

Group Fitness Classes - December

Updated 11/27/24 (Check with Instructors for Holiday Hours and Class Cancellations)

Monday

6:00-7:00 am	Barbell Strength	S
8:00-9:00 am	SilverSneakers Yoga*	V
9:00-10:00 am	Dance Party	S
10:30-11:30 am	SilverSneakers Classic*	S
7:00-8:00 pm	Yoga with Betsy	D

Tuesday

6:00-6:45 am	Cycle	C
8:00-9:00 am	TaiChi	S
8:30-9:30 am	Aqua Fusion	P
9:15-10:15 am	Very Gentle Yoga Mat	D
9:15-10:15 am	Forever Fit*	S

Wednesday

9:00-10:00 am	Boxing for Beginners	S
10:30-11:30 am	SilverSneakers Classic*	S
12:00-1:00 pm	Aqua FUNctional	P
6:00-7:00 pm	Yoga Sculpt	D

Thursday

6:00-6:45 am	Cycle	C
8:00-9:00 am	SilverSneakers Yoga*	S
8:30-9:30 am	Aqua Fusion	P
9:15-10:15 am	Forever Fit	S
9:15-10:15 am	Yoga with Libby	D

Friday

10:30-11:30 am	Dance Party No class 2 nd Friday of Every Month	S
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Saturday

9:00-9:45 am	Yoga with Shelby	D
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Group Fitness Class Fee: \$10/Month

This Fee is **NOT** a PER CLASS FEE.

This **MONTHLY** fee gets you access to all the Group Fitness Classes!

Silver Sneaker Classes: Free to Register

***Reservations are required for all pool usage (lap swim or open swim) along with all Group Fitness classes. You can register on the YWCA St. Paul Member Portal on the computer or by using the YWCA St. Paul mobile app.**

*Data from the reservations are collected and shared with management to help make decisions for the Health and Fitness Center. Support your favorite instructors or your favorite activity by making reservations!

Location Codes:

A= Atrium
C = Cycle Studio
D = Dayton Studio
O = Outside
P = Pool
S = Selby Studio
TS = Trainers Suite
V = Virtual
W = Western Studio

healthandfitness@ywcastpaul.org

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Director of Health and Wellness - Dalton Outlaw
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Class Descriptions

Barbell Strength: Get your morning and week started right. This class incorporates barbells and free weights into a more traditional strength-based workout. Available to all levels of fitness.

Boxing for Beginners

Boxing starts by putting the foundation blocks in place, learning how to move, and doing beginner drills. This is where you learn how to move yourself, and certain areas of your body. Once you can do this, we look at distance, timing, and then working with a partner without getting hit. This class is for Adults (18+ and Seniors).

Dance Party: Rev up the energy in this 60-minute dance workout. Great music and easy routines make it fun for people of all level and abilities.

EnerChi: is comprised of easy-to-learn, modified Tai Chi forms aimed at improving well-being. Low-impact movements are practiced in a slow, flowing sequence to progress strength, balance, and focus. Chair support is offered to facilitate standing stability and seated exercise options.

Forever Fit: Designed for ages 55+, this low-impact class incorporates aerobics, strength training, core conditioning and stretching.

SilverSneakers® Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

SilverSneakers® Yoga: Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Very Gentle Mat Yoga: Gentle yoga provides light stretching and flexibility enhancing movements, especially in weak or injured joints. Ideal for those new to yoga, suffering from chronic back pain or wanting a less intense yoga practice.

Yoga Sculpt: A blend of Vinyasa Yoga and strength training class utilizes weights to create resistance and add intensity to each pose. A fun and challenging workout, Yoga Sculpt is great for anyone looking to strengthen their current yoga and fitness abilities.

Yoga: Classes are designed for all ages & fitness levels. Exercises focus on traditional yoga poses, breathing techniques & relaxation to increase flexibility, strengthen muscles, & and improve balance while creating body awareness.

Water Aerobics Classes:

Aqua FUNctional: Improve daily living activity and enhance sport performance. \$10/month Service

Aqua Fusion: Class combines cardio intervals with fitness