



YARROW FAMILY YMCA

GROUP X CLASSES

NOVEMBER SCHEDULE

Revised 11/18/25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM BOOTCAMP SYLVIE STUDIO 3	6:00 AM SPYN TAMI STUDIO2	6:00 AM BOOTCAMP ANGELA STUDIO 3	6:00 AM SPYN TODD STUDIO2	6:00 AM BOOTCAMP TODD STUDIO 3	8:00 AM BOOTCAMP SYLVIE STUDIO 3
8:30 AM H.I.I.T. SYLVIE STUDIO 3	8:30 AM PURE STRENGTH CATHY STUDIO 3	8:15 AM BARRE GIGI STUDIO 3	8:30 AM BEGINNING TAI CHI KIMIKO STUDIO 4	8:15 AM BARRE GIGI STUDIO 3	9:00AM SPYN TAMI STUDIO 2
8:30 AM SPYN JASON STUDIO 2	8:30 AM SPYN SYLVIE STUDIO 2	8:30AM SPYN TAMI STUDIO 2	8:45 AM SPYN MICHELLE STUDIO 2	8:30 AM SPYN CATHY STUDIO 2	9:30 AM ZUMBA BELLA STUDIO 3
8:30 AM TAI CHI KIMIKO OUTDOORS	8:30 AM TAI CHI KIMIKO OUTDOORS	8:30 AM PILATES NIKKI STUDIO 4	9:00 AM POWER SCULPT CATHY STUDIO 3	8:30 AM PILATES NIKKI STUDIO 4	10:30 AM GENTLE YOGA KELLY STUDIO 3
9:30 AM FLOW YOGA JASON STUDIO 4	8:30 AM PILATES NIKKI STUDIO 4	9:30 AM FLOW YOGA TODD STUDIO 3	9:30 AM FLOW YOGA NANCY STUDIO 4	8:30 AM TAI CHI KIMIKO OUTDOORS	11:30 AM PILATES NIKKI STUDIO 3
9:30 AM POWER SCULPT CATHY STUDIO 3	9:30 AM BOOTCAMP COURTNEY OUTSIDE S3	9:30 AM HIGH FITNESS MARY STUDIO 4	10:00 AM ZUMBA GOLD CECE STUDIO 3	9:15 AM H.I.I.T. COURTNEY STUDIO 3	LIVE STREAM STUDIO CLASSES IN STUDIO 4 IF CLASSROOM IS FULL
10:30 AM MOVEMENT & MOBILITY CHENOA STUDIO 3	9:30 AM LOW IMPACT SYLVIE STUDIO 3	10:30 AM GENTLE YOGA KELLY STUDIO 3	10:30 AM BEGINNING YOGA NANCY STUDIO 4	9:30 AM LOW IMPACT CHENOA STUDIO 4	
11:30 AM STRENGTH, STRETCH & BALANCE PAM STUDIO 3	9:30 AM YOGA NANCY STUDIO 4	11:30 AM STRENGTH, STRETCH & BALANCE LIVE STREAM STUDIO 4 CATHY STUDIO 3	11:30 AM LOW IMPACT LIVE STREAM STUDIO 4 SYLVIE STUDIO 3	10:15 AM ZUMBA IDA STUDIO 3	CLASSES THAT ARE SHADED REQUIRE RESERVATION THROUGH OUR APP. PLEASE SEE A MEMBERSHIP STAFF FOR ASSISTANCE USING THE APP
11:30 AM ZUMBA BELLA STUDIO 4	10:30 AM STRENGTH, STRETCH & BALANCE LIVE STREAM STUDIO 4 CATHY STUDIO 3	5:30 PM SPYN STEVE STUDIO 2	5:30 PM WALK/RUN CLUB COURTNEY TURF	10:30 AM CLASSIC YOGA CHANDRA STUDIO 4	
5:30 PM ZUMBA IDA STUDIO 3	11:30 AM ZUMBA BELLA STUDIO3	5:30 PM STRENGTH, STRETCH & BALANCE CATHY STUDIO 3	5:30 PM H.I.I.T. SYLVIE STUDIO 3	11:30 AM STRENGTH, STRETCH & BALANCE LIVE STREAM STUDIO 4 CATHY STUDIO 3	
5:30 PM SPYN STEVE STUDIO2	5:30PM WALK/RUN CLUB COURTNEY TURF	6:30 PM PILATES CHENOA STUDIO 3	5:30 PM YOGA KRISTIE STUDIO 4		
6:45 PM YOGA KRISTIE STUDIO 4	5:30 PM SPYN TAMI STUDIO2		6:45 PM YOGA KRISTIE STUDIO 4		
	5:30 PM YOGA CHANDRA STUDIO 4				

QUESTIONS? CONTACT
YARROWFITNESS@SEVYMCA.ORG

SCAN HERE TO
VIEW ALL
CURRENT
SCHEDULES



SCHEDULE SUBJECT TO CHANGE AT
ANY TIME. PLEASE CHECK THE
YMCA APP FOR UPDATE CHANGES



GROUP X CLASSES DESCRIPTIONS

BARRE: This class is a full-body muscle endurance workout broken up into different sections that focus on major muscle groups.

H.I.I.T.: This is a high intensity class with cardio and strength combined to give you a full body workout.

BEGINNING TAI CHI: This class is designed as an introduction to Tai Chi. Class is slower-paced and focuses on the mind-body practice that combines slow, gentle movements, deep breathing and meditations to promote health and wellness.

BEGINNING YOGA: This class is designed as an introduction to the practice of yoga. Class is slower-paced than an all-levels class and focused on developing clear and safe alignment in foundational poses. Come to learn, play, and maybe even break a sweat in a supportive environment.

BOOT CAMP: Each class is designed differently and pushes you out of your comfort zone all while having fun. **CARDIO SCULPT:** Cardio Sculpt is a fun, fast-paced fitness class that combines cardio exercises with muscle-sculpting exercises, including the use of weights and barbells. These fitness classes are designed to get your heart rate up and tone your muscles simultaneously and usually consist of several different exercise formats during each, which means there is never a dull moment!

CLASSIC YOGA: A soothing class designed to promote relaxation and mental clarity. Focus on deep breathing and gentle stretches to help release tension and rejuvenate.

FLOW YOGA: Increases strengthening and flexibility. Flow yoga is a low-impact exercise with an energetic series of Hatha yoga poses to build strength with the breath and music.

GENTLE YOGA: Basic Hatha yoga practice with poses (asanas) to increase flexibility and balance with breath. This class is a softer, nurturing, slow-paced, and relaxing yoga practice.

HIGH FITNESS: This class transforms old school aerobics into a highly addictive new fitness experience that combines simple, modern fitness techniques with music you know and love.

LOW IMPACT: A class geared to our active older adults that focuses on balance, strength and conditioning using low impact movements and formats.

MOVEMENT & MOBILITY: This class is designed to help with flexibility and movement while performing dynamic stretching

PILATES: Combines core conditioning with flexibility to promote a healthy relationship between mind, body, and spirit.

POWER SCULPT: This class combines strength and cardio using different equipment. This focus is on building muscle, improving endurance and enhancing over all fitness.

PURE STRENGTH: Pure Strength pushes the body beyond failure to achieve unprecedented response utilizing the slow strength training technique. This technique has proven to be safer and work faster to change your body composition than traditional forms of weight training.

RUN CLUB: A Community based group that brings together individuals who enjoy running. This club meets for group runs, training sessions and events. This is for beginners to experienced athletes.

STRENGTH, STRETCH & BALANCE: This class gives a total body workout with a focus on strengthening the core and limbs while amplifying the body's movement through stretching while improving overall balance, posture, muscle tone and mobility.

TAI CHI: Gentle physical exercise and stretching through a series of flows that improve balance and calm the mind. Tai Chi Kung Fu Fan is recommended for this class.

SPYN: This class is optimum in fat burning and strength building. This ride will simulate varied terrain as you tackle rolling hills, sprints and other drills to give you a great interval workout. Come find the inspiration you've been looking for to help you achieve your personal goals! This class is for the beginners as well as seasoned cyclists!

YIN YOGA: A gentle and relaxing all-level class that works deeply into the connective tissues and joints of the hips, pelvis, and lower spine and is suitable to all levels of students through extended holds of postures.

YOGA: An introductory class for beginners to learn the primary positions in practice of yoga at a slower pace.

ZUMBA: A dynamic and exciting class full of Latin Exotic music flavors. A great cardiovascular workout.

ZUMBA GOLD: A lower-intensity version of the regular Zumba class and was designed to meet the anatomical, physiological and psychological needs of senior adults seeking alternative means of reaching their exercise goals.