



**Group Fitness Schedule- Piqua Branch- Spring 2024**  
**Multipurpose Room @ Piqua Branch**  
 April 29th - May 18th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
6am		<b>Total BodyFlex &amp; Strength</b> Kelly E 6am - 6:45am		<b>Total BodyFlex &amp; Strength</b> Kelly E 6am - 6:45am			
9am	<b>Silver Sneakers Circuit</b> Heather S 9:30am - 10:15am	<b>Silver Sneaker Classic</b> Sue P 9am - 9:45am	<b>Silver Sneakers Circuit</b> Heather S 9:30am - 10:15am	<b>Silver Sneaker Classic</b> Sue P 9am - 9:45am	<b>Stretch &amp; Recover</b> Melissa C 9am - 9:45am		
10am	<b>Silver Sneakers Yoga</b> Heather S 10:20am - 10:55am	<b>Pilates Plus Yoga</b> Sue P 10am - 10:45am	<b>Silver Sneakers Yoga</b> Heather S 10:20am - 10:55am	<b>Pilates Plus Yoga</b> Sue P 10am - 10:45am	<b>Silver Sneakers Circuit</b> Heather S 10am - 10:45am		
11am		<b>Silver Sneakers EnerChi</b> Deb G 11:30am - 12:15pm		<b>Silver Sneakers EnerChi</b> Deb G 11:30am - 12:15pm			
12pm		<b>Silver Sneakers EnerChi</b> Deb G 12:15pm - 1pm		<b>Silver Sneakers EnerChi</b> Deb G 12:15pm - 1pm			
4pm	<b>Barre</b> Brandy U 4:15pm - 5:15pm	<b>Pilates Plus Yoga</b> Heather S 4:30pm - 5:15pm	<b>Barre</b> Brandy U 4:15pm - 5:15pm	<b>Pilates Plus Yoga</b> Heather S 4:30pm - 5:15pm			
5pm	<b>MIX FIT</b> Shelly U 5:30pm - 6:15pm	<b>Total BodyFlex &amp; Strength</b> Melissa S 5:30pm - 6:15pm	<b>MIX FIT</b> Shelly U 5:30pm - 6:15pm	<b>Total BodyFlex &amp; Strength</b> Melissa S 5:30pm - 6:15pm			
6pm	<b>Yoga Flow</b> Amanda M 6:30pm - 7:20pm						



**Group Fitness Schedule- Piqua Branch- Spring 2024**  
**Third Floor Gym @ Piqua Branch**  
 April 29th - May 18th

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



**Group Fitness Schedule- Piqua Branch- Spring 2024**  
**Cycling Room @ Piqua Branch**  
 April 29th - May 18th

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 (937) 773-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
6am		<b>Y Cycling</b> Randy B. 6am - 6:45am		<b>Y Cycling</b> Randy B. 6am - 6:45am			
8am						<b>Y Cycling</b> Wade W 8am - 9am	
9am		<b>Y Cycling</b> Melissa C 9am - 9:45am		<b>Y Cycling</b> Melissa C 9am - 9:45am			
12pm		<b>Y Cycling</b> Wade W 12:10pm - 12:55pm		<b>Y Cycling</b> Wade W 12:10pm - 12:55pm			



**Group Fitness Schedule- Piqua Branch- Spring 2024**  
**Fitness Center @ Piqua Branch**  
 April 29th - May 18th

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



**Group Fitness Schedule- Piqua Branch- Spring 2024**  
**Warrior Room @ Piqua Branch**  
 April 29th - May 18th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
4pm		<b>Kettlebell Conditioning 101</b> Dasch U 4:30pm - 5:15pm		<b>Kettlebell Conditioning 101</b> Dasch U 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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**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.

**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 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.

**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.

**Yoga Flow** - A perfect way to end the day in this gentle Yoga-based practice that will help relax the body.

**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.

**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.

**Kettlebell Conditioning 101** - Kettlebells require whole-body movements that will give you a much more productive workout. By incorporating these useful tools in your workout, you will build strength, prevent injury, and improve aerobic power and overall physical fitness.

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