

VIRTUAL & IN PERSON GROUP EXERCISE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



VIRTUAL & IN PERSON GROUP EXERCISE

MONDAY

LES MILLS
BODYPUMP
6:00-7:00PM

LES MILLS
BODYFLOW
7:45-8:30AM

POWER YOGA
Rachel
12:00-1:00PM
ID#

LES MILLS
BODYFLOW
12:00-12:45PM

LES MILLS
BODYCOMBAT
1:00-2:00PM

LES MILLS
CORE
4:15-4:45PM

LES MILLS
BODYCOMBAT
5:30-6:30PM

TUESDAY

LES MILLS
BODYCOMBAT
6:00-6:45AM

LES MILLS
BODYFLOW
7:45-8:30AM

SILVER SNEAKERS
Glen
11:00-11:45AM
ID# 848 1605 7544

BOOTCAMP
Jeanne
12:00-12:45PM
ID# 990 693 6806

LES MILLS
RPM
12:00-12:45PM

LES MILLS
BODYCOMBAT
5:30-6:30PM

WEDNESDAY

LES MILLS
BODYPUMP
6:00-7:00AM

LES MILLS
BODYFLOW
7:45-8:30AM

BALLETONE
Melanie
11:00-11:45AM
ID#
848 1605 7544

LES MILLS
BODYCOMBAT
12:00-1:00PM

LES MILLS
CORE
4:15-4:45pm

ZUMBA
Carletha
5:30-6:30PM

THURSDAY

LES MILLS
BODYCOMBAT
6:00-6:45AM

LES MILLS
BODYFLOW
7:45-8:30AM

LES MILLS
RPM
12:00-12:45PM

LES MILLS
BODYCOMBAT
5:30-6:30PM

FRIDAY

LES MILLS
BODYPUMP
6:00-7:00AM

LES MILLS
BODYFLOW
12:00-12:45PM

STRENGTH
Danielle
12:00-1:00PM
ID#

SATURDAY

LES MILLS
BODYFLOW
9:00-9:45AM

ZUMBA
Adriana
10:00-11:00AM

LES MILLS
BODYPUMP
11:30AM-12:30PM

Zoom Password: YMCA "time of class" example YMCA5:30P or YMCA7:30A

Group Classes: Maximum 10 people, please sign-in at Welcome Center

****NEW** On Demand:** Introducing LES MILLS virtual workouts! These on demand classes are now available at the Downtown Y. With BodyCombat, BodyFlow, BodyPump, RPM and Core, you can try a variety of classes with this new, robust technology, chart-topping music and instruction from the world's best talent!

KEY:

ZOOM CLASS

IN PERSON CLASS



BODYPUMP is a weights class for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP gives you a total body workout that burns lots of calories.



BODYCOMBAT is a martial-inspired full-body workout that fuels cardio fitness and leaves you feeling empowered. It's totally non-contact and there are no complex moves to master.



BODYFLOW is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body, and your life.



CORE provides the vital ingredient for a stronger body while chiseling your waistline. A stronger core makes you better at all things you do - it's the glue that holds everything together.



RPM is an indoor cycling class, set to rhythm of motivating music. It blasts calories and builds aerobic fitness fast.