

GROUP EXERCISE SCHEDULE

NEWMAN YMCA

SEPTEMBER 2025

*SUBJECT TO CHANGE


MONDAY

High-Intensity
Interval Training
8:00-9:00am
Michelle
Gymnasium

Aqua Aerobics
8:45-9:30am
Whitney
Pool

Active Stretch
10:00-10:45am
Michelle | Studio
(Gymnasium)

TUESDAY

 Cycle
8:00-9:00am
Michelle
Gymnasium

Weight Training
9:15-10:00am
 Michelle
Gymnasium


WEDNESDAY

Strength & Cond.
8:00-9:00am
Michelle
Gymnasium

Aqua Aerobics
8:45-9:30am
Whitney
Pool


Active Stretch
10:00-10:45am
Michelle | Studio
(Gymnasium)

THURSDAY

 Cycle
8:00-9:00am
Michelle
Gymnasium



FRIDAY


 Cycle
8:00-9:00am
Michelle
Gymnasium

Aqua Aerobics
8:45-9:30am
Whitney
Pool

Weight Training
9:15-10:00am
 Michelle
Gymnasium

Senior Strength
Train
10:15-11:00am
Michelle
(Gymnasium)


SATURDAY


7:30-8:15am
Juliette | Studio
(Purple Room)


MORNING & AFTERNOON


EVENING



5:45-6:30pm
Juliette
Gymnasium


6:15-7:00pm
Genevieve | Gym



6:15-6:45pm
Genevieve | Gym


Aqua Aerobics
6:30-7:15pm
 Patti
Pool

 Cycle
5:15-6:15pm
A.J.
Gymnasium

 Cycle
6:30-7:30pm
A.J.
Gymnasium

Aqua Aerobics
6:30-7:15pm
Whitney
Pool


5:30-6:30pm
Kat
Gymnasium


Starts 9/19
5:15-6:15pm
Lauren Starts
Studio
(Daval Room)





LESMILLS TONE: This class combines blocks of strength, cardio, and core training into one convenient workout. TONE has a wide variety of options accommodating all fitness levels ensuring everyone leaves the workout feeling successful

LESMILLS GRIT: LES MILLS GRIT™ Strength is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups.

LESMILLS BODYCOMBAT: high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 570 calories** in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

WEIGHT TRAINING: This class will help improve balance, flexibility, and strength. The class is designed for those that prefer a workout without the added impact to joints. Portions of class include aerobics, cardio, & strength training.

H.I.I.T.: High Intensity Interval Training is a full-body workout. With its rigorous interval training sequence and high intensity exercises, it builds cardiovascular fitness while improving muscle strength and endurance. Join us and be challenged to push your limits!

STRENGTH & CONDITIONING: A strengthening class designed for all! This class focuses on controlled movements and targeting the major muscle groups. Strength and Conditioning aims to improve daily living skills through better strength, balance, flexibility, and agility.

CYCLE / SPIN: Group stationary cycling class offering a high intensity workout. Also known as 'spinning'. Join us on our Keiser bikes as our cycling coaches take you on a challenging ride that will push you to the max!

YOGA: Yoga is a type of exercise in which you move your body into various positions in order to become more fit or flexible, to improve your breathing, and to relax your mind.

AQUA AEROBICS: Join us in the pool as our aqua instructors guide you through a low impact but high intensity workout. Aqua Aerobics is designed to improve flexibility, range of motion, strength, and cardiovascular endurance while using the resistance of the water to cushion feet, knees, and back.

SENIOR STRENGTH: This class will help improve balance, flexibility, and strength. The class is designed for those that prefer a workout without the added impact to joints. Portions of class include aerobics, cardio, & strength training.

ACTIVE STRETCH: This class combines “chair yoga” and “light strength training”. Active Stretch will get your blood flowing and help to improve mobility and strength. This class does offer the ability to use light weights however it is not required!

PILATES: Mat-based Pilates class focuses on strength, stability, posture, proper breath control, and flexibility. Each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement. Classes will be taught using slow, controlled movements.

POUND: This is a full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.