



Group Fitness Schedule- Piqua Branch- Winter I 2023
Multipurpose Room @ Piqua Branch
 January 3rd - February 18th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	H.I.I.T. 5:30am - 6:15am		H.I.I.T. 5:30am - 6:15am		H.I.I.T. 5:30am - 6:15am		
6am		Total Body Sculpt 6am - 6:45am		Total Body Sculpt 6am - 6:45am			
9am	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		MIX FIT 9:15am - 10am	
10am	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		
11am		Silver Sneaker EnerChi 11:30am - 12:15pm		Silver Sneaker EnerChi 11:30am - 12:15pm			
12pm		Silver Sneakers EnerChi 12:15pm - 1pm		Silver Sneakers EnerChi 12:15pm - 1pm			
4pm	Barre 4:15pm - 5:15pm	Pilates Plus Yoga 4:30pm - 5:15pm	Barre 4:15pm - 5:15pm	Pilates Plus Yoga 4:30pm - 5:15pm			
5pm	MIX FIT 5:30pm - 6:15pm	Total Body Sculpt 5:30pm - 6:15pm	MIX FIT 5:30pm - 6:15pm	Total Body Sculpt 5:30pm - 6:15pm			
6pm	Ballroom Dance Classes 6:30pm - 7:30pm		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- Winter I 2023
Third Floor Gym @ Piqua Branch
 January 3rd - February 18th

223 W. High St.
 PIQUA, OH 45356
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	MON	TUE	WED	THU	FRI	SAT	SUN
9am	Cardio Fusion 9am - 10am		Cardio Fusion 9am - 10am		Cardio Fusion 9am - 10am		
12pm	H.I.I.T. 12:10pm - 12:50pm		H.I.I.T. 12:10pm - 12:50pm		H.I.I.T. 12:10pm - 12:50pm		
6pm	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- Winter I 2023
Cycling Room @ Piqua Branch
January 3rd - February 18th

223 W. High St.
 PIQUA, OH 45356
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	MON	TUE	WED	THU	FRI	SAT	SUN
6am		Y Cycling 6am - 6:45am		Y Cycling 6am - 6:45am			
8am						Y Cycling 8am - 9am	
9am	Y Cycling 9am - 9:45am						
12pm		Y Cycling 12:10pm - 12:55pm		Y Cycling 12:10pm - 12:55pm			
5pm	Y Cycling 5:30pm - 6:15pm		Y Cycling 5:30pm - 6:15pm				
6pm		Dynamic 6pm - 7pm		Dynamic 6pm - 7pm			

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Group Fitness Schedule- Piqua Branch- Winter I 2023
Fitness Center @ Piqua Branch
January 3rd - February 18th

223 W. High St.
 PIQUA, OH 45356
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	MON	TUE	WED	THU	FRI	SAT	SUN
12pm		Run, Row & More 12:10pm - 12:50pm		Run, Row & More 12:10pm - 12:50pm			
4pm	Kid Active 4:30pm - 5pm		Kid Active 4:30pm - 5pm				
7pm	Beginner Strength Training 7pm - 7:45pm			Beginner Strength Training 7pm - 7:45pm			

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Group Fitness Schedule- Piqua Branch- Winter I 2023
Warrior Room @ Piqua Branch
January 3rd - February 18th

223 W. High St.
 PIQUA, OH 45356
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	MON	TUE	WED	THU	FRI	SAT	SUN
4pm		Warrior Fitness 4:30pm - 5:15pm		Warrior Fitness 4:30pm - 5:15pm			

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.



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. - 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.

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 EnerChi - Learn a series of postures and slow continuous movements to relax, improve your balance, and increase muscle tone. Tai Chi can boost your memory and release stress.

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

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.

Dynamic - 20 minutes of cycling, 20 minutes of strength training and 20 minutes of stretching at the end.

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.

Run, Row & More - This 40 minute class will be held in the Fitness Center and combines high-intensity intervals of cardio using treadmills, elliptical machines, bikes and rowing machines to raise the heart rate.

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.