



**Group Fitness Schedule - Piqua Branch - Spring 2023**  
**Multipurpose Room @ Piqua Branch**  
 April 24th - June 11th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>6am</b>	H.I.I.T Express 6am - 6:30am	Total Body Sculpt 6am - 6:45am	H.I.I.T Express 6am - 6:30am	Total Body Sculpt 6am - 6:45am	H.I.I.T Express 6am - 6:30am		
<b>9am</b>	Silver Sneakers Circuit 9:30am - 10:15am	Silver Sneaker Classic 9am - 9:45am	Silver Sneakers Circuit 9:30am - 10:15am	Silver Sneaker Classic 9am - 9:45am			
<b>10am</b>	Silver Sneakers Yoga 10:20am - 10:55am	Pilates Plus Yoga 10am - 10:45am	Silver Sneakers Yoga 10:20am - 10:55am	Pilates Plus Yoga 10am - 10:45am	Silver Sneakers Circuit 10am - 10:45am		
<b>11am</b>		Silver Sneaker EnerChi 11:30am - 12:15pm		Silver Sneaker EnerChi 11:30am - 12:15pm			
<b>12pm</b>		Silver Sneaker EnerChi 12:15pm - 1pm		Silver Sneaker EnerChi 12:15pm - 1pm			
<b>4pm</b>	Barre 4:15pm - 5:15pm		Barre 4:15pm - 5:15pm				
<b>5pm</b>		Total Body Sculpt 5:30pm - 6:15pm		Total Body Sculpt 5:30pm - 6:15pm			
<b>6pm</b>	Ballroom Dance Classes 6:30pm - 7:30pm						

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 - Spring 2023**  
**Third Floor Gym @ Piqua Branch**  
 April 24th - June 11th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>12pm</b>	H.I.I.T. 12:10pm - 12:50pm		H.I.I.T. 12:10pm - 12:50pm		H.I.I.T. 12:10pm - 12:50pm		
<b>6pm</b>	H.I.I.T. 6:35pm - 7:20pm		H.I.I.T. 6:35pm - 7:20pm				

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**Group Fitness Schedule - Piqua Branch - Spring 2023**  
**Cycling Room @ Piqua Branch**  
 April 24th - June 11th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
6am		<b>Y Cycling</b> 6am - 6:45am		<b>Y Cycling</b> 6am - 6:45am			
8am	<b>Spin &amp; Sculpt</b> 8:30am - 9:30am		<b>Spin &amp; Sculpt</b> 8:30am - 9:30am			<b>Y Cycling</b> 8am - 9am	
12pm		<b>Y Cycling</b> 12:10pm - 12:55pm		<b>Y Cycling</b> 12:10pm - 12:55pm			

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 - Spring 2023**  
**Fitness Center @ Piqua Branch**  
 April 24th - June 11th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
4pm	<b>Kid Active</b> 4:30pm - 5pm		<b>Kid Active</b> 4:30pm - 5pm				
7pm	<b>Beginner Strength Training</b> 7pm - 7:45pm			<b>Beginner Strength Training</b> 7pm - 7:45pm			

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 - Spring 2023**  
**Warrior Room @ Piqua Branch**  
 April 24th - June 11th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
4pm		<b>Warrior Fitness</b> 4:30pm - 5:15pm		<b>Warrior Fitness</b> 4:30pm - 5:15pm			
5pm	<b>PHS Volleyball</b> 5:30pm - 6:20pm						

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.



## Class Descriptions Piqua Branch

223 W. High St.  
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**Ballroom Dance Classes** - Ever wish you could partner dance with someone at home, weddings, or social events? Look no further! ALL are welcomed regardless of age! Bringing a friend/partner is encouraged, but not required. **NO PRIOR DANCE EXPERIENCE NEEDED!**

**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.

**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.

**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.

**Total Body Sculpt** - Maximize your body's fat burning potential by adding strength training to your routine. Burn calories and increase lean muscle mass. Participants are encouraged to lift heavy

**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.

**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!

**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.

**PHS Volleyball** - Warrior Room will be used for PHS Volleyball sports conditioning. - ~~Private Class~~

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