

# November Group Fitness Classes

## Monday

6:05-7:05 am	Barbell Strength	S
8:00-9:00 am	SilverSneakers Yoga	V
9:00-10:00 am	Dance Party	V/W
10:30-11:30 am	SilverSneakers Classic	S
12:00-1:00 pm	AquaFUNctional	P
7:00-8:00 pm	Yoga with Betsy	W

**Bold** = New Class

### Location Codes:

C = Cycle Studio  
D = Dayton Studio  
O = Outside  
P = Pool  
S = Selby Studio  
V = Virtual  
W = Western Studio

## Tuesday

8:00-9:00 am	EnerChi	W
8:30-9:30 am	Aqua Fusion	P
9:15-10:15 am	Very Gentle Yoga Mat	W
9:15-10:15 am	Forever Fit	S

**You must register for all classes through the YWCA member portal.**

**This is the attendance classes for instructors. Support your favorite instructors!**

## Wednesday

10:30-11:30 am	SilverSneakers Classic	S
6:00-7:00 pm	Yoga Sculpt	W

For assistance, please email [healthandfitness@ywcastpaul.org](mailto:healthandfitness@ywcastpaul.org)

## Thursday

6:05-6:50 am	Cycle	C
8:30-9:30 am	Aqua Fusion	P
9:15-10:15 am	Forever Fit	S

## Friday

8:00-9:00 am	SilverSneakers Yoga	V
9:15-10:15 am	Yoga with Libby	W
10:30-11:30 am	Dance Party	S/V

## Saturday

9:00-9:45 am	Yoga with Shelby	W
--------------	------------------	---



**Barbell Strength:** Get your morning and week started right. This class incorporates barbells and free weights into a more traditional strength-based workout. Available to all levels of fitness.

**Dance Party:** Rev up the energy in this 60-minute dance workout. Great music and easy routines make it fun for people of all level and abilities.

**EnerChi:** is comprised of easy-to-learn, modified Tai Chi forms aimed at improving well-being. Low-impact movements are practiced in a slow, flowing sequence to progress strength, balance, and focus. Chair support is offered to facilitate standing stability and seated exercise options.

**Forever Fit:** Designed for ages 55+, this low-impact class incorporates aerobics, strength training, core conditioning and stretching.

**OULA:** OULA® is a high-energy, calorie burning, crazy-fun dance workout to Top 40 hits. Classes are one epic hour of sweat, joy, and total inspiration! OULA is Dancemania for the Soul.

**Power Barz Express:** Power Barz is a fun strength training class that utilizes studio barbells. The full body workout utilizes repetitions to increase muscle endurance.

**SilverSneakers® Classic:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

**SilverSneakers® Yoga:** Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Step & Sculpt:** Get a full-body strength and cardio conditioning workout using the step! Ramp up your heart rate through basic step moves and use circuit-based, bodyweight strength movements to build full-body strength—abs included!

**Total Body Conditioning:** Total Body Conditioning is a cross between calorie-blasting boot camp and a more traditional strength training class. This workout uses repetitive movements and body weight and weighted exercises to build strength, core exercises and cardio for a full-body workout.

**Very Gentle Mat Yoga:** Gentle yoga provides light stretching and flexibility enhancing movements, especially in weak or injured joints. Ideal for those new to yoga, suffering from chronic back pain or wanting a less intense yoga practice

**Yoga Sculpt:** A blend of Vinyasa Yoga and strength training class utilizes weights to create resistance and add intensity to each pose. A fun and challenging workout, Yoga Sculpt is great for anyone looking to strengthen their current yoga and fitness abilities.

**Yoga:** Classes are designed for all ages & fitness levels. Exercises focus on traditional yoga poses, breathing techniques & relaxation to increase flexibility, strengthen muscles, & and improve balance while creating body awareness.