



# CLEVELAND FAMILY YMCA

## Group Exercise Schedule

FALL SCHEDULE: Effective Nov.17th 2025

| Monday                    | Tuesday                  | Wednesday                 | Thursday                      | Friday                    | Saturday                                 |
|---------------------------|--------------------------|---------------------------|-------------------------------|---------------------------|------------------------------------------|
| 5:15am<br>Boot Camp       | 5:15am<br>BODY STEP      | 5:15am<br>Boot Camp       | 5:15am<br>AXT                 | 5:15am<br>Boot Camp       | 8:10am<br>BODY COMBAT                    |
| 8:05am<br>Muscle Max      | 5:15am<br>BODY STEP      | 6:00am<br>Power Hour      | 5:15am<br>AXT                 | 6:05am<br>BODY PUMP       | 9:00am<br>Gentle Yoga                    |
| 9:00 am<br>Family Fitness | 6:05am<br>BODY PUMP      | 8:05am<br>Muscle Max      | 6:05am<br>BODY PUMP           | 8:05am<br>Muscle Max      | 9:00am<br>BODY PUMP                      |
| 9:05am<br>BODY STEP       | 8:05am<br>AXT            | 9:00 am<br>Family Fitness | 8:05am<br>Total Body Platinum | 9:00 am<br>Family Fitness | 10:15am<br>Overflow Yoga                 |
| 10:00am<br>AOA            | 9-9:25<br>FLEX & STRETCH | 9:05am<br>PILATES         | 9-9:25<br>FLEX & STRETCH      | 9:05am<br>BODY STEP       |                                          |
| 10:15am<br>BARRE          | 9:30am<br>Gentle Yoga    | 10:00am<br>AOA            | 9:30am<br>Gentle Yoga         | 10:00am<br>AOA            |                                          |
| 11:00am<br>Senior Thrive  | 9:30am<br>Zumba Gold     | 10:15am<br>BARRE          | 9:30am<br>Zumba Gold          | 11:00am<br>Senior Thrive  |                                          |
| 12:15pm<br>Barbell Blast  | 10:45am<br>Yoga Stretch  | 11:00am<br>Senior Thrive  | 10:45am<br>Yoga Stretch       | 12:15am<br>Barbell Blast  |                                          |
| 4:30pm<br>BODY STEP       | 10:45am<br>AOA           | 11:20am<br>Kettle Bell    | 10:45am<br>AOA                |                           |                                          |
| 5:30pm<br>BODY PUMP       | 12:15pm<br>BODYPUMP EXP  | 12:15pm<br>Barbell Blast  | 12:15pm<br>BODY PUMP EXP.     |                           | <b>Sunday</b><br>3:00pm<br>Overflow Yoga |
| 6:30pm<br>Yoga            | 4:30pm<br>BARRE          | 5:30pm<br>AXT             | 4:30pm<br>BARRE               |                           |                                          |
| 6:45pm<br>ZUMBA           | 5:30pm<br>BODY COMBAT    | 6:30pm<br>BODY PUMP       | 5:30pm<br>BODY COMBAT         |                           |                                          |
|                           | 6:45pm<br>Zumba          | 6:30pm<br>Gentle Yoga     | 6:45pm<br>ZUMBA               |                           |                                          |

Family Gym

Multi-Purpose  
Room

# GROUP EXERCISE CLASS DESCRIPTIONS

|                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|---------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| AXT                             | (Aerobic X-Training) A variable intensity class incorporating fat-burning aerobic activity and resistance work utilizing body weight, resistance bands, steps, and/or dumbbells. The ideal class for people who love variety in their workouts.                                                                                                                                                                                                           |
| AOA                             | (Active Older Adults) This class is designed to increase endurance and strength for easier daily function. Activities include exercises using light hand-held weights and elastic tubing combined with mild cardio intervals.                                                                                                                                                                                                                             |
| Barbell Blast                   | Group exercise strength training the functional way! High energy, heart-pumping music, some barbells - combine them with a variety of functional equipment. Great and effective strength training workout!                                                                                                                                                                                                                                                |
| BARRE                           | A barre-inspired, music driven class designed to create long, lean muscles while having fun with movements matched to music.                                                                                                                                                                                                                                                                                                                              |
| BODY STEP                       | Our BODY STEP™ fitness class by Les Mills combines basic step moves with killer cardio exercises such as burpees, push ups and weight plate workouts that will target your upper body. This class be modified for ALL levels and we are teaching the basics of each step move. This class will be 45 min.                                                                                                                                                 |
| Boot Camp                       | A strength and cardio full-body workout using a variety of equipment and exercises to add muscle, endurance and torch calories. A high intensity class for the avid exerciser or those who want a challenge.                                                                                                                                                                                                                                              |
| BODY COMBAT                     | Les Mills BODYCOMBAT is a high-energy, non-contact martial arts-inspired fitness class that incorporates elements of Karate, Taekwondo, Boxing, Muay Thai, Capoeira, and Kung Fu. Participants punch, kick, and move through a choreographed routine to music, targeting all muscle groups and improving cardio fitness. The workout is designed to be accessible for all fitness levels, with instructors showing modifications for different abilities. |
| BODY PUMP                       | A class for anyone looking to get lean, toned and fit – fast. Using light to moderate barbell weights with lots of repetition, BODYPUMP gives you a total body workout. BODYPUMP Express is a 45-minute workout. Members should arrive 10 minutes before class to set up their equipment. Les Mills choreographed class                                                                                                                                   |
| Cycle                           | An intense cardio workout on a stationary bike that is adjustable to provide a custom fit. Instructor provides motivating music and instruction. Participants can control the level of intensity on bike. **New cyclists should arrive 10 minutes early for set-up and instruction. Express classes are 30-45min.                                                                                                                                         |
| Cycle & Tone                    | An intense cardio workout on a stationary bike that is adjustable to provide a custom fit, instructor provides motivating music and Instruction. Participants can control the level of intensity on bike.. This class will be 30 min of cycle and 30 min of toning exercises to include strengthening of he upper body, lower body, and core. CYCLEand PUMP is a mixture of Cycle and Body Pump.                                                          |
| Family Fitness                  | Get everyone in the family moving and gaining strength together in this family friendly class for all ages. Running games, bodyweight exercises, and balance challenges to name a few fun activities you will get to try in this fun class! Come get fit together.                                                                                                                                                                                        |
| FLEX & STRETCH                  | Release muscle tension, improve mobility, and increase flexibility in this restorative stretch class.                                                                                                                                                                                                                                                                                                                                                     |
| Functional HIIT                 | A class for men and women! Blending strength and cardio to ramp up your metabolism in order to touch calories and build muscle. Options are always offered! This class will meet in a variety of locations– functional training center, wellness center, and occasionally the family gym.                                                                                                                                                                 |
| Gentle Yoga                     | This class is designed to revitalize your body, relax your mind, increase energy, and reduce stress. For beginners; people with back, joint, or heart problems, or experienced students who want a slower pace, less strenuous class.                                                                                                                                                                                                                     |
| Kettle Bell                     | Get your heart pumping with this high-energy, 30 min kettlebell class designed to build endurance, burn calories, and strengthen your entire body.. Using a combination of dynamic KB movements and exercises, this fast-paced session offers a workout that challenges strength and stamina.                                                                                                                                                             |
| Muscle Max                      | A strength training class which uses weights and body weight to maximize your strength and define the muscles of your body. By the time class is over, you will have achieved a full body workout- be prepared to feel strong.                                                                                                                                                                                                                            |
| Overflow Yoga                   | A yoga class that is a combination of core, strength, flow, and primary series yoga. It is meant for all skill levels and can be adjusted up or down in intensity to meet the levels of each individual.                                                                                                                                                                                                                                                  |
| Pilates                         | A Pilates class is a form of exercise that focuses on building strength, flexibility, and body awareness through controlled movements and breath work. It emphasizes core engagement and precise movements,. Pilates is known for its holistic approach, aiming to improve posture, balance, and overall physical function.                                                                                                                               |
| Power Hour                      | A full body workout that focuses on progression at your own level with the incorporation of strength using weights, power movements, fat-burning aerobic activity, core work, and flexibility using multiple exercise mediums.                                                                                                                                                                                                                            |
| TBP<br>(Total Body<br>Platinum) | Strength training and athletic conditioning; Uses dumbbells, bands, medicine balls, and body weight exercises alternating with metabolic bursts to increase caloric burn. This class is for all fitness levels and includes dynamic warm-up. Circuits on Thursday!                                                                                                                                                                                        |
| Senior Thrive                   | This class is designed to increase endurance and strength for easier daily function. Activities include exercises using light hand-held weights, elastic tubing, balls, and is combined with mild cardio intervals that includes but not limited to dance moves.                                                                                                                                                                                          |
| Yoga                            | Develop strength, flexibility, and balance in your mind and body. This practice teaches you how to coordinate asanas (poses) with the breath and is known to improve the respiratory, circulatory, digestive, and hormonal systems. Yoga also helps establish emotional stability and clarity of mind. This class is for everyone and all levels are welcome!                                                                                             |
| Yoga Stretch                    | Increase flexibility, balance, muscular endurance, and mind-body training in a non-threatening, positive environment. Also learn to breathe more effectively and efficiently. All poses are performed either seated or standing. Class motto: "Fitness, fun, and friends!"                                                                                                                                                                                |
| Zumba                           | Ditch the workout, join the party! Enjoy crazy fun dance aerobics to Latin music. Try it once and you'll be hooked!                                                                                                                                                                                                                                                                                                                                       |
| Zumba Gold                      | Zumba for beginners of all ages – it's exercise in disguise! A great place to learn your Zumba steps in a non-intimidating                                                                                                                                                                                                                                                                                                                                |