



# Eau Claire YMCA

## Fall 2023

Updated 9/28/23

[www.ymca-cv.org](http://www.ymca-cv.org) Phone: 715-836-8460

### GROUP EX STUDIO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	HIIT Ksenia 6:15-7:00 AM		HIIT Ksenia 6:15-7:00 AM		Just Pump Julie E. 6:00-6:50AM	
	Zumba Gold Crista 8:00-8:50 AM	SBF Laurie 8:00-8:45 AM	Yoga (for Health) Barb 8:00-8:50 AM	SBF Laurie 8:00-8:45 AM	Sober Strong Julie W. 8:00-8:50 AM <b>Registration only</b>	Yoga (for Health) Barb 8:00-8:50 AM
	Kickboxing Dance Fitness Sherri 9:00-9:45 AM	Cardio Blast & Sculpt Missy 9:00-9:40AM	Kickboxing Dance Fitness Sherri 9:00-9:45 AM	Cardio Blast & Sculpt Missy 9:00-9:40AM	Kickboxing Dance Fitness Sherri 9:00-9:45 AM	ZUMBA Toning Cindy 9:00-10:00AM
	Enhance Fitness Missy 10:00-11:00 AM <b>Registration only</b>	PIYO Missy 9:45-10:30 AM	Enhance Fitness Missy 10:00-11:00 AM <b>Registration only</b>	PIYO Missy 9:45-10:30 AM	Enhance Fitness Missy 10:00-11:00 AM <b>Registration only</b>	
	Chair Yoga Ellie 11:05-11:50 AM			Gentle Yoga Barb 10:45-11:30 AM		
	HIIT Nik 12:05-12:50 PM		Hatha Yoga Anthony 12:05-12:50 PM	HIIT Nik 12:05-12:50 PM	Hatha Yoga Anthony 12:05- 12:50 PM	
ZUMBA Cinthia/ Lauren 4:15-5:10 PM					STRONG Nation Crista 5:00-6:00 PM	
Butts & Guts Cinthia/Sarah 5:15-5:45 PM	ZUMBA Cindy 5:30-6:30PM		ZUMBA Toning Cindy 5:30-6:30 PM			
			Yoga Barb 6:45-7:30 PM	Yoga Ellie 6:00-6:45 PM		



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### INDOOR CYCLING CLASSES – INDOOR CYCLING STUDIO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Cycling Traci 6:00-6:45 AM		Cycling Traci 6:00-6:45 AM		Cycling Traci 6:00-6:45 AM	
				Cycling Sarah C 9:00-9:45 AM		
		Cycling Michelle 5:30-6:15 PM		Cycling Traci 5:30-6:15 PM		

### WATER EXERCISE CLASSES – LARGE POOL

Sunday	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Hydro Aerobics Patty 8:00-8:55 AM	Aqua Dance Fitness Katie 8:00-8:55 AM	Hydro Aerobics Patty 8:00-8:55 AM	Aqua Dance Fitness Katie 8:00-8:55 AM	Hydro Aerobics Kimberly 8:00-8:55 AM	Aqua Dance Fitness Katie 8:00-9:00 AM
	Joint Efforts Alt. Deb/Bobbi 9:15-10:00 AM		Joint Efforts Alt. Deb/Bobbi 9:15-10:00 AM		Joint Efforts Alt. Deb/Bobbi 9:15-10:00 AM	
	Hydro Aerobics Kimberly 7:00-7:55 PM					

#### BUILDING HOURS

Monday-Friday

5:00 AM—9:00 PM

Saturday

6:00 AM—6:00 PM

Sunday

11:00 AM—7:00 PM

#### HOLIDAY HOURS

## GROUP FITNESS CLASS DESCRIPTIONS

### **Aqua Dance Fitness**

Combining the philosophy of dance-based fitness classes with vigorous aqua exercises, this is one pool party you don't want to miss! The water's resistance cushions your feet, knees and back as you dance the class away! Classes are held in shallow water (chest deep) for a great low-impact but challenging workout.

### **Butts and Guts**

This class focuses on strengthening the muscles of the core and glutes. These muscles are fundamental in carrying out activities of daily living and stabilizing your spine.

### **Cardio Blast and Sculpt**

A group fitness format that combines dumbbells and upbeat music into a calorie burning blast! Safe and effective for all ages and fitness levels, using light weights to create a fun, full body workout which combines the benefits of strength training, functional movements, and cardiovascular exercise.

### **Chair Yoga**

Perform postures and breathing exercises with the aid of a chair to experience the many benefits of yoga. Chair yoga is a type of mild yoga that involves sitting in a chair and using it to support upright and standing poses. A great way to start your day!

### **Gentle Yoga**

Gentle yoga is a class that provides all of the benefits of yoga at a slow and mindful pace with a focus on balance, strength, range of motion, flexibility and breath. Specific benefits include the ability to tune into your somatic nervous system, sink into the present moment and isolate body parts for better body awareness. The intention of this practice is to relax and rejuvenate the body, increase pain-free range of motion and create a calm state of mind.

### **Hatha Yoga**

This all-levels Hatha Yoga class will help you build core and upper body strength as well as improve your balance, spine and hip mobility. Poses are built slowly from the ground up to create mindful awareness, strength, and minimize the chance of injury. If you feel weaker or stiffer than you'd like, this class is for you!

### **HIIT**

High Intensity Interval Training. You can expect a variety of cardio, weighted and unweighted exercises while you burn fat and increase your metabolism all in a quick and convenient class.

### **Hydro Aerobics**

A water exercise class designed for all levels of physical fitness. The water environment puts less stress on your body while adding resistance to help improve your muscle tone. No swimming ability is required, however, participants must be comfortable in deep water.

## **Kickboxing Dance Fitness**

Join us for an energizing, entertaining, whole-body workout designed for all levels and ages! Ever-changing music and choreography with an emphasis on kickboxing, dance, strength, balance and stretching, will leave you feeling great! Easy to follow and customize to your level!

## **Pi/Yo Fusion**

A combination of Pilates, Yoga and deep breathing techniques. A workout focusing on strength, flexibility, and core conditioning. All levels are encouraged to attend and experience the connection between long, lean muscles, and stress relief.

## **Sit and Fit**

A gentle chair-based aerobic and strength training class for anyone who would like to include a low-intensity, low-impact workout in their fitness plans.

## **Strength, Balance and Flexibility (SBF)**

Build strength in all of the major muscle groups and core! Weights, resistance bands and stability balls will be used in this class, which places an equal emphasis on exercises to improve balance and flexibility. No jumping involved. Modifications included.

## **STRONG Nation**

Stop counting the reps and start training to the beat. STRONG Nation combines body weight, muscle conditioning, cardio and plyometrics synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to the last rep, and even five more.

## **Yoga**

Start your Yoga journey here! Take the time to shed the distractions and enjoy a reconnection with your body senses. Concentration will be on exploring the essentials of breathing, posture, and lengthening, while learning basic Yoga poses.

## **Yoga (for Health)**

A regular yoga practice can be a tool in your toolbox for healing and staying well. This easy paced class is sequenced to build upon strength, flexibility, agility, and balance. A class for all levels with modifications and props to help students balance the amount of effort and ease in doing the poses. There is a big focus on verbal cues to help integrate the principles of alignment, breath, and concentration. Emphasis is placed on student understanding, safety, and stability within each pose. Plan to learn and explore the philosophy and history of yoga along with anatomy and physiology.

## **Zumba®**

Zumba is a cardio fitness, dance party that is so much fun! The Latin inspired, cardio fitness is a fun workout that has frequently been referred to as, "exercise in disguise". Zumba fitness is the most diverse program known to bring a very diverse community of people together from all corners of the planet to share one similar passion of music and dance!

## **Zumba Gold®**

Zumba Gold® is a dance fitness program that uses Latin and International rhythms and delivers a total body workout party to active older adults and beginner participants. It's designed to be a lower intensity program so that it's easy to follow, safe, and effective.

## **Zumba® Toning**

Combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused **Zumba®** moves to create a calorie-torching, strength-training dance fitness party.