



# GROUP EXERCISE

## SPRING 2024

Updated 5/1/24

MON	TUES	WED	THURS	FRI	SAT
	5:30-6:30a UNTAMED CIRCUIT TRAINING PANCHO 		5:30-6:30a UNTAMED CIRCUIT TRAINING PANCHO 		
8:00-9:00a CARDIO STRENGTH BLANCA 	8:00-9:00a GENTLE ALIGNMENT TRACY 	8:00-9:00a CARDIO STRENGTH BLANCA 	8:00-9:00a GENTLE ALIGNMENT TRACY 	8:00-9:00a CARDIO STRENGTH BLANCA 	
9:30-10:15a FIT PLUS BLANCA 	9:30-10:30a FIT FOR ALL BLANCA 	9:30-10:15a FIT PLUS BLANCA 	9:30-10:30a FIT FOR ALL BLANCA 	9:30-10:15a FIT PLUS BLANCA 	9:00-9:45a CARDIO STRENGTH Brooc 
10:30-11:15a BE FIT NANNETTE 	10:45-11:45a POWER YOGA BLANCA (Bilingual) 		10:45-11:45a POWER YOGA BLANCA (Bilingual) 		10:00-11:00a YOGA Brooc 
	12:15-1:00p CYCLE STRENGTH BUFFY 		12:15-1:00p CYCLE STRENGTH BUFFY 		
	4:30-5:15p POWER TONING NANNETTE 	<small>NEW</small> 4:30-5:15P DANCE FITNESS JEN 	4:30-5:15p POWER TONING NANNETTE 		
5:30-6:30p STRONG SARAH 	<small>NEW</small> 5:30-6:30p H.I.I.T. CARDIO ANSLEY 	5:30-6:30p STRONG SARAH 	<small>NEW</small> 5:30-6:30p FAMILY ZUMBA BROOC 		
5:30-6:30p POWER YOGA BLANCA (Bilingual) 	5:45-6:45p CYCLING CHAD 	5:30-6:30p YOGA TRICIA 	5:45-6:45p CYCLING CHAD 		

### CLASS LOCATIONS:



BASKETBALL GYM



GROUP EX STUDIO

The programs on this page are free to adult members. 11–15 year olds may participate in adult programs under the direct and constant supervision of a parent or adult family member age 18 and up. Uplift graduates may participate without parental supervision. All programs are offered at the Wenatchee YMCA Facility unless otherwise noted. All our group exercise classes accommodate all fitness levels. New program participants are always welcome!

**Wenatchee Valley Y classes and instructors are subject to change at any time.**

## WENATCHEE Y CLASSES!

**BE FIT** Have a great time moving to the music through a variety of exercises designed to improve strength, flexibility, and balance for daily life. Resistance equipment such as, dumbbells, elastic tubing with handles and a ball are offered as part of this class. Chairs are available for seated or standing support if needed.

**CARDIO STRENGTH** This interval-based class incorporates strength and cardiovascular conditioning in one class. Use of resistance equipment, cardio and dynamic stretch is designed to increase muscle tone, boost metabolism by elevating your heart rate, improving strength, and enhance flexibility.

**CYCLE STRENGTH** This total-body, 45-minute workout focuses on building stamina and strength for all fitness levels. Throughout class, we'll have you alternating short bursts of cardio on our cycling bikes with different strength exercises. We'll use TRX, stability balls, steps, sliders, dumbbells, body bars, Bosu balls and more.

**CYCLING** This is a cycling experience brought indoors. Inspiring music and motivating coaching will get you to burn calories, improve muscular endurance, and build cardio fitness as you roll over hills, spin the flats, climb mountains and sprint to the finish. You'll feel the thrill of energetic music and group dynamics as you get all the benefits of authentic interval training.

**DANCE FITNESS** Dance Fitness is a total body, high energy, cardio dance workout infused with various styles of dance and music in a fun and supportive environment. All fitness levels are welcome!

**FIT FOR ALL STRENGTH AND STRETCH** This is an hour-long strength and stretch workout for all ages and fitness levels. Modifications shown for all moves. This total body workout, using weights, bands, and body weight, combined with a 10-minute core workout, ending with a 15-minute gentle stretch using yoga straps.

**FIT PLUS** Ideal for beginning exercisers or those returning to fitness. It offers a low impact moderate aerobic activity and light strength training in a comfortable social atmosphere. Participants are encouraged to work at their own pace.

**GENTLE ALIGNMENT** An early morning class that gently and safely stretches you awake. Learn how to practice beginner yoga, while laughing with joy.

**H.I.I.T. CARDIO** High Intensity Interval Training is an exercise format that alternates periods of short, intense exercises with less intense recovery periods. HIIT classes at the Y give participants an efficient strength and cardio workout filled with loads of energy and encouragement. Although HIIT classes by name are high – intense, all fitness levels are welcomed. Exercises can be modified to match your abilities and comfort.

**POWER TONING** A complete body workout that utilizes high repetitions and multiple sets, targeting each major muscle group. Resistance equipment such as, dumbbells, body bars, and elastic tubing are offered as part of this class to help participants increase their resting metabolism, redefine body composition, and improve bone health.

**POWER YOGA** This class is a powerful, energetic form of yoga where you will fluidly move from one pose to the next while connecting your breath to your movements. It incorporates strength, flexibility, balance, and physical and mental stamina all in one session.

**STRONG** Combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster. However, this class design allows participants to easily modify moves and work at their own pace!

**UNTAMED CIRCUIT TRAINING** Unleash your inner Beast Mode with this explosive full body workout!

**YOGA** Our diversely trained yoga instructors use a variety of their techniques to offer a well rounded yoga experience for all. Yoga improves strength, flexibility, and balance while reducing stress. Poses combined with proper breathing can help strengthen and relax the mind, body and spirit. Hatha and Vinyasa (flow) styles are often used in these classes.

**ZUMBA** Each Zumba class is designed to bring people together to sweat it on. 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. Super effective? Check. Super fun? Check and check. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.



**YMCA360 is the virtual extension that comes with all Y memberships!**

Can't make it into the Y for class? No worries! Enjoy activities and classes for ALL ages and stages.