **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.