

GROUP EXERCISE SCHEDULE

NOVEMBER - DECEMBER 30, 2025



MONDAY		STUDIO	
5:30-6:15am	Barbell Strength	A	Jennie
5:40-6:30am	Yoga	B	Katie/Nita
6:40-7:15am	Step & Stretch	A	Heidi
8:00-8:45am	Strength	A	Joni
8:30-9:15am	ForeverWell Aquacise	Pool	Janet
9:00-10am	Step	A	Kris
9:00-10am	Cycle	B	Amber
9:15-10am	ForeverWell Water Restore	Pool	Bernie
10:15-11:00am	ForeverWell Cardio	A	Kisha
10:30-11:30am	Yoga	B	Denice
11:15-12:00pm	SilverSneakers® Classic	A	Kris
12:15-1:00pm	HIIT	A	Bri
1:00-2:45pm	Line Dancing	A	
4:30-5:30pm	CardioKick w/Strength	A	Becky
4:30-5:15pm	TRX	B	Beth
5:30-6:15pm	Cycle/Strength Fusion (11/3)	B	Cindy
5:30-6:15pm	Aqua ZUMBA®	Pool	Angela O.
TUESDAY		STUDIO	
5:45-6:30am	Step	A	Kris/Dawn
8:00-8:45am	ForeverWell Cycle/TRX Stretch	B	Kris
8:00-8:45am	Kettlebells	A	Aubrey
8:30-9:15am	ForeverWell Aquacise	Pool	Mari
9:00-10:00am	TRX	B	Allison
9:00-10am	CardioKick/Weighted Bar	A	Lisa M.
10:15-11am	ForeverWell Strength	A	Jim
11:15-12pm	ForeverWell Chair Yoga	A	Katie
12:15-1:00pm	HIIT	A	Bri
4:30-5:30pm	Strength/Yoga	A	Amber
5:30-6:15pm	POP Pilates®	B	Kisha
5:30-6:30pm	Modern Line Dancing	A	Angela O.
5:30-6:15pm	Aqua JAM	Pool	Lori
6:30-7:30pm	Begin Karate* (starts Sept 30)	A	Tony K.
WEDNESDAY		STUDIO	
5:45-6:30am	Cycle Express	B	Rotation
6:35-7:15am	Royally Fit	A	Bob
8:00-8:45am	Strength	A	Beth
8:30-9:15am	ForeverWell Aquacise	Pool	Mari
9:00-10:00am	TRX	B	Allison
9:00-10:00am	Step	A	Kris
9:15-10am	ForeverWell Water Restore	Pool	Bernie
10:00-11:00am	Pedal for Parkinson's™	B	Amber
10:15-11am	ForeverWell Cardio	A	Kristin
11:15-12:15pm	PIYO	B	Denice
11:15-12:00pm	SilverSneakers® Classic	A	Katie
12:15-1pm	HIIT	A	Bri
4:30-5:15pm	Kettlebells	A	Nita
4:30-5:15pm	SHiNE Dance Fitness™	B	Jenny C.
5:30-6:15pm	Water Tabata	Pool	Vicki
5:30-6:15pm	Cycle (starts Nov 5)	B	Dawn/Nita/Jenny O.

THURSDAY		STUDIO	
5:45-6:30am	TRX	B	Rotation
8:00-8:45am	Kettlebells	A	Rotation
9:00-10:00am	Cardio Jam/HIIT	A	Lisa M.
9:00-10:00am	TRX	B	Allison
10:15-11am	ForeverWell Strength	A	Jim
11:15-12pm	Balance Tai Chi	A	Kris
12:15-1:00pm	HIIT	A	Bri
4:30-5:15pm	Basic Step & Strength	A	Dawn
4:30-5:15pm	TRX/Foam Roller	B	Amber
5:30-6pm	Yoga Stretch	B	Amber
6:30-7:30pm	Adv Karate* (starts Oct 2)	A	Tony K.

FRIDAY		STUDIO	
5:30-6:15am	Cycle HIIT	B	Jennie
5:40-6:30am	Yoga	A	Melissa/Nita
6:40-7:15am	Step & Stretch	A	Heidi
7:50-8:50am	Bootcamp	A	Amber
8:00-8:45am	POP Pilates	B	Kisha
8:30-9:15am	Aqua ZUMBA®	Pool	Angela O.
9:00-10:00am	Cycle/HIIT	B	Joni
9:00-10am	Gentle Yoga	A	Kris
9:15-10:00am	ForeverWell Water Restore	Pool	Bernie
10:15-11:00am	ForeverWell Cardio	A	Kris/Angie
10:15-11:00am	ForeverWell TRX-Level I	B	Rotation
11:15-12pm	SilverSneakers® Classic	A	Kisha
12:15-1:00pm	HIIT	A	Bri

SATURDAY		STUDIO	
7:10-7:55am	Cycle (starts Nov 8)	B	Linnea
8:00-9:00am	INSANE	A	Kisha
9:10-9:55am	Cardio Jam/Step	A	Dawn
10:05-11:15am	Yoga	A	Nita
8:30-10:15am	16+ JUDO*	B	Chris K.
10:30-12pm	16 yr under JUDO*	B	Colleen B.

*** Preregistration required for Judo and Karate**



This symbol signifies that this class
is also offered virtually through Zoom.

Contact Kris Bolin at kbolin@ymcaitasca.org for access

Check the group fitness blog for instructor changes or rotation classes
www.itascayfitnessclasses.wordpress.com

For Group Fitness Class Updates via TEXT messaging
sign up at membership desk and fill out form.

New Class for November/Winter Schedule

Schedule subject to change

CLASS NAME	DESCRIPTION
Aqua JAM	AQUA JAM-A mix of aerobic exercises and stretches to a variety of songs that will get you "Jam in and Move in" as well as working a variety of muscles! Maximizing resistance at your pace to fit a variety of age groups.
Aqua ZUMBA®	Those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine with energizing music. Just add water and shake!
ForeverWell Aquacise	This class is performed without swimming and typically in waist deep or deeper water, it is a type of resistance training. It focuses on aerobic endurance, resistance training, and creating an enjoyable atmosphere with or without music.
Balance Tai Chi	Is an ancient Chinese discipline of meditative movements practiced as a system of exercises. This class is for beginners and focuses on balance.
Barbell Strength	A barbell program for able-bodied men and women of all ages and all fitness levels.
Bootcamp	A no frills, high energy, military style workout. Using drills and intervals to maximize your workout. All fitness levels are welcome.
Cardio Jam	A cardio class that could include Intervals or continual cardio in one great class. Guaranteed a fun workout with excellent cardio benefits!
ForeverWell Cardio	This class that is for beginners to intermediate. Low impact cardio moves followed with strength so the entire body gets a workout. This class is 45 minutes in length.
CardioKick	A great cardio and strength workout in one. Combine floor exercises and traditional boxing and kickboxing moves.
CardioKick/Weighted Bar	Martial arts-inspired stick fighting drills. This athletic kickboxing uses weighted bars to kick, punch, strike, block and feel like you can do anything.
ForeverWell Chair Yoga	This class will move your body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of motion.
Cycle	Enjoy the many benefits of this amazing sport while having a blast in a lively atmosphere set to great, motivating music. No outdoor cycling experience is required!
Cycle Express	Studio Cycle classes are fun, exhilarating indoor cycle journeys built on the foundational principles of outdoor cycling. This class is 45 minutes. No outdoor cycling experience is required!
Cycle HIIT/Cycle Mixup	This class is a blend of indoor cycle drills and strength moves to create a total body workout!
ForeverWell Strength	This class works on strength, balance, and flexibility. Great for seniors, beginners and injury rehab members.
HIIT	High Intensity Interval Training that improves aerobic and anaerobic capacity, increases metabolic rate and reduction in training time. No dancing in this class just an awesome athletic style workout. Great class for everyone!
INSANE/HIIT	Are you ready for the ultimate challenge? INSANE uses a method called Max Interval Training. You'll do cardio and plyometric drills with intervals of strength, power, resistance, and core training.
Kettlebells	Kettlebell workouts are intended to increase strength, endurance, agility and balance, challenging both the muscular and cardiovascular system with dynamic, total-body movements. This class may be more intense for the average person if you are new to Kettlebells please come early if you are new to this format.
Modern Line Dancing	This class is a fun and energetic workout that combines the classic line dance format with today's most popular music. Whether you're a seasoned dancer or a complete beginner, you'll love learning new routines and getting your heart pumping.
Pedaling for Parkinson's™	The Pedaling for Parkinson's program is based on research indicating that forced exercise on a bicycle can reduce symptoms of Parkinson's disease.
PYO	This class is a little bit of Pilates and a little bit of Yoga to make a great class for the body!
POP Pilates®	POP Pilates® is where strength meets flexibility. Think highly-focused movements that leave your body toned and transformed. This isn't your average workout. It's a dance on the mat.
Royally Fit	Early morning, low stress, lots of laughs. Start your day with a cardio workout, and then break for toast, juice and coffee.
SHINE Dance Fitness™	This class brings original routines to life using hit music and choreography for all abilities. Rooted in jazz, ballet and hip-hop, this workout gives you a creative outlet to escape from daily stress. SHINE is a mood-lifting experience that leaves you feeling capable, confident and connected to a supportive community.
SilverSneakers® Classic	A class offered to Active Older Adults geared toward increasing strength and range of motion in daily exercises. Hand held weights, stretch bands and balls are used in seated and standing exercises with a chair for support.
Step	Do you love advanced step choreography? If so, this is the class for YOU! Come join this nonstop step party and enjoy being challenged physically as well as mentally. Previous step experience is recommended but not necessary.
Basic Step	This class is great for beginners. A little bit of step, a little bit of stretch and a lot of fun!
Strength	Sculpt and define your total body using a variety of equipment for resistance training. Weight lifting and resistance training to develop strength, size and endurance.
TRX	The TRX Suspension Trainer is the original, best-in-class workout system that leverages gravity and your body-weight to perform hundreds of exercises. You're in control of how much you want to challenge yourself.
ForeverWell TRX Level One	This TRX class is specific for beginners and primary focus is on flexibility, mobility and a little strength.
TRX/Foam Roller	TRX format/Foam rolling is a self-myofascial release (SMR) technique. It can help relieve muscle tightness, soreness, and inflammation, and increase your joint range of motion.
ForeverWell Water Restore	This class provides a gentle workout for people with Arthritis, MS or other mobility limitations. This class was developed in cooperation with the Arthritis Foundation and the National Multiple Sclerosis Society.
Water Tabata	High Intensity Interval Training in the deep end of the pool.
Yoga	Yoga is a type of exercise in which you move your body into various positions in order to become more fit or flexible, to improve your breathing, and to relax your mind. Beginners are welcome to any yoga class.
Yoga - Gentle	Relax, strengthen and soothe the body, mind and soul. This class will increase your flexibility and strength through various body postures and breathing techniques. Gentle Flow Yoga is also a great beginner class for those with no experience with Yoga.