



# GROUP EXERCISE



PITTSBURG FAMILY YMCA • Updated May 19, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM	Silver Sneakers	Silver Sneakers	Silver Sneakers	Silver Sneakers	Silver Sneakers
9:00 AM	Aqua Motion Burning Bands & Bells	Aqua Motion Pilates	Aqua Motion The Squat Shop	Aqua Motion Core Alignment	Aqua Motion 40 in 40 Fusion Flow
12:15 PM	Total Strength Express – Upper Body	Lunch Break Burn	Total Strength Express – Lower Body	Stretch & Reset	Total Strength Express – Full Body Circuit
5:00 PM	Stability Ball		Stability Ball		
5:30 PM	Power Bar	Ride + Restore Aqua Fit	Power Bell	Step Strong 45 Aqua Fit	Yoga

# CLASS DESCRIPTIONS

**Aqua Motion** is a low impact water workout that builds strength and mobility using natural resistance. Open to all ability levels, with adjustable intensity and a fun, social atmosphere.

**Silver Sneakers** is a welcoming, activity-based program that supports physical fitness, social connection, and an active lifestyle. Classes are accessible for all abilities, whether chair-based or fully mobile.

**Burning Bands & Bells** is a high-energy, full-body strength class using bands and dumbbells to create nonstop tension, sculpting, and metabolic burn through dynamic, core-driven blocks.

**Pilates** blends core strength, mobility, and mindful movement using slow, controlled mat based exercises. With a focus on alignment and breath, this class supports better posture and full body stability for every fitness level.

**The Squat Shop** is an upbeat, lower-body strength class built around squats, power, and functional movement patterns—perfect for building strong legs, strong glutes, and strong confidence.

**Core Alignment** is a functional, corrective class focused on deep core activation, anti-rotation strength, and posture alignment. Bands, breathwork, and targeted engagement build stability without heavy loading.

**40 in 40 Fusion Flow** blends stability, mobility, core strength, and burn style conditioning into four focused 10-minute blocks for a smooth, efficient, energizing workout.

**Total Strength Express** is a fast, efficient strength class with upper-, lower-, and full-body days—delivering maximum strength in 30 minutes through smart, clean intervals.

**Lunch Break Burn** is a quick, low impact cardio class that mixes upbeat intervals with resistance band work and line dance inspired music for an energizing 30-minute reset.

**Stretch & Reset** is a guided stretch class with long holds and breath-driven relaxation. Perfect for desk workers and anyone needing a mid-day decompression.

**Stability Ball** challenges your balance, building total body strength, and fires up your core in this fun full body workout. Perfect for all fitness levels.

**Power Bar** uses a weighted bar to build power, endurance, and total-body control through clean, athletic movement patterns.

**Ride + Restore** pairs a light rhythm ride with long lower-body stretches and slow mobility to ease cycling tightness and leave riders restored.

**Power Bell** centers on progressive dumbbell work that emphasize controlled strength and muscle-building intensity.

**Step Strong 45** is a music-driven cardio-strength step class with athletic patterns, strength intervals, and core work for all levels.

**Yoga** blends gentle movement, stretching, and mindful breathing to build flexibility, strength, and balance while easing stress and promoting relaxation.

**Aqua Fit** brings a high-vibe splash to the pool with upbeat moves, low-impact strength work, and water-powered resistance for a fun, feel-good burst of energy.

## 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.