GROUP FITNESS SCHEDULE
SUMMER SESSION MAY 28 – JULY 29 at DELAWARE YMCA

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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</thead>
<tbody>
<tr>
<td><strong>BOOT CAMP / KICKBOXING</strong></td>
<td><strong>BODYPUMP</strong></td>
<td><strong>BODYCAMP</strong></td>
<td><strong>PILATES</strong></td>
<td><strong>RELENTLESS</strong></td>
<td><strong>BODY PUMP</strong></td>
<td><strong>RELENTLESS</strong></td>
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<tr>
<td>(ALTERNATING WEEKS) 9AM-10AM</td>
<td>5:45AM-6:30AM</td>
<td>5:45AM-6:30AM</td>
<td>9:15AM-10:15AM</td>
<td>8AM-8:45AM</td>
<td>7:30AM-8:30AM</td>
<td>12:30PM-1:15PM</td>
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<tr>
<td>JUDY/CAROL</td>
<td>RENEE — STUDIO 1</td>
<td>RACHEL — STUDIO 1</td>
<td>LISA — STUDIO 1</td>
<td>DAN — STUDIO 1</td>
<td>KAREN — STUDIO 1</td>
<td>KAREN — STUDIO 1</td>
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<tr>
<td><strong>Y-CYCLE</strong></td>
<td>5:45AM-6:30AM</td>
<td>Y-CYCLE 5:45AM-6:30AM</td>
<td><strong>AOA EXPRESS</strong> 8AM-8:45AM</td>
<td><strong>AOA EXPRESS</strong> 8AM-8:45AM</td>
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<tr>
<td>AMY — STUDIO 2</td>
<td><strong>HIP HOP FUSION</strong> 9:30AM-10:30AM</td>
<td><strong>ANN A</strong> 5:45AM-6:30AM</td>
<td><strong>CHERYL — STUDIO 1</strong></td>
<td><strong>CHERYL — STUDIO 1</strong></td>
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<tr>
<td><strong>AOA EXPRESS</strong> 8AM-8:45AM</td>
<td><strong>SILVER SNEAKERS</strong> 11:30AM-12:15PM</td>
<td><strong>SARAH</strong> 9AM-9:45AM</td>
<td><strong>BROOKE</strong> — STUDIO 2</td>
<td><strong>BROOKE</strong> — STUDIO 2</td>
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<tr>
<td><strong>CHERYL</strong> — STUDIO 1</td>
<td><strong>BEGINNER YOGA</strong> 5:30PM-6:30PM</td>
<td><strong>MEGHAN</strong> — STUDIO 1</td>
<td><strong>MEGHAN</strong> — STUDIO 1</td>
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<td><strong>PIYO</strong></td>
<td><strong>INTERVAL</strong> 6:15PM-7:00PM</td>
<td><strong>Y-CYCLE 6:30PM-7:15PM</strong></td>
<td><strong>REBECCA</strong> — STUDIO 2</td>
<td><strong>REBECCA</strong> — STUDIO 2</td>
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<td>9AM-10AM</td>
<td>CARDIO &amp; SCULPT 6:15PM-7:00PM</td>
<td><strong>BRITANNI</strong> — STUDIO 2</td>
<td><strong>MEGHAN</strong> — STUDIO 1</td>
<td><strong>MEGHAN</strong> — STUDIO 1</td>
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<td><strong>ENHANCE FITNESS</strong> 11:30AM</td>
<td><strong>ZUMBA</strong> 7PM-8PM</td>
<td><strong>YOGA FLOW</strong> 10:15AM-11:15AM</td>
<td><strong>JUDY/ CAROL</strong> — STUDIO 1</td>
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<td><strong>ZUMBA</strong> 7PM-8PM</td>
<td><strong>ENHANCE FITNESS</strong> 11:30AM-12:30AM</td>
<td><strong>BODYPUMP</strong> 5:30PM-6:30PM</td>
<td><strong>SILVER SNEAKERS</strong> 11:30AM-12:15PM</td>
<td><strong>BODYPUMP</strong> 5:30PM-6:30PM</td>
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<td><strong>DANCE FITNESS</strong> 5:45PM-6:45PM</td>
<td><strong>BRITTANI</strong> — STUDIO 2</td>
<td><strong>JUDY/ CAROL</strong> — STUDIO 1</td>
<td><strong>KAREN</strong> — STUDIO 1</td>
<td><strong>MEGHAN</strong> — STUDIO 3</td>
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<td><strong>Y-CYCLE</strong> 6:15PM-7:15PM</td>
<td><strong>ZHUMBA</strong> 4:45PM-5:45PM</td>
<td><strong>REBECCA</strong> — STUDIO 1</td>
<td><strong>11:30AM-12:30AM</strong></td>
<td><strong>9AM-10AM</strong></td>
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<td><strong>BAKED</strong> 7PM-7:45PM</td>
<td><strong>POUND</strong> 6:45PM-7:30PM</td>
<td><strong>11:30AM-12:30AM</strong></td>
<td><strong>MEGHAN</strong> — STUDIO 3</td>
<td><strong>MEGHAN</strong> — STUDIO 3</td>
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<td><strong>HIT</strong> 7PM-7:45PM</td>
<td><strong>POUND</strong> 6:45PM-7:30PM</td>
<td><strong>RELENTLESS</strong></td>
<td><strong>CHERYL</strong> — STUDIO 1</td>
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<td><strong>BODYPUMP</strong> 5:30PM-6:30PM</td>
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<td><strong>MEGHAN</strong> — STUDIO 1</td>
<td><strong>POUND</strong> 6:45PM-7:30PM</td>
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<td><strong>MEGHAN</strong> — STUDIO 3</td>
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Check the YMCA app for schedule updates, changes, and cancellations!

Follow us on Facebook to learn about our upcoming pop-up classes!

UPDATED 6/4/2019
FREE GROUP EXERCISE
CLASS DESCRIPTIONS

AGELESS LIVING

ACTIVE OLDER ADULTS— Learn the basic exercises to build and maintain functional strength, balance and coordination. *Express is a shorter option **Advanced is a more difficult option

ENHANCE FITNESS— It is a very low impact class that uses chairs and up to 5lb wrist/ankle weights. A little cardio, strength, balance and flexibility will be covered in each class, while focusing on activities of daily living.

SILVER SNEAKERS— Have fun and move to the music through a variety of exercises designed to increase strength, range of motion and activities for daily living. A chair is available if needed for seated or standing support.

STRENGTH

MUSCLE CONDITIONING— Strengthen and condition your muscles using a variety of fitness equipment paired with traditional exercises.

LES MILLS BODY PUMP— Using light to moderate weights with lots of repetition, BODY PUMP gives you a total body workout. *Limited to 15 participants.

POWER SCULPT— Challenge all muscle groups through dynamic combinations of equipment paired with advanced strength training movements.

CYCLING

Y-CYCLING— Give a great spin to your workout as our instructors lead you through a safe and invigorating indoor cycling experience.
*Limited to 19 participants

LES MILLS SPRINT— A 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. *Limited to 19 participants

STRENGTH & CYCLE— This workout provides total body strength training accompanied by a great ride.
*Limited to 19 participants

CARDIO BASED

DANCE FITNESS—Aerobic dance workout with easy to follow choreography.

HIP HOP FUSION— The music is upbeat and consists of dance, pop, and hip hop styles. The class will create a fun energetic dance workout.

ZUMBA—Utilize the principles of fitness and resistance training to maximize caloric output with easy to follow dance movements. *Indicates Beginner-Lower Impact

KICKBOXING— A high energy class using interval training, martial arts and boxing.

MIND AND BODY

BARRE— Class delivers a balances, total-body workout. All movements are low-impact and designed to burn fat, build muscle and break through plateaus.

BEGINNER YOGA— Use posture and stretches in combination with the breath to develop flexibility and relaxation.

PILATES— Mat work uses gravity and your own body weight as resistance.

PIYO— This low impact workout will increase your fitness level—core strength, flexibility, stability, balance and posture.

YOGA FLOW— In this class add intensity, challenge, strength building and stamina to your mindful yoga movements.

RESTORATIVE YOGA—A gentle yoga class to bring you into a blissful, restful state and get you ready for a peaceful nights’ sleep!

COMBINATION

BODY BLITZ— Balance muscle, cardio and stretch in this total body, toning class.

BOOT CAMP— This cross training workout utilizes muscular strength, muscular endurance, and cardiovascular endurance. You can expect a different experience each time you come to keep your body guessing. Modifications can be given, we welcome all fitness levels.

INTERVAL CARDIO & SCULPT— This energetic class combines equal portions of cardio aerobics and strength training. This class is designed to offer a variety of push compound movements to challenge you differently in every class.

POUND— Using Ripstix®, lightly weighted drumsticks engineered specifically for POUND® transforms drumming into an incredibly effective way of working out.

RELENTLESS— Improve both your strength and stamina through this rugged, high-intensity workout designed for advanced participants.

STRENGTH & FLOW— Utilize bodyweight and a variety of equipment in this total body strength workout that is simple enough for beginners, but can challenge the toughest athletes. Complete your workout with easy yoga at the end of class for a deep stretch.

STRONG BY ZUMBA— Combines high-intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

GET ON THE BALL—Using a stability ball along with other equipment, participants will learn to work the core muscles through various customized movements while improving balance, joint stability, and overall strength!

HIIT (HIGH INTENSITY INTERVAL TRAINING)— Get maximum results in the shortest amount of time!