



December Group Exercise Schedule

****Schedule is subject to change without notice.****

Kent County YMCA

Updated: 11/30/25

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Studio 1		Boot Camp Mitch 6:00am	Pilates Jackie 8:00am	Boot Camp Mitch 6:00am	Pilates Jackie 8:00am	Les Mills Body Pump Nick 8:00am	
	Yoga Deb 9:30am	Step Jackie 9:30am	Strength Kristin 9:30am	Les Mills Body Pump Kristin 9:30am	Les Mills Body Balance Nancy 9:30am	Zumba Cari 10:00 am	Yoga Ann 9:00 am
	Low Impact Donna 10:45am	Chair Yoga Jean 11:45am	Les Mills Body Balance Nancy 10:30am	Chair Yoga Jean 11:45am	Low Impact Kristin 10:45am		
	\$ Women on Weights Cassandra 3:30pm	Yoga Karen 5:30pm			\$ Women on Weights Cassandra 3:30pm		
	Family Drum Fitness* Lorna 5:00pm		Les Mills Tone Paige 5:20pm	Yoga Dee 5:30pm	Cardio Dance Lorna 5:00pm		
	Pilates Joe 6:00pm		Les Mills Body Pump Angela 6:15pm	Zumba Cari 7:00pm			

Gymnasium	Strength Jackie 9:30am	Boot Camp Circuit* Kristin 9:30am *In Fitness Center	Zumba Jackie 9:30am	Silver Sneakers Tina 10:45 am	Step Interval Jackie 9:30am	Step Interval Jackie 9:30am
	Silver Sneakers Tina 10:45 am		Low Impact Tina 10:45am		Boot Camp Circuit* Kristin 9:30am *In Fitness Center	
		Drum Fitness* Tina 10:45am				
	Boot Camp* John 5:00pm *In Fitness Center				Drum Fitness* Tina 10:45am	

Studio 2	Group Cycle* Kristin 9:30am	Group Cylce* Tracey 9:00 am	Drum for Parkinson's* Tina 11:45 am	Group Cycle* Mitch 9:00am	Group Cycle* Mitch 6:00am	Group Cylce* Mitch 9:00am
		Pedal for Parkinson's* John 10:15am		Pedal for Parkinson's* John 10:15am	Drum for Parkinson's* Tina 11:45am	
	Les Mills Sprint* Angela 5:30pm	Pedal for Parkinson's* John 11:30am	Les Mills Sprint* Angela 5:30pm	Pedal for Parkinson's* John 11:30am		
				Family Drum Fitness* Lorna 5:00pm		

***Registration required. \$ - Indicates Fee-Based Program**



Group Exercise Class Descriptions

Kent County YMCA

Body Pump – BODYPUMP™ is a barbell workout designed to get you lean, toned, and fit. The combination of scientifically-backed moves, a motivating instructor, and great music helps you achieve much more than you would on your own.

Boot Camp – Increase strength and cardiovascular endurance in the class by doing calisthenics as well as using various types of equipment. This class takes place in the fitness center near the Synergy equipment.

Boot Camp Circuit – This class takes place in the fitness center using the Synergy equipment. Participants do various activities & exercises while moving in a circuit format around the Synergy station.

Chair Yoga – A yoga class using a chair for seated and standing poses. All abilities can feel successful in this class.

Drum Fitness – Class designed for Seniors using drum sticks and a stability ball. Class can be seated or standing. Join the fun! Registration is required.

Family Yoga – A fun creative class that uses imagination and boosts self confidence with balance and various yoga postures. Children will learn the valuable tool of awareness and breathing tools for self regulation.

Group Cycle – This instructor-led stationary bike workout is set to motivating music for a challenging bike ride. This class provides a great cardio workout! Registration is required.

Les Mills Body Balance – Improve your mind, body and life. This class incorporates Yoga, Tai Chi and Pilates while using breathing control as part of all exercises.

Les Mills Core – The primary goal is to strengthen the entire core, including the abs, obliques, lower back, and hips, leading to improved stability and functional movement.

Les Mills Tone – Mix of lunges, squats, functional training and tubing exercises, to help you burn calories and take your fitness to the next level.

Les Mills Sprint – A 30-minute, high-intensity interval training (HIIT) workout that uses an indoor bike to achieve fast results.

Low Impact – This class includes low impact aerobics for cardiovascular strength and endurance, followed by a stretching and strength component.

Pilates – Focusing on core strength, this mind-body conditioning class uses stretching, strengthening, and breathing to tone muscles, increase flexibility, and improve posture.

Silver Sneakers – This class includes cardio exercises to fun music as well as strengthening exercises for the whole body. Exercises can be done seated in a chair, or done standing using the chair for support.

Step – A form of aerobic exercise that involves stepping on and off a small platform. Step experience is recommended.

Step Interval – Involves alternating between periods of high and low intensity exercise.

Strength – Involves using various types of resistance to challenge and build your muscles. Benefits include burning more fat, avoiding injury, improve mood, boost confidence and keep young & healthy.

Yoga – Incorporates breathing exercises, meditation and poses designed to encourage relaxation and reduce stress.

Zumba – An aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.