



# GROUP EXERCISE



PITTSBURG FAMILY YMCA • SEPTEMBER-DECEMBER 2025

| TIME     | Monday                                | Tuesday                               | Wednesday                             | Thursday                              | Friday                                |
|----------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|
| 8:00AM   | Silver Sneakers<br>(Bailey/Amber/May) | Silver Sneakers<br>(Bailey/Amber/May) | Silver Sneakers<br>(Bailey/Amber/May) | Silver Sneakers<br>(Bailey/Amber/May) | Silver Sneakers<br>(Bailey/Amber/May) |
| 8:30 AM  |                                       | Zumber<br>(Liz)                       |                                       |                                       |                                       |
| 9:45AM   |                                       | Yoga<br>(Tiffany)                     |                                       | Yoga<br>(Tiffany)                     |                                       |
| 9:00 AM  | Aqua Motion<br>(Mavis)                | Aqua Motion<br>(Mavis)                | Aqua Motion<br>(Mavis)                | Aqua Motion<br>(Mavis)                | Aqua Motion<br>(Mavis)                |
| 10:00 AM | Aqua Salsa<br>(Liz)                   |                                       | Aqua Salsa<br>(Liz)                   |                                       |                                       |
| 12:15 PM |                                       | Totally Toned<br>(Bailey)             |                                       | Totally Toned<br>(Bailey)             |                                       |
| 5:00 PM  | Stability Ball<br>(Judy)              |                                       | Stability Ball<br>(Judy)              |                                       |                                       |
| 5:30 PM  | Power Pump<br>(Amber)                 | Zumba<br>(Liz)                        | Power Pump<br>(Amber)                 | Zumba<br>(Julie)                      |                                       |
| 6:30 PM  | Spin<br>(Bailey)                      |                                       | HITT<br>(Bailey)                      | Yoga<br>(Tiffany)                     |                                       |

# CLASS DESCRIPTIONS

## HIIT

This high intensity interval training class is all about fast, fun and effective workouts that keep your heart pumping and muscles burning. Expect explosive moves, quick recovery breaks, and a serious calorie burn that keeps going all day!

## Power Pump

A cutting edge workout that uses traditional strength exercises and integrated multi-planar exercises with a barbell, plates, and body weight to get muscle and movement strong.

## Totally Tone

A form of interval training with strength and conditioning workouts made up of functional movements performed at a high intensity

## SilverSneakers

This class is a unique physical activity, lifestyle, and socially oriented program designed to encourage physical activity and foster an active lifestyle. The program promotes social interaction and encourages participation in healthy lifestyle activities, showing that it's easy to get fit, have fun, and make friends. \*Chair bound or free mobility.

## Yoga

Yoga combines gentle movement, stretching, and mindful breathing to improve flexibility, strength, and balance. It also promotes relaxation and stress relief, helping both body and mind feel refreshed.

## Spin

Get ready to turn up the music, feel the beat, and ride your way to stronger legs, a healthier heart, and unstoppable energy! With motivating playlists, epic climbs, fun team environment that keeps pushing you!

## Aqua Motion

Get a low-impact workout using the resistance of the water. Classes are open to any level of ability and workouts can be adapted to the intensity level that fits your goals. This class also offers social opportunities to connect with others.

## Aqua Salsa

Aqua Salsa is a fun, high-energy dance workout held in the water, blending salsa-inspired moves with the resistance of the pool. This class builds cardio endurance, tones muscles, and keeps you moving to lively Latin rhythms—all while being easy on the joints.

## Zumba

A dynamic dance fitness class that combines Latin and international music with easy-to-follow moves for a full-body workout. It boosts cardio endurance, burns calories, and makes exercise feel like a dance party.

## Stability Ball

### CLASS ETIQUETTE

- Arrive to class 5-10 minutes prior to start time and plan to stay the full time.
- Turn cell phones off and keep chit-chat to a minimum during class time.
- Clean equipment after use and store away properly.