



Group Fitness Schedule - Piqua Branch - Fall I 2023
Multipurpose Room @ Piqua Branch
 September 5th - October 21st

223 W. High St.
 PIQUA, OH 45356
 (937) 773-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
6am	H.I.I.T Express Brook G 6am - 6:30am	Total BodyFlex & Strength Kelly E 6am - 6:45am	H.I.I.T Express Brook G 6am - 6:30am	Total BodyFlex & Strength Kelly E 6am - 6:45am	H.I.I.T Express Brook G 6am - 6:30am		
9am	Silver Sneakers Circuit Heather S 9:30am - 10:15am	Silver Sneaker Classic Sue P 9am - 9:45am	Silver Sneakers Circuit Heather S 9:30am - 10:15am	Silver Sneaker Classic Sue P 9am - 9:45am	Stretch & Recover Melissa C 9am - 9:45am		
10am	Silver Sneakers Yoga Heather S 10:20am - 10:55am	Pilates Plus Yoga Sue P 10am - 10:45am	Silver Sneakers Yoga Heather S 10:20am - 10:55am	Pilates Plus Yoga Sue P 10am - 10:45am	Silver Sneakers Circuit Heather S 10am - 10:45am		
11am		Silver Sneaker EnerChi Deb G 11:30am - 12:15pm		Silver Sneaker EnerChi Deb G 11:30am - 12:15pm			
12pm		Silver Sneaker EnerChi Deb G 12:15pm - 1pm		Silver Sneaker EnerChi Deb G 12:15pm - 1pm			
4pm	Barre Brandy U 4:15pm - 5:15pm		Barre Brandy U 4:15pm - 5:15pm				
5pm	MIX FIT Shelly U 5:30pm - 6:15pm	Total BodyFlex & Strength Melissa S 5:30pm - 6:15pm	MIX FIT Shelly U 5:30pm - 6:15pm	Total BodyFlex & Strength Melissa S 5:30pm - 6:15pm			
6pm		Core Yoga Flow Heather S 6:30pm - 7:20pm					



Group Fitness Schedule - Piqua Branch - Fall I 2023
Third Floor Gym @ Piqua Branch
 September 5th - October 21st

223 W. High St.
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	MON	TUE	WED	THU	FRI	SAT	SUN
9am	Cardio Fusion Shelia F 9am - 10am		Cardio Fusion Shelia F 9am - 10am		Cardio Fusion Shelia F 9am - 10am		
12pm	H.I.I.T. Heather S 12:10pm - 12:50pm		H.I.I.T. Heather S 12:10pm - 12:50pm		H.I.I.T. Heather S 12:10pm - 12:50pm		
6pm	H.I.I.T. Josh W 6:35pm - 7:20pm		H.I.I.T. Josh W 6:35pm - 7:20pm				

Please note that all classes are subject to change due to demand and participation. For your safety it is recommended you consult your physician prior to starting any exercise program.



Group Fitness Schedule - Piqua Branch - Fall I 2023
Cycling Room @ Piqua Branch
 September 5th - October 21st

223 W. High St.
 PIQUA, OH 45356
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	MON	TUE	WED	THU	FRI	SAT	SUN
6am		Y Cycling Randy B. 6am - 6:45am		Y Cycling Randy B. 6am - 6:45am			
8am		Spin & Sculpt Melissa C 8:45am - 9:45am		Spin & Sculpt Melissa C 8:45am - 9:45am		Y Cycling Wade W 8am - 9am	
12pm		Y Cycling Wade W 12:10pm - 12:55pm		Y Cycling Wade W 12:10pm - 12:55pm			
5pm		Y Cycling Kate T 5:30pm - 6:15pm		Y Cycling Kate T 5:30pm - 6:15pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



Group Fitness Schedule - Piqua Branch - Fall I 2023
Warrior Room @ Piqua Branch
 September 5th - October 21st

223 W. High St.
 PIQUA, OH 45356
 (937) 773-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
4pm	Warrior Fitness Dasch U 4:30pm - 5:15pm		Warrior Fitness Dasch U 4:30pm - 5:15pm				



Group Fitness Schedule - Piqua Branch - Fall I 2023
Fitness Center @ Piqua Branch
 September 5th - October 21st

223 W. High St.
 PIQUA, OH 45356
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	MON	TUE	WED	THU	FRI	SAT	SUN
4pm	Kid Active Kyle Isaiah 4:30pm - 5pm		Kid Active Kyle Isaiah 4:30pm - 5pm				
7pm	Beginner Strength Training Kyle W 7pm - 7:45pm			Beginner Strength Training Kyle W 7pm - 7:45pm			



Class Descriptions Piqua Branch

223 W. High St.
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Barre - Ballet Barre based workouts are the newest trend for toning and shaping the body. Barre classes can be a great way to build up core strength, sculpt the lower body, or just break up a training rut.

Core Yoga Flow - This mind and body conditioning class combines flexibility, strengthening and balance in one class. Special emphasis will be placed on developing strong core muscles integrating Pilates exercises into the yoga flow.

H.I.I.T Express - Start your day off with a bang!! Get ready to push yourself in this 30 min. strength & cardio interval class. This is an express class, so participants should warm up prior to class time and will stretch on their own.

MIX FIT - No two classes are exactly the same!! Looking to vary the focus of your workout class, then this class is for you! Great for the beginner exerciser and for those looking for a gentler workout class.

Pilates Plus Yoga - This is a mind and body conditioning class that combines flexibility, strengthening, and balance in one class! Pilates will strengthen your core, elongate your muscles and increase your overall balance and flexibility.

Silver Sneaker Classic - A variety of exercise designed to increase muscular strength, range of motion, and activity for daily living skills.

Silver Sneaker EnerChi - This class incorporates tai chi and qigong principles to improve physical and mental well-being. SilverSneakers EnerChi introduces modified tai chi forms. Linking forms together in a guided flow to increase strength and vitality.

Silver Sneakers Circuit - Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. A chair is offered for support, head to toe stretching, and complete relaxation in a comfortable position.

Silver Sneakers Yoga - YogaStretch will move your whole 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 movement.

Stretch & Recover - Exercisers tend to focus on the workout but neglect the recovery, sign up and dedicate the time to stretch your muscles. This class will focus on stretches for your low back, hamstrings, and hips using flexibility training.

Total BodyFlex & Strength - Strength training is the foundation for optimizing body composition and health. This class utilizes dumbbells, medicine balls, resistance bands and body-weight exercises to promote total body strength and muscle endurance.

Cardio Fusion - This class is packed with cardio, (including floor aerobics, step aerobics, zumba, and batuka) weights, core work, and stretching. Perfect for all fitness levels.

H.I.I.T. - An exercise strategy that is intended to improve performance with short training sessions. HIIT is a form of cardio which is beneficial to burning fat in a short and intense workout.

Spin & Sculpt - Cardio, strength & conditioning in one class. Intervals of cycling for aerobic conditioning combined with strength training to build muscle targeting the arms, legs & core.

Y Cycling - Non-impact program integrating music, motivation and a cardiovascular workout!

Beginner Strength Training - Learn the basic concepts of strength training in the weight room and fitness center with one of our fitness center staff. This class is designed for members that are new to strength training and need help with form & an exercise plan.

Kid Active - We are revamping the KidFit Program in order to improve the quality of exercise participation of our youth. Kid Active is a 30 minute program that will meet 2 times a week with a YMCA Trainer. The youth will be lead in a variety of exercises.

Warrior Fitness - In this class participants will utilize the equipment in the Warrior Room: TRX, Warrior Ropes, Kettlebells, Plyo boxes, VIPR logs and Medicine balls will be used to work on functional strength.