

# GROUP FITNESS SCHEDULE

YMCA OF THE NORTHWOODS

**FIT PASS FEE:** Members \$12 Monthly Autodraft Nonmember \$75 Monthly Autodraft



Any class on this schedule may be attended with the purchase of a FIT Pass, but \*5:45am HIIT and Cycling require a 24 hr access pass.\*  
Members NOT wishing to purchase 24 hr access are encouraged to show up to classes AT 6am when the building opens to still get in an early morning workout! No other registration is necessary. Class pricing is for the month. 24 hr access is a one-time fee of \$25 for the key fob and then \$5 each month.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 AM AEROBICS	CYCLING*   Sue K Intensity Level: 3 55 MIN	HIIT*   Lisa Intensity Level: 3 55 MIN	CYCLING*   Sue K Intensity Level: 3 55 MIN		CYCLING*   Lisa Intensity Level: 3 55 MIN	
7:20 AM EAST GYM		Bodies in Motion   Sue T Intensity Level: 1 55 MIN		Bodies in Motion   Sue T Intensity Level: 1 55 MIN		
7:30 AM AEROBICS		STRETCHING   Marilyn Intensity Level: 2 40 MIN		STRETCHING   Marilyn Intensity Level: 2 55 MIN		
7:40 AM AEROBICS	CLUB MOVES   Katie L Intensity Level: 3 55 MIN		CLUB MOVES   Katie L Intensity Level: 3 55 MIN		POWER BEATS   Katie S Intensity Level: 2 45 MIN	
8:00 AM POOL	WATER EX   Carol Intensity Level: 2 55 MIN		WATER EX   Marilyn Intensity Level: 2 55 MIN			
8:30 AM AEROBICS						YOGA   Katie S Intensity Level: 2 55 MIN
8:45 AM AEROBICS	INTERVAL CARDIO STRENGTH   Susan Intensity Level: 3 55 MIN	STRENGTH   Amy S Intensity Level: 3 55 MIN	CORE & MORE   Katie Y Intensity Level: 3 55 MIN	STRENGTH   Amy S Intensity Level: 3 55 MIN	HIIT   Ellyse Intensity Level: 4 55 MIN	NO YOGA APRIL 11TH OR MAY 30TH
9:00 AM POOL			WATER EX   Marilyn Intensity Level: 2 55 MIN			
9:45 AM AEROBICS						CYCLING   Tim/Suzanne Intensity Level: 4/2 55 MIN
10:00 AM AEROBICS	CHAIR YOGA   Sandy Intensity Level: 1 55 MIN	ForeverWell CLASSIC   Marilyn Intensity Level: 1 55 MIN	TAI CHI for Balance & Mindful Movement   Sandy Intensity Level: 1 55 MIN	ForeverWell CLASSIC   Marilyn Intensity Level: 1 55 MIN	LINE DANCING   Katy Intensity Level: 2 55 MIN	Tim on 4/11, 4/25
10:00 AM POOL	S'WET   Val Intensity Level: 3 55 MIN	S'WET   Val Intensity Level: 3 55 MIN				
11:00 AM POOL		GENTLE WATER   Karen Intensity Level: 1 55 MIN		GENTLE WATER   Karen Intensity Level: 1 55 MIN		
11:00 AM AEROBICS		Pilates   Liza Intensity Level: 3 55 MIN	Line Dancing   Katy Intensity: 2 55 MIN	Pilates   Liza Intensity Level: 3 55 MIN		
12:15 PM AEROBICS			Stronger Together   Ellyse Intensity Level: 4 55 MIN			
1:15 PM AEROBICS		BALANCE CLASS   John Intensity Level: 2 75 MIN Roster Class: Apr 7 - May 14		BALANCE CLASS   John Intensity Level: 2 75 MIN Roster Class: Apr 7 - May 14		
3:30 PM AEROBICS						
5:00 PM POOL			WATER EX   Carol Intensity Level: 2 55 MIN			
5:00 PM AEROBICS			TRX   April Intensity Level: 2 30 MIN			
5:30 PM AEROBICS	STRENGTH   Lisa Intensity Level: 3 55 MIN	ZUMBA   Val Intensity Level: 2 55 MIN	ABS   Amy J Intensity Level: 2 30 MIN	POWER BEATS   Val Intensity Level: 2 55 MIN		

UPDATED:  
4/10/2026

All group classes can be modified to be more or less challenging, and instructors give many modification options.

## FIND THE RIGHT CLASS FOR YOU!

New to group classes, or just getting back into workout? We have classes designed just for you! Our intensity levels are a great place to start when looking for a class that is right for you. If you are still unsure of what class is right for you, please reach out to Brandon Lamping at [blamping@ymcanw.org](mailto:blamping@ymcanw.org) and he can help you pick a class.

### Intensity Levels:

1: Low intensity and impact, basic moves	3: Moderate to high intensity, some compound moves
2: Moderate intensity and impact, basic moves in combination	4: High intensity, compound moves

### DROP-IN FEE:

\$6 Members | \$15 Nonmembers

Drop-In Fee applies to only one class per day.

Classes are not refundable.

Sign-In Required for all classes.

Attendance is tracked via sign-in sheets. Sign-in to every class to help track class enrollment. The Y reserves the right to cancel a class due to low participation. Cancellations or updates can be viewed on the Y website or Y Facebook page.

THIS SCHEDULE IS SUBJECT TO CHANGE!

# GROUP FITNESS SCHEDULE-CLASS DESCRIPTIONS

## STRENGTH CLASSES

### STRENGTH

This low cardio, high strength class combines traditional strengthening exercises with HIIT interval timing to give your muscles a great workout. This class focuses on form and different tempos to help build strength during your workout.

### ABS

This class focuses on the foundation of our bodies. A strong core will help in all other aspects of exercise and functional living. This class will focus on strengthening not only the abs but the lower back and glutes to give you a stronger more functional core. Combine this class with TRX for a full 55 minute workout.

### TRX TOTAL BODY

TRX uses gravity and body weight to perform exercises to strengthen your core and increase muscular endurance, while providing a total body workout. The best thing is that all fitness levels can join in because you're in control of how much your want to challenge yourself on each exercise. Simply adjust your body position to add or decrease resistance. Combine this class with Abs to for a full 55 minute workout.

### STRENGTH INTERVALS

This time-based interval class mixes a variety of strength exercises together to give you a fun workout, tailored to everyone's intensity level. The class incorporates a variety of equipment including weights, step, ball, bosus, bands, and participants body weight, making it an ideal class for participants of all fitness levels. Participants can expect 70-80% strength and 20-30% cardio during the class.

## FLEXIBILITY CLASSES

### TAI CHI FOR BALANCE & MINDFUL MOVEMENT

This gentle Tai Chi class blends traditional flowing movements with Tai Chi walking and balance exercises to improve stability, coordination, and confidence in everyday motion. Participants will practice slow, intentional steps, weight shifting, and posture awareness to strengthen the legs, calm the mind, and enhance overall body control. Perfect for all fitness levels.

### STRETCHING

This class is designed to increase flexibility for sports, activities and daily living. This stretching class is for both men and women.

## CARDIO DANCE CLASSES

### CLUB MOVES

Club Moves features today's top dance hits and funky upbeat moves. We will practice several warm up songs to get you comfortable with the basic dance moves used throughout the class. This class is perfect for the person wanting to have fun and "get down" with exercise.

### ZUMBA® FITNESS

Zumba® is an exhilarating, effective, easy to follow, Latin-inspired, calorie-burning dance fitness party. It blends red-hot international music and contagious steps to form a "fitness party" that is downright addictive. Fun and challenging for any fitness level!

### LINE DANCING

Introductory Line Dancing - It's not just Country! Participants will learn a variety of steps, terminology and patterns that are used by instructors from coast to coast. You will then progress to a variety of entry level choreography to music you may know and love. The dances learned will be an enjoyable treat for both the body and the brain.

## CARDIO & STRENGTH CLASSES

### HIIT

If you're bored of your current cardio and weight regime then it's time for HIIT. Using a variety of equipment and your own body weight, you will be pushed to the limit. This class will focus on short bursts of intense training. Remember all classes can be modified to your

### Foreverwell CLASSIC

Move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles, stability ball, and chairs are used in the class.

### INTERVAL CARDIO STRENGTH

This time-based interval class mixes a variety of strength and cardio exercises together to give you a fun workout, tailored to everyone's intensity level. The class incorporates a variety of equipment including weights, step, ball, bosus, bands, and participants body weight, making it an ideal class for participants of all fitness levels. Participants can expect 70-80% strength and 20-30% cardio during the class.

### CORE & MORE

This class focuses on abs, glutes, legs, and lower back using a variety of equipment and body resistance. A challenging variety of abdominal and core exercises will tone and strengthen your midsection while gluteal focused moves work your backside.

## CARDIO CLASSES

### CYCLING

A heart-pounding, low-impact workout. All fitness levels welcome! Speed, endurance and overall fitness will be improved. Instructors will lead class through various "team" activities and "relay races" to keep you engaged and moving.

### POWER BEATS & CORE BEATS

Come join us for a heart-pounding, stress reducing, hour of pure drumming fun. Power beats utilizes drumming to get you moving and grooving, and will make you forget you are working out! If you need a bit of energy added to your workout this is the class for you. Core Beats focuses more on the core area.

## Bodies in Motion

Bodies in Motion is an all-levels functional fitness class designed to enhance how your body moves in everyday life. We will utilize a variety of exercise equipment to achieve our goals.

We will go through dynamic and active range of motion drills, focus on functional, multi-joint movements, strength training, low-to-moderate impact intervals designed to improve heart health and stamina, and balance training always with a great playlist.

## YOGA

### YOGA

This class gives you the opportunity to explore ways to create increased flexibility, strength and peace. The goals of the class are to recognize postures and exercises that safely work for you. Each class includes gentle warm-ups, flowing movements, static holds, and ends with a period of rest. Yoga is for everyone! All fitness levels are welcome.

### CHAIR YOGA

Chair Yoga is a gentle chair based class designed for all abilities. Using mindful stretches, slow, flowing movements, and breath awareness. The class supports mobility, balance, circulation, and relaxation. Movements are adaptable and practiced at an individual pace, making this class ideal for beginners, seniors, or anyone seeking a calm, supportive way to improve overall well-being.

### PILATES

Pilates is a workout that improves flexibility, strength, and core stability. The class combines exercises to enhance posture, balance, and overall body awareness. Suitable for all levels, it promotes relaxation while building strength and endurance.

## AQUA CLASSES

### WATER EXERCISE

Exercise your entire body without straining your back or joints. This class improves cardiovascular fitness, muscular strength, endurance, and flexibility.

### GENTLE WATER EXERCISE

Gentle Water Exercise is designed for those who have Arthritis, Fibromyalgia, Parkinson's Disease, serious back problems and other conditions. Gentle water walking and range of motion exercises are done in comfortable, shallow water to help alleviate pain and extend range of motion.

### S'WET

This high-intensity, low-impact class is designed to help you reach your fitness goals! Exercises are performed in both shallow and deep water, but no swimming skills are needed to participate. Regardless of your age or fitness level, you can achieve noticeable results through workouts that incorporate cardio, strength and resistance training exercises. You can push the boundaries or move at your own pace in this challenging aqua training class.

Phone: 715-362-9622 | [www.Northwoodsmyca.org](http://www.Northwoodsmyca.org)

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