

# CENTRAL COMMUNITY YMCA - GROUP TRAINING SCHEDULE - Spring II 2025

Effective 4/28/25 - 6/22/25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Express 45 Geoff Studio A 6:15 am - 7:00 am	Express 45 Geoff Studio A 6:15 am - 7:00 am	Express 45 Geoff Studio A 6:15 am - 7:00 am	Express 45 Geoff Studio A 6:15 am - 7:00 am	Express 45 Geoff Studio A 6:15 am - 7:00 am	FITT Camp Geoff Studio A 8:00 am - 9:00 am
Aqua Zumba Lourdes Small Pool 9:00 am - 9:45 am	Cycling Dawn Studio C 6:00 am - 7:00 am	Aqua Stretch and Flex Jim Small Pool 9:00 am - 9:45 am	Cycling Boot Camp Dawn Studio C 6:00 am - 7:00 am	Aqua Zumba Lourdes Small Pool 9:00 am - 9:45 am	Cycling Yolanda Studio C 9:00 am - 10:00 am
HITT Morning Sy Studio A 10:00 am - 11:00 am	Aqua Stretch and Flex Jim Small Pool 9:00 am - 9:45 am	HITT Morning Sy Studio A 10:00 am - 11:00 am	Aqua Dance: Classics Sy Small Pool 9:00 am - 9:45 am		
	LITT Morning Sy Wellness Center Turf 10:00 am - 11:00 am		LITT Morning Sy Wellness Center Turf 10:00 am - 11:00 am		
	Total Body Conditioning Wilson Wellness Center Turf 11:00 am - 12:00 pm		Total Body Conditioning Wilson Wellness Center Turf 11:00 am - 12:00 pm		
HITT Evening Sy Studio A 5:00 pm - 6:00 pm	Cycling Yolanda Studio C 6:00 pm - 7:00 pm	HITT Evening Sy Studio A 5:00 pm - 6:00 pm	Cycling Yolanda Studio C 6:00 pm - 7:00 pm		
Women's Boxing** Bruce Boxing room 6:00 pm - 7:00 pm	Open Boxing Bruce Boxing room 6:00 pm - 8:30 pm	Youth Boxing** Bruce Boxing room 6:00 pm - 7:00 pm	Open Boxing Bruce Boxing room 6:00 pm - 8:30 pm		
Zumba Lu Studio A 6:45pm - 7:45pm		High Intensity Zumba Jocelyn Studio A 6:00 pm - 7:00 pm	Zumba STRONG Lu Studio A 6:45pm - 7:45pm	Zumba Elisa Studio A 6:30 pm - 7:30 pm	

\*\* Fee-based class, registration and equipment purchase required.

**All classes can be modified to suit your fitness level and needs.**

**Please speak with your instructor regarding specific accommodations.**

**AquaDance: Classics** Dance party set to hit music from the 60s, 70's and 80's, set in our 88 degree pool. Join this high-energy yet low-impact super fun workout and sing-along!

**Aqua Stretch 'n Flex** Improve your balance and flexibility in a supportive environment. Specifically designed for those with mobility challenges such as arthritis and bursitis, this low-impact class aims to increase circulation and reduce inflammation.

**Aqua Zumba: Splash into Fitness** Dive into Aqua Zumba, where Zumba rhythm and dance meet the excitement of a pool party! This invigorating workout blends fun dance moves with the resistance of water for a refreshing, full-body experience. Get ready to splash, dance, and energize your fitness routine!

**Boxing: Open Gym** Advanced training for those familiar with boxing combinations and punches, perfect for refining skills and improving technique. Build a routine to work on your endurance, speed, agility, balance, ladder drills, steps, hands, and more.

**Cycling Boot Camp** Combines the best of both worlds with our Cycling Boot Camp, where intense cardio on the indoor cycling bike meets strength and conditioning exercises on the floor. This low-impact class delivers a full-body workout using dumbbells and bodyweight movements, perfect for all fitness levels.

**Cycling** Experience an exhilarating workout on stationary bikes with gears and weighted flywheels, led by an inspiring instructor. You'll tackle sprints, climbs, speed intervals, and resistance hills, pushing your limits through varying speeds and resistance levels. Get ready to sweat, challenge yourself, and ride your way to the peak!

**Express 45** This dynamic class offers a powerful full-body workout designed to boost your strength and conditioning. Utilizing a perfect blend of weights, cardio, and bodyweight exercises, Express 45 ensures you get the most out of every minute.

**FIIT Camp** Push your limits with FIIT Camp, a boot camp-style workout featuring a blend of high and low-intensity exercises through timed intervals. Engage in a challenging mix of free weights, plyometrics, cardio training, and balance work. This dynamic class is designed to boost your strength, agility, and overall fitness.

**HIIT Morning/HIIT Evening** Dive into a high-intensity interval training workout where you'll power through circuits of 10-30 second intervals using dumbbells, kettlebells, resistance bands, and bodyweight exercises. This intense class is designed to boost your cardiovascular health while dramatically increasing muscle strength.

**LIIT Morning** Join a fun low-intensity interval training class tailored for all ages and abilities. Featuring balance, core flexibility, and cardiovascular training using mats, chairs, bands, weights, and balls, this low-impact workout is ideal for beginners.

**STRONG by Zumba** Engage in a HIIT workout that focuses on moving to the beat. This high-impact class includes bodyweight exercises like push-ups, squats, burpees, and lunges to elevate your heart rate and fitness.

**Total Body Conditioning** Build strong muscles and enhance longevity with functional training to improve mobility and promote a healthy lifestyle. Work the entire body with varying intensity levels using dumbbells, body weight, ankle weights, balls, steppers, resistance bands, and kettlebells.

**\*Women's Boxing** Practical self-defense boxing tailored specifically for women looking to enhance self-reliance and self-confidence during an engaging workout. *\*Fee-based class, pre-registration and equipment purchase is required.*

**\*Youth Boxing** A beginner class introducing kids to the basics of boxing while reinforcing self-reliance and self-confidence. *\*Fee-based class, pre-registration and equipment purchase is required.*

**Zumba** Experience a high-energy combination of dance and fitness moves set to upbeat Latin and international music. Zumba is fun, calorie-burning, and suitable for all ages and fitness levels.