



Pat Jones Group Exercise Schedule

Effective May 1-September 30, 2023

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Early Morning Classes	Sunday Open at 1:00 pm		Body Pump Angie Studio A 5:30-6:30 am	Y Cycle Kelly 5:30-6:15 am	Body Pump Angie Studio A 5:30-6:30 am	Grit Kelly Studio A 5:30-6:00 am	Saturday Open at 6:00 am
		Cross Training Kelly Studio A 6:30-7:30 am	Yoga Amy Studio C 6:00-7:00 am	Cross Training Kelly Studio A 6:30-7:30 am	Yoga Amy Studio C 6:00-7:00 am	Cross Training Kelly Studio A 6:30-7:30 am	
		Sprint Lea Anne 7:45-8:15 am	Les Mills CORE Y Stretch Lea Anne Studio A 7:45-8:15 am	Sprint Lea Anne 7:45-8:15 am	Les Mills Core Y Stretch Lea Anne Studio A 7:45-8:45 am	Sprint Lea Anne 7:45-8:15 am	
			YOGO Laura Studio C 8:00-8:45 am		YOGO Laura Studio C 8:00-8:45 am		Y Cycle Kelly 8:00-8:45 am
		Grit Lea Anne Studio A 8:15-8:45 am	Y Cycle Kelly 8:30-9:15 am	Synrgy Training Upstairs Studio D Lea Anne 8:30-9:30 am	Y Cycle Kelly 8:30-9:15 am	Grit Lea Anne Studio A 8:15-8:45 am	
Yoga		Yoga Barbara Studio C 9:00-10:00 am	Yoga Ryan Studio C 9:00-10:00 am	Yoga Barbara Studio C 9:00-10:00 am	Yoga Ryan Studio C 9:00-10:00 am	Yoga Barbara Studio C 9:00-10:00 am	
Mid Morning Classes		Body Pump Aubrey S Studio A 9:00-10:00 am	Combat Aubrey S Studio A 9:00-10:00 am	Body Pump Aubrey S Studio A 9:00-10:00 am	Combat Aubrey S Studio A 9:00-10:00 am	Body Pump Aubrey S Studio A 9:00-10:00 am	Body Pump Lea Anne Studio A 9:00-10:00 am
Aqua/Pool		Aqua Fit Amanda Pool 9:00-10:00 am	Aqua Zumba Krista Pool 9:00-10:00 am	Aqua Fit Amanda Pool 9:00-10:00 am	Aqua Zumba Krista Pool 9:00-10:00 am	Aqua Fit Amanda Pool 9:00-10:00 am	Barre Teresa Studio C 9:00-10:00 am
Mid Morning Classes		Qi Gong Laura Studio C 10:15-11:00 am	Barre Teresa Gym B 10:00-11:00 am		Barre Teresa Gym B 10:00-11:00 am	Qi Gong Laura Studio C 10:15-11:00 am	High Fitness Shelby Studio A 10:00-11:00 am
		Summer Slim Down Tiffany/Studio D 10:15-11:15 am		Summer Slim Down Tiffany/Studio D 10:15-11:15 am			
Dance/Cardio		Zumba Angela Studio A 10:15-11:15 am		High Low Fitness Shelby Studio A 10:15-11:15 am		Zumba Krista Studio A 10:15-11:15 am	
Silver Sneakers		Silver Sneakers Cardio Fit Amanda Gym B 10:30-11:30 am	Silver Sneakers Classic Amanda Studio A 10:30-11:15 am		Silver Sneakers Classic Amanda Studio A 10:30-11:15 am	Silver Sneakers Cardio Fit Amanda Gym B 10:30-11:30 am	
Late Morning Classes		Power Circuit Studio A Tiffany 11:30-12:30 pm		Power Circuit Studio A Tiffany 11:30-12:30 pm		Power Circuit Studio A Tiffany 11:30-12:30 pm	
	Combat Jay Johnson 2:30-3:30	Yoga Amy Studio C 11:30-12:15 pm	Zumba Gold Angela Studio C 11:30-12:30 pm	Yoga Studio C 11:30-12:15 pm	Zumba Gold Angela Studio C 11:30-12:30 pm	Yoga Lucy Studio C 11:30-12:15 pm	
Afternoon Classes	Sprint 3:15-3:45	Y Cycle Kelly 12:15-1:00 pm	GRIT Kelly Studio A 12:15-12:45 pm	Y Cycle Kelly 12:15-1:00 pm	GRIT Kelly Studio A 12:15-12:45 pm	Y Cycle Kelly 12:15-1:00 pm	
Early Evening Classes	Body Pump Jay Johnson Studio A 4:00-5:00	Body Pump Lea Anne Studio A 4:30-5:30 pm	High Fitness Shelby Studio A 4:30-5:30 pm	Body Pump Lea Anne Studio A 4:30-5:30 pm	High Fitness Aubrey Studio A 4:30-5:30 pm		
		Step/Core Sarah Studio C 5:00-5:45 pm	Body Attack Sarah Studio A 5:30-6:30 pm	Qi Gong Laura Studio C 5:00-5:45 pm	Body Combat Jay Studio A 5:30-6:30 pm		CLASSES ARE SUBJECT TO CHANGE
		Sprint Crystal 5:30-6:00 pm		Sprint Chris 5:30-6:00 pm	Barre Terriann Studio C 5:45-6:45 pm		
	Sunday Close at 6:00 pm	Advance Cross Training (AXT) Studio A 6:00-7:00 pm		Advance Cross Training (AXT) Studio A 6:00-7:00 pm			
		Power Yoga Jill Studio C 6:00-7:00 pm	Body Pump Sarah Studio A 6:45-7:45 pm	PiYo Crystal Studio C 6:00-6:45 pm	Body Pump Jay Studio A 6:45-7:45 pm		Saturday Close at 7:00 pm
Late Evening Classes		Mixed Fit Angela Studio A 7:00-8:00 pm	Zumba David Studio C 7:00-8:00 pm	Zumba Angela Studio A 7:00-8:00 pm	Zumba Toning Angela Studio C 7:00-7:45 pm	Zumba Crystal Studio A 6:30-7:30 pm	



STRENGTH & WEIGHTS

Strength training builds lean muscles and helps with long-term weight loss. Great for burning calories and heart health.



CYCLING

Use the power of indoor cycling to move fast, move with resistance and get a great cardiovascular workout.



CARDIO

These cardio classes keep you moving and having fun, while while burning calories and improving cardiovascular function.



MIND/BODY

Reduce chance of injury, increase mobility and improve your posture, which helps you look great, as well as feel good.



MARTIAL ARTS

Learn old traditions in new ways to improve cardiovascular health and tone your body.



CORE

Core strength is critical for building a strong body to create the best platform for all other exercise.



ACTIVE OLDER ADULTS

Enjoy classes that are specifically designed for mobility and longevity. Great for older adults and those new to a fitness routine.



AQUA

Joints stay happy with the ease of water classes. Great for beginners, active older adults and even the fitness pro who loves to burn calories in the water.

AQUAFIT

A non-impact fitness class in the water designed to increase strength and flexibility. Some water walking and aerobics is included. This is the perfect workout for individuals just starting a fitness program, working with arthritis or who have few exercise options.

AQUA ZUMBA

Splash your way into shape with an invigorating low-impact aquatic exercise known as the ZUMBA "pool party." The Aqua Zumba program gives new meaning to the idea of a refreshing workout. Integrating the Zumba philosophy with traditional aquatic fitness disciplines, AQUA ZUMBA blends it all together into workout that's cardio-conditioning, body-toning and, most of all, exhilarating beyond belief.

ADVANCED CROSS TRAINING (AXT)

This class is designed to burn fat! Exercises are performed in a fast paced/high intensity format and many different exercises are utilized. Plyometrics are incorporated to keep the heart rate high and the fat melting. Great for all fitness levels, and all moves can be modified.

BODYCOMBAT

Punch and kick your way to fitness, burn up to 740 calories* along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master.

BODYPUMP

Transform your lifestyle through this proven total body workout class. The patented LES MILLS REP EFFECT will help you reach and surpass 800-1,000 repetitions in a single class. This class is designed to challenge you, whether you're a beginner or fitness pro.

CROSS TRAINING

Instructors will use a variety of methods, including strength training, intervals and cardio to get you moving in a fun, group atmosphere, designed to push your limits and increase your cardiovascular endurance. Every class can be modified to many difference fitness levels.

CORE

All the moves in CXWORX have options, so it's challenging, but achievable for your own level of fitness. During the 30-minute workout, trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches and hovers. You will also get into some hip, butt and lower back exercises.

GRIT

LES MILLS GRIT offers three, alternating 30-minute workout formats that provide the ultimate cross-training platform: GRIT STRENGTH builds strength and lean muscle. GRIT PLYO creates a powerful, agile and athletic body through plyometric movements. GRIT CARDIO burns fat and rapidly improves athletic capability.

YOGA

A 45-minute yoga based class focusing on flexibility and balance. We offer Yin, Vinyasa, Power and Nidra meditation yoga classes. Great for beginners or Active Older Adults. Participants must be able to get up and down from the flow.

KIDFIT

Time to get the kids active! If you're looking for a way to channel that energy or spark an interest in a new activity, try our KidFit class. An exciting combination of running, jumping, working out and fun. Energetic instructors get those ages 6-12 years old excited about coming to the Y. Sign up at the Kids Zone.

MIXXEDFIT

A people-inspired dance fitness program that is a perfect blend of explosive dancing and bootcamp-inspired toning. This format combines music you'd hear at the on the radio or at the club with repetitive, easy-to-follow dance and toning moves. It's a perfect class for group fitness beginners, expert dancers and everyone in between.

QI GONG

A form of exercises to optimize energy within the body, mind and spirit with the goal of improving and maintaining health and well-being.

SILVER SENIOR CLASSIC

Have fun in this classic senior resistance workout. Various resistance tools are used such as handled tubing, hand-held weights, and a chair is used for support and or seated exercises.

SILVER SNEAKERS CARDIOFIT

Get up and go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

ENERI CHI

Learn how to strengthen and relax your body, relieve mental stress and physical tension while increasing body awareness and balance. Benefits include: increased relaxation, better balance and improved posture.

Y CYCLE

A Cardiovascular class that can be suited to all fitness levels. Use resistance, speed play and hill work to get your heart rate up and improve your cardiovascular endurance.

SPRINT

A 30-minute High-Intensity Interval Training workout, using an indoor bike to achieve fast results. It's a quick and hard style of training that returns rapid results with minimum joint impact.

INSANITY

Maximum interval training—short burst of intense cardio for optimum fat burning and toning.

HIGH FIT-HI LOW FIT

Hardcore or low impact, fun fitness the incorporates interval training with pop music and easy to follow fitness choreography for high calorie burn and full-body toning.

Barre

Barre is a full-body workout inspired by ballet, yoga and Pilates. Musically driven focused on low-impact, high intensity movements. Great for all fitness levels.

Stretch & Strength

Stretch and tone with this full body workout for a low impact that focuses on flexibility, stability, balance and strength.

KICKBOXING

Martial arts techniques with a fast paced cardio. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle. Great for all fitness levels.

SYNRGY TRAINING

Small group training that incorporates a cardio, and strength training for a full body workout experience for upper and lower body for all levels of fitness.

YOGO

Involves controlled breathing, stretching positions and meditation to promote good health, fitness for the mind, body and spirit.

ZUMBA®

Que Caliente! Zumba® is a fusion of Latin and international music and dance that creates a dynamic, exciting and effective workout. Interval training is used to tone and sculpt the body. Join the party!

ZUMBA TONING

Combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie torching, strength training dance fitness party. Using Zumba toning sticks or light weight dumbbells, you'll work every muscle group while you groove.

ZUMBA GOLD

A lower-intensity version of Zumba designed to meet the needs of seniors and those seeking alternative exercise options. A total workout combining all elements of fitness, cardio, muscle conditioning, balance and flexibility

PiYO

Piyo fuses the muscle sculpting benefits of Pilates, the flexibility advantages of yoga and cardio.

