

KOHL FAMILY YMCA GROUP EXERCISE SCHEDULE



UPDATED
WINTER 2025

MONDAY

Fitness Frenzy

6:00-6:45 AM
June

Silver Sneakers Classic/Circuit

9:00-10:00 AM
Mary

Wildcard Workout

10:00-11:00 AM
Leland

LineDancing

10:30-11:45
Sharlette

Youth Boxing

5:00-6:00 PM
Leland

Boot Camp

6:15-7:00 PM
Richard

TUESDAY

Silver Sneakers Classic/Circuit

9:00-10:00 AM
Mary

Spin Class

9:30-10:30a
Sharnisha

Yoga

12:00-1:00PM
Andrea**

Tabata

6:15-7:00 PM
Richard

WEDNESDAY

Silver Sneakers Classic/Circuit

9:00-10:00 AM
Mary

Wildcard Workout

10:00-11:00 AM
Leland

LineDancing

10:30-11:45
Sharlette

Youth Boxing

5:00-6:00 PM
Leland

Cardio Variety

6:15-7:00 PM
Laura

THURSDAY

Silver Sneakers Classic/Circuit

9:00-10:00 AM
Mary

KickBoxing

6:15-7:00 PM
Laura F.

Zumba

7:00-7:45 PM
Lisa

FRIDAY

Yoga

6:30-7:15 AM
Bassey & Andrea

Silver Sneakers Classic/Yoga

9:00-10:00 AM
Mary

Wildcard Workout

9:00-10:00 AM
Leland

LineDancing

10:30-11:45
Sharlette

SATURDAY

Cardio Variety

8:00-9:00 AM
Laura

HIIT

9:15-10:00 AM
June

SUNDAY

No Classes

IMPORTANT INFORMATION

PURPLE Classes are in Gymnasium

ORANGE Classes are in Group X room

PINK Classes are in *FTS or new room next to classroom (formerly spinning)

BLUE Classes are in the First Energy Room (upstairs)

*FTS=Functional Training space

Lunchtime Yoga w/ Andrea begins 2/18/25

Spin class w/ Sharnisha begins 2/25/25

KOHL FAMILY YMCA GROUP EXERCISE SCHEDULE



UPDATED
January 2025

CLASS DESCRIPTIONS

Beginner HIIT is a high-intensity interval training (HIIT) workout that alternates periods of short, intense exercises with less-intense recovery periods.

Beginner Step Aerobics uses a bench and risers; you will step up and down and learn fun patterns to upbeat music for an energizing cardio workout.

Bootcamp is an action-packed cardio, strength and combo class that uses high intensity intervals, plyometrics, strength and core training.

Cardio Variety is a multi-versatile class that offers a variety of aerobic activities, stepping, floor aerobics, weights and intervals.

Core Conditioning works to tone and strengthen the mid-section by using effective abdominal, back and hip exercises.

Functional Training uses tires, medicine balls, hammers, you name it, to get a full-body, functional workout.

Kickboxing is a mixture of martial arts and boxing moves to get your heart pumping. Participants must bring their own gloves.

Line Dancing is a relaxed, fun and positive atmosphere to build a strong foundation.

Masala Bhangra incorporates Indian dance choreography and beautiful music appealing to those who like to dance their way into fitness.

Pickleball is a fun sport that combines many elements of tennis, badminton and ping-pong.

Silver Sneakers Classic: Have fun and move to the music during a variety of exercises. Designed to increase muscular strength and range of movement for daily living skills and activities, Classic offers resistance using hand-held weights, elastic tubing with handles and a ball. A chair is used for seated or standing support.

Silver Sneakers Circuit: Designed for seniors who are ready to extend beyond Classic for an enhanced cardio workout.

Silver Sneakers Yoga will move your body through a series of seated yoga positions using chair support to increase flexibility and balance.

Spin- A high-energy workout on stationary bikes that combines cardio and endurance training to improve fitness.

Toning emphasizes strengthening and conditioning of all major muscle groups while also increasing flexibility. Toning is appropriate for all fitness levels.

Tabata combines aerobic and anaerobic segments with intense drills to boost your metabolism and increase your cardiovascular endurance (not recommended for pregnant women).

Wildcard is a walk on the wild side to mix up your workout! Wild card offers a new exercise each week! Wild Card exercises may include kickboxing, cycling, toning, jump rope and much more.

Yoga focuses on transitional flexibility movements and requires you to use body strength and proper breathing techniques. (Beginners), (Power), (Vinyasa or Hatha style).

Zumba: Are you ready to party yourself into shape? Lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. You are sure to burn calories and have fun!