



the power of **PLAY**

MCCORMICK YMCA Group Exercise Schedule

April 1st – May 30th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:45am TOTAL BODY BURN Renee	9:30am WATER AEROBICS Renee	10:45am TOTAL BODY BURN Renee	9:30am WATER AEROBICS Renee		9am ZUMBA Myrna
5:30pm INDOOR CYCLING Lisa	4pm HIGH FITNESS Abigail	5:30pm INDOOR CYCLING Lisa	5:30pm ZUMBA TONING Myrna	5:30pm ZUMBA TONING Myrna	10am INDOOR CYCLING Abigail
6:30pm PILATES Lisa	5:30pm CIRCL MOBILITY Myrna	6:30pm YOGA Lisa	6:30pm ZUMBA Myrna	6:30pm CIRCL MOBILITY Myrna	
	6:30pm HIIT Myrna				

CLASSES	DESCRIPTIONS
TOTAL BODY BURN	From high-intensity circuits to strength training, cardio sessions, and more, you'll enjoy a diverse range of exercises that challenge your body and keep you motivated on your path to fitness success.
WATER AEROBICS	Dive into a invigorating water aerobics class that combines fluid movements and cardiovascular exercises, focusing on enhancing flexibility while strengthening your muscles in a refreshing aquatic environment.
INDOOR CYCLING	Pedal your way to a new level of fitness in our high-energy indoor cycling class. With dynamic music, and a challenging workout, you'll experience an exhilarating ride that strengthens your leg and boosts your endurance.
HIGH FITNESS	With explosive cardio moves, intense intervals, and killer music, you'll experience a high-energy workout that torches calories, boosts your endurance, and leaves you feeling empowered and invigorated.
ZUMBA	Get ready to dance your way into fitness with our exhilarating Zumba class. Experience an energetic fusion of cardio exercises and infectious rhythms that will keep you moving, grooving, and burning calories.
ZUMBA TONING	This dynamic workout combines the energetic dance moves of Zumba with targeted toning exercises, using toning sticks (or light weights), to help you build strength, improve coordination, and achieve a leaner physique in a fun and vibrant atmosphere.
PILATES	Join our Pilates class and embark on a transformative journey that focuses on enhancing flexibility and improving balance. Through precise movements and controlled exercises, you'll build core strength, lengthen your muscles, and cultivate a harmonious connection between mind and body.
HIIT	Ignite your fitness routine with our high-intensity interval training (HIIT) class, where cardio and strength collide. Experience a heart-pumping workout that combines bursts of intense exercises with strength-building movements, pushing your limits and maximizing calorie burn in a short, energizing session.
YOGA	Embark on a rejuvenating yoga journey that focuses on enhancing flexibility and building core strength. Find balance, harmony, and inner peace as you flow through gentle poses and connect mind, body, and spirit in a serene and welcoming environment.
CIRCL MOBILITY	Based on the science of functional movement, CIRCL Mobility™ focuses on flexibility, breathwork, and mobility exercises. Whether you're a fitness enthusiast, a busy mom, or a 9-5er, CIRCL Mobility™ helps you release stress, restore your range of motion, and renew your ability to move better, longer.

Check our website or app for the most current information on substitutions & cancellations.
mccormickymca.org

For additional information or questions, please contact 773-235-2525.