



**Group Fitness Schedule - Piqua Branch - Winter II 2024**  
**Multipurpose Room @ Piqua Branch**  
**March 4th - April 20th**

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

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>6am</b>		<b>Total BodyFlex &amp; Strength</b> 6am - 6:45am	<b>H.I.I.T Express</b> 6am - 6:30am	<b>Total BodyFlex &amp; Strength</b> 6am - 6:45am	<b>H.I.I.T Express</b> 6am - 6:30am		
<b>9am</b>	<b>Silver Sneakers Circuit</b> 9:30am - 10:15am	<b>Silver Sneaker Classic</b> 9am - 9:45am	<b>Silver Sneakers Circuit</b> 9:30am - 10:15am	<b>Silver Sneaker Classic</b> 9am - 9:45am	<b>Stretch &amp; Recover</b> 9am - 9:45am	<b>MIX FIT</b> 9:15am - 10am	
<b>10am</b>	<b>Silver Sneakers Yoga</b> 10:20am - 10:55am	<b>Pilates Plus Yoga</b> 10am - 10:45am	<b>Silver Sneakers Yoga</b> 10:20am - 10:55am	<b>Pilates Plus Yoga</b> 10am - 10:45am	<b>Silver Sneakers Circuit</b> 10am - 10:45am		
<b>11am</b>		<b>Silver Sneakers EnerChi</b> 11:30am - 12:15pm		<b>Silver Sneakers EnerChi</b> 11:30am - 12:15pm			
<b>12pm</b>		<b>Silver Sneakers EnerChi</b> 12:15pm - 1pm		<b>Silver Sneakers EnerChi</b> 12:15pm - 1pm			
<b>4pm</b>	<b>Barre</b> 4:15pm - 5:15pm	<b>Pilates Plus Yoga</b> 4:30pm - 5:15pm	<b>Barre</b> 4:15pm - 5:15pm	<b>Pilates Plus Yoga</b> 4:30pm - 5:15pm			
<b>5pm</b>	<b>MIX FIT</b> 5:30pm - 6:15pm	<b>Total BodyFlex &amp; Strength</b> 5:30pm - 6:15pm	<b>MIX FIT</b> 5:30pm - 6:15pm	<b>Total BodyFlex &amp; Strength</b> 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- Winter II**  
**Third Floor Gym @ Piqua Branch**  
**March 4th - April 20th**

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

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>9am</b>	<b>Cardio Fusion</b> 9am - 10am		<b>Cardio Fusion</b> 9am - 10am		<b>Cardio Fusion</b> 9am - 10am		
<b>12pm</b>	<b>H.I.I.T.</b> 12:10pm - 12:50pm		<b>H.I.I.T.</b> 12:10pm - 12:50pm		<b>H.I.I.T.</b> 12:10pm - 12:50pm		
<b>6pm</b>	<b>H.I.I.T.</b> 6:35pm - 7:20pm		<b>H.I.I.T.</b> 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- Winter II**  
**Cycling Room @ Piqua Branch**  
 March 4th - April 20th

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

	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		Y Cycling 9am - 9:45am			
12pm		Y Cycling 12:10pm - 12:55pm		Y Cycling 12:10pm - 12:55pm			
6pm	Y Cycling- "Advanced" 6pm - 6:45pm		Y Cycling- "Advanced" 6pm - 6:45pm				

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- Winter II**  
**Fitness Center @ Piqua Branch**  
 March 4th - April 20th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
4pm	Kid Active 4:30pm - 5pm		Kid Active 4:30pm - 5pm				
7pm	Beginner Strength Training 7pm - 7:45pm			Beginner Strength Training 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- Winter II**  
**Warrior Room @ Piqua Branch**  
 March 4th - April 20th

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

	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.  
PIQUA, OH 45356  
(937) 773-9622

**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.

**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.

**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.

**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.

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