

April-May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:30am BODYPUMP™ Main Studio Audrey	5:30-6:30am BODYPUMP™ Main Studio Meredith	5:00-6:00am TABATA™ PT Studio Jeff	5:30-6:30am FULL BDY COND Main Studio Meredith	5:15-6:00am GRIT / CORE Main Studio Jen	8:00-8:45am FULL BDY COND Main Studio Vivian	8:00-9:00am YOGA SMB Studio Steve
6:45-7:15am LES MILLS CORE™ Main Studio / Audrey	7:15-8:00am CORE & MORE Main Studio Alex	7:15-8:00am FULL BODY STRENGTH Main Studio / Alex	7:15-8:15am BODYPUMP™ Main Studio Erin	7:00-8:00am TABATA™ PT Studio Jeff	8:00-9:00am YINYASA YOGA SMB Studio Steve	8:30-9:30am STEP Main Studio Amoret
7:20-7:50am CARDIO EXPRESS Main Studio Amoret	8:10-9:10am BODYCOMBAT™ Main Studio Amoret	7:15-8:15am YOGA SMB Studio Rachel	8:00-9:00am YOGA SMB Studio Rachel	7:15-8:15am YOGA SMB Studio Atha	8:15-9:15am CYCLE Cycle Studio Daphne	9:35-10:20am BODY COND / BODY PUMP Main Studio Amoret / Audrey
7:15-8:15am YOGA SMB Studio Rachel	9:00-9:45am CHAIR YOGA / ARTHRITIS SMB Studio / Atha	8:30-9:15am FULL BODY STRENGTH Main Studio / Alex	8:30-9:00am CYCLE EXPRESS Cycle Studio Alex	8:30-9:30am TABATA™ PT Studio Jeff	9:00-10:00am BODYCOMBAT™ Main Studio Vivian	10:30-11:30am ZUMBA™ Main Studio Viv/Kristy/Kortnee
8:15-8:45am CYCLE EXPRESS Cycle Studio Alex	9:15-10:00am CORE & MORE Main Studio Lauren	9:15-10:15am MAT PILATES SMB Studio Kourtnee	9:15-10:15am DYNAMIC STRENGTH Main Studio / Heidi	9:00-10:00am BODYPUMP™ Main Studio Alex	10:00-11:00am BARRE Main Studio Lauren / Julie	
9:00-10:00am BODYPUMP™ Main Studio Alex	10:30-11:30am YOGA SMB Studio / Steve	9:30-10:15am DYNAMIC STRENGTH LITE Main Studio / Heidi	9:15-10:15am BARRE SMB Studio Lauren	9:00-9:45am CHAIR ARTHR SMB Studio Lauren		
9:00-10:00am TABATA™ PT Studio Jeff		9:30-10:30am TABATA™ PT Studio Jeff	10:30-11:30am YOGA SMB Studio/Steve	10:00-10:45am CORE STRETCH FLOW SMB Studio/Lauren		
9:15-10:00am CHAIR ARTHR SMB Studio Lauren		10:30-11:30am ZUMBA GOLD™ Main Studio Kourtnee		10:15-11:00am LOW IMPACT TRAINING Main Studio / Alex		
10:15-11:15am LOW IMPACT Main Studio Lauren		12:00-1:00pm LUNCHTIME POWER YOGA SMB Studio/Maggie				
11:30-12:15pm BARRE EXPRESS SMB Studio Lauren						
		EVENING	CLASSES			
5:30-6:30pm BODYPUMP™ Main Studio Erin	5:00-6:00pm FULL STRENGTH Main Studio Maribeth	5:30-6:30pm YOGA SMB Studio Atha	5:15-6:00pm TABATA PT Studio Jen	6:30-7:30pm RESTOR YOGA SMB Studio Steve		
6:40-7:40pm BODYCOMBAT™ Main Studio Vivian / Amoret	6:00-7:00pm BARRE Main Stud/Maribeth	5:45-6:15pm LES MILLS SPRINT™ Cycle Studio / Audrey	6:00-7:00pm YOGA SMB Studio Bill			
6:30-7:15pm FAMILY YOGA SMB Studio Atha	6:00-7:00pm YOGA SMB Studio Bill	6:30-7:30pm BODYPUMP™ Main Studio Audrey	6:15-7:15pm ZUMBA™ Main Studio Vivian			
7:30-8:30pm YOGA SMB Studio Atha	7:00-8:00pm ZUMBA™ Main Studio Kristy					

Online Reservation Required: fogliaymca.org

Check our website or app for the most current information on substitutions & cancellations

GROUP EXERCISE CLASS DESCRIPTIONS

CARDIO CLASSES

- CYCLE/CYCLE EXPRESS:** This class delivers an experience at a self-directed pace. Indoor cycling bikes offer the feel of an outdoor bike - multiple levels of adjustments help to fit every rider. All fitness levels are welcome! **
- ZUMBA™:** Be prepared to move to hypnotic Latin and international rhythms. You will enjoy this awe-inspiring, muscle-pumping, caloric-burning blast as you lose yourself in the music and find yourself in shape. No experience required! **
- GRIT™ (LES MILLS) / CORE:** A 30-minute cardio interval workout designed to improve muscular endurance, strength & power is followed by a 15-minute Core class. It will motivate you with inspiring & powerful music to help you go harder and get stronger, faster! ***
- CARDIO EXPRESS:** Combination of high impact cardio and intervals for a fun cardio vascular endurance workout

STRENGTH CLASSES

- BARRE/BARRE EXPRESS:** A combination of ballet-inspired moves with elements of Pilates, dance, yoga, and strength training. These movements focus on high reps, challenging muscles that help you stabilize your body, helping you to move more freely! **
- FULL BODY STRENGTH:** Challenge your whole body in every possible way, utilizing a variety of equipment. This simple, easy to follow strength workout increases your lean body mass while reducing your body fat! **
- BODYPUMP™ (LES MILLS):** The original barbell class, will sculpt, tone, and strengthen your entire body, fast! THE REP EFFECT™ focuses on low weight and high repetition, helping you to torch fat and gain strength and quickly! **
- MAT PILATES:** Low impact, Mat Pilates exercises help to strengthen muscles while improving your overall posture and flexibility. *
- CORE EXPRESS/CORE & MORE/CORE & STRETCH:** These classes enhance your core strength, stability, and flexibility. Focusing on your abs, lower back, and glutes with a variety of exercises; helping to prevent injuries, so you can move faster & play harder! **

CARDIO & STRENGTH CLASSES

- DYNAMIC STRENGTH:** This class incorporates functional strength and higher impact cardio segments utilizing dumbbells, body bars, and bands for a total body workout. **
- DYNAMIC STRENGTH LITE:** Is a total body workout incorporating low impact and joint friendly strength and cardio exercises, utilizing dumbbells, body bars, and bands. *
- BODY COMBAT™ (LES MILLS):** Is a high intensity class that lets you punch and kick your way towards your fitness goals. Incorporating Mixed Martial Arts, unleashing newfound confidence, while releasing stress and improving coordination. ***
- STEP:** This class utilizes a 4-inch to 12-inch raised platform with choreographed routines for maximum cardio vascular endurance training while having fun. ***
- TABATA™:** Is a type of HIIT workout incorporating short bursts of a variety of exercises with small breaks in between. Get the most out of your workout and push yourself like you never have before while building confidence with Tabata! All fitness levels are welcome. **
- FULL BODY CONDITIONING:** Get it all when you join us for this spectacular blend of cardio and strength training. Class will consist of a full body muscle workout along with cardio intervals and finish with core work and stretching. **

MIND & BODY CLASSES

- YOGA:** This class links the movement of the body to the movement of the breath with dynamic and flowing movements. Leading you through a balanced series of postures to strengthen and build flexibility, promoting physical stamina and performance, leaving you feeling a deep inner sense of relaxation. This class is suitable for all fitness levels. No experience required! *
- YINYASA YOGA:** This class is a hybrid of yang, active yoga, with yin, passive yoga. Beginning with a flow of gentle, fundamental yoga postures, helping you build strength and warmth while relieving stress and tension by connecting breath with mindful movements. Transforming you into your healthiest, strongest, and most confident self! *
- POWER YOGA:** Guides you through energetic and quick flowing sequences, with a dynamic mix of postures; allowing you to release stress, while improving strength and flexibility. All levels welcome. Modifications for limitations available *
- FAMILY YOGA:** Share the many benefits of Yoga with the whole family! This is a Yoga Basics class with a fun, family format that focuses on promoting relaxation and improved flexibility that each member of the family is sure to enjoy. Ages 4 and up. *

ART OF AGING CLASSES

- CHAIR ARTHRITIS:** The Arthritis Foundation Exercise Program (AFEP) is designed for individuals with arthritis, related rheumatic disease, or musculoskeletal conditions and will focus on range of motion, strength and endurance. The class is designed to be taken while sitting in a chair or standing beside a chair for added support. *
- LOW IMPACT TRAINING:** This class begins with a light warm up, leading to a variety of low impact strength and cardio exercises, ending with a cool down of gentle stretching, making you feel better than when you walked in! *
- ZUMBA GOLD™:** This lower impact Zumba™ class is designed for people seeking a fun atmosphere to break a sweat in. Dance to music of all kinds, feeling your stress melt away. No experience required! *

* Low Intensity/Senior Friendly | ** Intermediate Intensity | *** High Intensity \$\$ Paid Class