



## June 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 Monica 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> <b>Willie - Studio B</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 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 6/30 @ 8-8:50 am	<b>Rhythm Ride &amp; enCORE NEW!</b> 9:00 – 10:15 AM Jane Spin Studio	<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>Gentle Yoga</b> <b>NEW CLASS</b> 12:00-1:00 PM Susan Studio A	<b>Women &amp; Weights</b> <b>10:00-11:00 AM</b> <b>Willie -Studio B</b> <b>*FEE REQUIRED</b>	<b>Y-Intervals</b> 10:30-11:15 AM Heidi Studio A	<b>Nia Dance</b> 11:35-12:35 PM <b>NEW CLASS</b> Hsiu-Hui 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> <b>Willie</b> <b>Studio B</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> <b>Linda - Studio B</b> <b>*FEE REQUIRED</b>	<b>Y-Cycle</b> 5:30-6:15 PM Caroline W. Spin Studio	<b>Women &amp; Weights</b> <b>5:00-6:00 PM</b> <b>Linda - Studio B</b> <b>*FEE REQUIRED</b>	<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>Slow Flow Yoga</b> 5:00-6:00 PM Maggie 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		<b>Zumba</b> 6:05 – 7:05 PM Agnes Studio A			

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.

**NIA –** This class is a unique Holistic cardio-dance workout that leaves you physically energized and emotionally balanced. With 52 simple moves fusing dance, martial arts, and healing arts. You will tone your body while transforming your mind.

## 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.

**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.

**Gentle Yoga -** This 60-minute gentle yoga class is a slow-paced practice that focuses on mindful movement, breath awareness, and deep relaxation. Poses are typically held for longer periods with plenty of support from props, making the practice accessible to all levels, including beginners and people new to yoga. The emphasis is on listening to your body, moving with ease, and cultivating inner calm rather than achieving perfect alignment. This class includes stretches, simple standing flows, and grounding postures. Breathwork is integrated into the practice to foster a sense of grounding and presence. The overall experience is therapeutic and relaxing for both body and mind.

**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.

**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.

**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.

### **Rhythm Ride & EnCORE – Rhythm Ride 9-9:45 EnCORE 9:50 – 10:15 am**

Get ready to sweat, smile, and spin in Rhythm Ride-a high-energy indoor cycling experience that takes your workout to the next level! Pedal to the pulse of heart-pounding music while sculpting your upper body with dynamic moves. It's more than just a ride-it's a rhythm-fueled fitness party on a bike!

EnCORE: Finish off your ride by firing up your core, then melt into a full-body stretch. Strength meets serenity in this feel-good finisher!

## **Adult Basketball Fitness Classes**

Change up your workout routine and get back on the court, no matter your basketball or fitness level. A great new workout comprised of shooting drills, dribbling drills, and other individual skills and competitions. Burn calories and get moving in a new exciting way.

Classes offered for adults, co-ed, women only, and seniors.

- Fee Based
- 4-week sessions or sign up for a single class
- Reach out to [joshuad@wsymca.org](mailto:joshuad@wsymca.org) for more information.

Coach: Garry Frazier

Garry has extensive basketball and Y experience, previously working for the Y's in the Orlando and Charlotte areas, as well as Head Coaching experience at Johnson & Wales and overseas in Shanghai. On

top of all of that Garry is a certified Life and Motivational coach, and we are excited to have him as a part of our Y!