



## March 2025 Wells Ave Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Y-Cycle</b> 9:00 – 9:45 AM Traci Spin Studio	<b>Boot Camp</b> 6:00-6:45 AM Deirdre Studio A	<b>Boot Camp</b> 6:00-6:45 AM Julia Studio A	<b>Boot Camp</b> 6:00-6:45 AM Deirdre Studio A	<b>Boot Camp</b> 6:00-6:45 AM Deirdre Studio A		
<b>Women &amp; Weights</b> <b>9:00-10:00 AM</b> Willie - Studio B <b>*FEE REQUIRED</b>	<b>Y-Intervals</b> 9:00-9:45 AM Heidi Studio A	<b>Zumba</b> 9:00-10:00 AM Emi Studio A	<b>Y-Cycle</b> 9:00 – 9:45 AM Traci Spin Studio	<b>Barre</b> 8:15-9:00 AM <b>NEW TIME</b> Deirdre Studio A	<b>Yoga</b> 8:45-9:45 AM Ed Studio A	<b>Pilates &amp; Strength</b> 8:00-8:55 AM Kathryn Studio A * <b>Hybrid</b>
<b>Aqua Fitness</b> 9:30-10:15 AM Monica Pool	<b>Qigong Tai Chi</b> <b>Yoga Flow</b> 9:15-10:00 AM Carol Studio B	<b>Aqua Fitness</b> 9:30-10:15 AM Louise Pool	<b>Keeping Fit</b> 9:00-9:50 AM Katie B. Studio A	<b>Yoga</b> 9:15-10:15 AM Ed Studio A	<b>Y-Cycle</b> 9:00 – 9:45 AM Traci Spin Studio	<b>Healing Yoga</b> 9:00-10:00 AM Kathryn Studio A * <b>Hybrid</b>
<b>Keeping Fit</b> 9:30-10:20 AM Deirdre Studio A	<b>Keeping Fit</b> 10:00-11:00 AM Tracy M. Studio A * <b>Hybrid</b>	<b>Barre</b> 10:00-11:00 AM Annie Studio A	<b>Y-Intervals</b> 10:00-10:45 AM Heidi Studio A	<b>Aqua Fitness</b> 9:30-10:15 AM Deirdre Pool	<b>Zumba</b> 10:30-11:30 AM Cheryl Studio A	<b>Zumba</b> 12:15-1:00 PM Tanya Studio A
<b>Y-Intervals</b> 10:30-11:15 AM Heidi Studio A	<b>Pilates</b> 11:00 -12:00 PM Tracy M. Studio A * <b>Hybrid</b>		<b>Women &amp; Weights</b> <b>10:00-11:00 AM</b> Willie -Studio B <b>*FEE REQUIRED</b>	<b>Y-Intervals</b> 10:30-11:15 AM Heidi Studio A		
<b>Y-Cycle</b> 11:00-11:45 AM Caroline W. Spin Studio	<b>Flow Yoga</b> 12:00-1:00 PM Susan Studio A	<b>Yoga</b> 4:00-5:00 PM Ed Studio A	<b>Pilates</b> 11:00-12:00 PM Mara Studio A	<b>Y-Cycle</b> 11:00-11:45 AM Caroline W. Spin Studio		
<b>Y-Cycle</b> 5:00-5 45 PM Mark Spin Studio	<b>Youth Strength</b> <b>3:30-4:30 PM</b> Willie Studio B <b>*FEE REQUIRED</b>	<b>Zumba</b> 5:30-6:15 PM Nerilyns Studio A	<b>Flow Yoga</b> 12:00-1:00 PM Susan Studio A			
<b>Stretch, Core &amp; Balance</b> 5:30-6:30 PM Linda Studio B	<b>Women &amp; Weights</b> <b>5:00-6:00 PM</b> Linda - Studio B <b>*FEE REQUIRED</b>	<b>Y-Cycle</b> 5:30-6:15 PM Caroline W. Spin Studio	<b>Slow Flow Yoga</b> 5:00-6:00 PM Maggie Studio A	<b>Zumba</b> 5:30-6 :15 PM Dennis Studio A		
<b>Zumba</b> 6:00-6:45 PM Meghan Studio A	<b>Flow Yoga</b> 5:30-6:30 PM Kate M. Studio A		<b>Zumba</b> 6:05 – 7:05 PM Agnes Studio A			
<b>Bolly-X</b> 7:00-7:50 PM Radha Studio A	<b>Y-Cycle</b> 6:00-6 45 PM Julia B Spin Studio					

All classes are drop-ins and included in your membership (unless otherwise noted). Check our website for the most up to date schedule information and class cancellations. Hybrid classes are livestreamed on the Zoom platform. You must register for the class via the link provided in the class description on our website.

# Group Fitness Class Descriptions

## STRENGTH & CONDITIONING CLASSES

**Y-Intervals Strength & Cardio-** Challenge yourself with the most innovative interval training format to deliver both strength and cardio results. You will move through intervals of strength, cardio and dynamic movements that work each muscle group. Improve balance mobility and core strength.

**Aqua Fitness-** Water aerobics. Improved heart health and better stamina are just a few of the reasons why aerobic exercise makes for a great workout. However, not everyone loves getting hot and sweaty at the gym or on a run. For those who would rather enjoy some pool time, water sculpt is a great way to raise the heart rate in a fun, unique, and low-impact environment. Class equipment includes dumbbells, noodles and kick boards. \*Perfect for seniors

**Bootcamp-** Take your game to the next level! This advanced, multi-functional class incorporates cardiovascular conditioning with calisthenics and muscular strength conditioning.

**Keeping Fit -** Description: This low impact full body workout is great for 55+. Focused on functional movements, strength and cardio intervals. \*Perfect for seniors

## DANCE FITNESS CLASSES

**ZUMBA-** Dance through your workout in this high-energy class based on popular Latino dance moves.

**BOLLY X-** This class is a Bollywood-inspired dance fitness program that combines dynamic choreography with the hottest music from around the world.

## MIND & BODY CLASSES

**Flow Yoga-** Flowing from one pose to the next, linked by breath with movement. Build strength and flexibility. Class may be more focused on strength or flexibility, or mixed based on the instructor. Slow pace. 5-8 breaths per pose.

**Pilates-** Work your muscles deep to the core to strengthen your entire body. This class is based on the Pilates method. \*Perfect for seniors

**Pilates & Strength –** This is a strength workout that leaves you feeling resilient mentally and physically. Gently integrating concepts from classical Pilates training and functional strength exercises using weights; the class focuses on technique and form, specific muscle groups while building strength to gain mobility, stability and balance (without a sense of strain). Challenges and adaptations available to meet almost anyone's needs.

**Barre -** This class is a total body workout. Perform small isometric movements to focus on toning your arms, core, glutes, and legs.

**Healing Yoga-** A therapeutic yoga class designed with the intention of healing your mind, body, and soul. Starting with gentle breath work, we take you through a full flow and core strengthening.

**Hatha Yoga-** A slower-paced yoga class that focuses on refining alignment and finding a sense of steadiness and ease within each pose. A challenging yet accessible practice for beginners and more experienced yoga students alike.

**Yoga-** A Kripalu inspired expression of yoga, integrating mindfulness of pranayama (breathing control) with an array of asanas (postures). This class encourages attunement to one's "inner guru" regarding intensity; all levels are welcome.

**Slow Flow Yoga-** Gentle practice allowing mindful movement through poses with emphasis on connection to the breath. Utilizing props and offering restorative versions of several poses. Focusing on increasing mobility, decreasing strain on the joints, and encouraging relaxation. All levels are welcome.

**QTCY Flow-** Enjoy a simple introduction to Qi Gong, Tai Chi and Yoga the ancient way with movements and mantras (sound and breathing flow) and begin anew.

**Stretch, Core and Balance –** This class includes full body stretches, a variety of core and balance exercises, all levels are welcome.

## **Y-CYCLE**

This no frill, all feat rides will scorch calories, build endurance and strength, and improve cardiovascular health. Be prepared for high intensity intervals, sprints, and hills set to heart-pounding music. We motivate you to crush your goals leaving you ready to take on your next challenge off the saddle.