



# GROUP EXERCISE



PITTSBURG FAMILY YMCA • January-February

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15AM	Total Cardio		Total Cardio		Total Cardio	
8:00AM	Silver Sneakers	Silver Sneakers	Silver Sneakers	Silver Sneakers	Silver Sneakers	
8:30AM		Zumba				
9:00AM	Aqua Motion Pilates	Aqua Motion	Aqua Motion Pilates	Aqua Motion	Aqua Motion	
10:00AM	Aqua Salsa		Aqua Salsa			
12:15PM		Totally Toned		Totally Toned		
5:00PM	Stability Ball		Stability Ball			
5:30PM	Power Pump	Zumba	Power Pump			
6:30PM		Total Core				
6:45PM	Spin		Spin			

# CLASS DESCRIPTIONS

## **Aqua Motion**

Get a low-impact workout using the resistance of water. Classes are open to any level of ability and workouts can be adapted to the intensity level that fits your goals. This class also offers social opportunities to connect with others.

## **Aqua Salsa**

Fun, high energy dance workout held in the water, blending salsa inspired moves with the resistance of the pool. This class builds cardio endurance, tones muscles, and keeps you moving to lively Latin rhythms—all while being easy on the joints.

## **Cardio Bootcamp**

A high energy workout that blends cardio intervals and strength drills for a total body challenge. Build endurance, burn calories, and boost your fitness, at your own pace!

## **HIIT**

This high intensity interval training class is all about fast, fun, and effective workouts that keep your heart pumping and muscles burning. The explosive moves, quick recovery breaks, and calorie burn will keep going all day!

## **Pilates**

Pilates is a low-impact exercise that strengthens the core while improving flexibility, balance, and posture. It uses controlled movements, breathing, and alignment to build strength. Suitable for all fitness levels.

## **Power Pump**

A cutting edge workout that uses traditional strength exercises and integrated multi-planar exercises with a barbell, plates, and body weight to get muscle and movement strong.

## **Silver Sneakers**

This class is a unique physical activity, lifestyle, and socially oriented program designed to encourage physical activity and foster an active lifestyle. The program promotes social interaction and encourages participation in healthy lifestyle activities, showing that it's easy to get fit, have fun, and make friends.  
\*Chair bound or free mobility.

## **Spin**

Get ready to turn up the music, feel the beat, and ride your way to stronger legs, heart, and unstoppable energy! With motivating playlists, epic climbs, fun team environment that keeps pushing you!

## **Stability Ball**

Challenge your balance, build total body strength, and fire up your core in this fun full body workout. Perfect for all fitness levels.

## **Totally Toned**

A form of interval training with strength and conditioning workouts made up of functional movements performed at high intensity.

## **Water Aerobics**

Get a low-impact workout using the resistance of the water. Classes are open to any level of ability and workouts can be adapted to the intensity level that fits your goals. This class also offers social opportunities to connect with others.

## **Yoga**

Yoga combines gentle movement, stretching and mindful breathing to improve flexibility, strength, and balance. It also promotes relaxation and stress relief, helping both body and mind feel refreshed.

## **Zumba**

A dynamic dance fitness class that combines Latin and international music with easy to follow moves for a full body workout.

## CLASS ETIQUETTE

- Arrive to class 5-10 minutes prior to start time and plan to stay the full time.
- Turn cell phones off and keep chit-chat to a minimum during class time.
- Clean equipment after use and store away properly.