



2025 GROUP FITNESS SCHEDULE

Effective July 21

MONDAY

TIME	CLASS	WHERE	INSTR.
5:30-6:30A	Outdoor Bootcamp	YTC	JoElle
7:15-8	Y Foundation Fitness	Studio A	Nancy
8:15-9	Cardio/Strength (Lite)	Studio A	Nancy
8:15-9	Shallow Water	Pool	Jessica
8:30-9	Strength+	Studio B	Linette
9:15-10:10	Power Yoga	Studio B	Allie
9:15-10:15	BODYPUMP™	Studio A	Lauren
9:30-10:15	Cycle 45	Studio C	Courtney
10:15-11:10	Yoga 1	Studio B	Allie
10:30-11	Cycle 30	Studio C	Lauren
10:30-11:15	Balance	Studio A	Kathy
11:15-11:45	Core Sculpt	Studio B	Lauren
11:30-12:15	Cardio/Strength (Lite)	Studio A	Nancy
4:30-5:15P	Barre-less	Studio B	Rotation
5:15-5:45	Core Sculpt	Studio A	Abby
6-6:45	Dance Fitness	Studio A	Abby
6:15-7:15	Power Yoga	Studio B	Bridget

TUESDAY

TIME	CLASS	WHERE	INSTR.
6-6:45A	Cycle 45	Studio C	Steph
7-7:45	Yoga Sculpt	Studio B	Steph
7-8	Power Circuits	Studio A	Abby
8:15-9	Zumba®	Studio B	Shannon
8:15-9	Deep Water	Pool	Stephanie
9-10	Cardio/Strength	Studio A	Gilda
9:15-10:15	Cycle 60	Studio C	Sandra
9:15-10:15	Pilates	Studio B	Jessica
9:15-10:15	TRX	YTC	Lauren
10:15-11:15	Endurance+	Studio A	Megan
10:30-11:15	Active Stretch	Studio B	Dawn
5-5:30P	Strength+	Studio B	Linette
5:30-6:30	BODYPUMP™	Studio A	Charles
6-6:45	Zumba®	Studio B	Linette

WEDNESDAY

TIME	CLASS	WHERE	INSTR.
5:30-6:30A	Outdoor Bootcamp	YTC	JoElle
7:15-8	Y Foundation Fitness	Studio A	Nancy
8:15-9	Cardio/Strength (Lite)	Studio A	Jessica
8:15-9	Shallow Water	Pool	Nancy
8:30-9	Strength+	Studio B	Emily
9:15-10:15	Endurance+	Studio A	Linette
9:30-10:15	Barre-less	Studio B	Emily
9:30-10:15	Cycle 45	Studio C	Megan
10:30-11	Strength+	Studio B	Linette
10:30-11	Cycle 30	Studio C	Jessica
10:30-11:15	Balance	Studio A	Nancy
11:15-11:45	Core Sculpt	Studio B	Jessica
12-1	Power Yoga	Studio B	Bridget
4-4:45P	Zumba® Kids	Studio A	Elissa
5:15-5:45	Body Sculpt	Studio A	Gina
6-6:45	Zumba®	Studio A	Gina

THURSDAY

TIME	CLASS	WHERE	INSTR.
5:30-6:30A	Strength/Agility	Studio A	Lisa
6-6:45	Cycle 45	Studio C	Steph
7-7:45	Yoga Sculpt	Studio B	Steph
7-8	Bootcamp	Studio A	Abby
8:15-9	Zumba®	Studio B	Shannon
8:15-9	Deep Water	Pool	Stephanie
9-10	Cardio/Strength	Studio A	Gilda
9:15-10	Power Yoga	Studio B	Becky
9:15-10:15	Cycle 60	Studio C	Sandra
9:15-10:15	TRX	YTC	Lauren
10:15-11	Yoga 1	Studio B	Becky
10:15-11:15	Endurance+	Studio A	Linette
11:15-12	Active Stretch	Studio B	Dawn
12:15-1:15	Hatha Yoga	Studio B	Bob
5-5:30	Strength+	Studio A	Linette
5:45-6:30	Turn Up Dance Fitness	Studio A	Linette
6-7	Gentle Yoga	Studio B	Kathy

FRIDAY

TIME	CLASS	WHERE	INSTR.
5:30-6:30A	Outdoor Bootcamp	YTC	JoElle
7:15-8	Y Foundation Fitness	Studio A	Nancy
8:15-9	Cardio/Strength (Lite)	Studio A	Lauren
8:15-9	Aqua Cardio	Pool	Nancy
8:30-9	Strength+	Studio B	Megan
9:15-10:15	BODYPUMP™	Studio A	Olivia
9:30-10:15	Barre-less	Studio B	Jessica
9:30-10:15	Cycle 45	Studio C	Lauren
10:30-11	Cycle 30	Studio C	Olivia
10:30-11:15	Balance	Studio A	Nancy
11:15-11:45	Core Sculpt	Studio B	Olivia

SATURDAY

TIME	CLASS	WHERE	INSTR.
7-7:45A	Cycle 45	Studio C	Lauren
8-9	BODYPUMP™	Studio A	Lauren
8:30-9	Body Sculpt	Studio B	Gina
9:15-10	Zumba®	Studio A	Gina
9:15-10	Hatha Yoga	Studio B	Mal
10-11	Step/Strength	Studio A	Gilda
10:15-11:15	Gentle Yoga	Studio B	Kathy

SUNDAY

TIME	CLASS	WHERE	INSTR.
11:15-12P	Zumba® Toning	Studio B	Elissa

- Cardio
- Cardio/Strength
- Strength
- Mind-Body
- Beginner/Low Impact/Senior
- Aqua
- Kids (Age 5+)
- Parkinson's

(Please refer to the Parkinson's schedule)

Group fitness classes and instructors are subject to change. Please scan the QR code to view our online schedule for real-time updates and class changes.



CARDIO

Cycle 30 / Cycle 45 / Cycle 60 | All Levels | 30, 45 & 60 min.

Experience the ultimate cardio workout in this high-energy indoor cycle class. Your instructor will lead you through a variety of terrains to build cardiovascular strength and endurance while increasing your overall fitness.

Cycle Sculpt | All Levels | 45 min.

Cycle Sculpt is a dynamic workout that pairs a high-intensity cycle class with lightweight training to sculpt and tone your entire body. This class is designed to challenge your cardiovascular endurance while also building strength and definition in your arms, legs and core.

Turn Up Dance Fitness/Dance Fitness | All Levels | 45 min.

In this HIIT inspired dance fitness workout, you will burn fat, build muscle, boost metabolism, and not only burn major calories during class, but continue to scorch them for hours after class finishes! You will be challenged, but you will embrace it as you step outside of your comfort zone.

ZUMBA®

Zumba®

Come join our party! Be prepared to move to hypnotic Latin and international rhythms. You'll enjoy this inspiring, muscle-pumping, calorie-burning blast as you immerse yourself in the music and the rhythms.

Zumba® Kids

This class features kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration. Parents/Guardians are welcome to observe.

Zumba® Toning

This class is for those who want the Zumba party with an added emphasis on toning and sculpting to define your muscles!

CARDIO AND STRENGTH

BODYPUMP™ | All Levels | 60 min.

BODYPUMP™ is THE ORIGINAL BARBELL CLASS. This evidence-based, motivating exercise program will sculpt, tone and strengthen your entire body. Low weight loads and high repetition movements aid in burning fat and gaining strength.

Bootcamp | Intermediate/Advanced | 60 min.

This intense total body workout combines strength and cardio movements for a dynamic workout that will challenge and push you to a new level of fitness

Cardio/Strength | All Levels | 60 min.

Burn fat and increase muscle tone with this invigorating, total body workout. With a mix of aerobic and strength training, you will be challenged to meet your fitness goals.

Endurance+ | Intermediate/Advanced | 60 Min

This advanced, high-energy workout combines aerobic exercise with strength training to improve cardiovascular fitness, increase muscular endurance, and boost overall fitness. Expect a dynamic and varied routine that will motivate and challenge you.

Outdoor Bootcamp | Intermediate/Advanced | 60 min.

This intense total body workout combines strength and cardio movements for a dynamic workout that will challenge and push you to a new level of fitness. Class will meet outside by the Y Training Center. In the event of inclement weather, class will use the Y Training Center.

Power Circuits | Intermediate/Advanced | 60 min.

Using a variety of equipment, this circuit style class will raise your heart rate while combining strength training with cardio and functional movements to challenge your entire body.

Strength/Agility | Intermediate/Advanced | 60 min.

Elevate your fitness with our Strength and Agility class! This high-energy session blends powerful strength training, intense cardio bursts, and functional movement to help you build endurance, power, and agility.

Step/Strength | All Levels | 60 min.

This class begins with a 30-minute cardio segment of traditional step class and takes you directly into 30 minutes of total body strength work.

STRENGTH

Body Sculpt | All Levels | 30 min.

Sculpt and tone your entire body with this core, upper, and lower body workout. This comprehensive class focuses on building strength, endurance and flexibility through a combination of exercises that target your core, arms, legs and glutes.

Core Sculpt | All Levels | 30 min.

Core Sculpt will strengthen your core through a series of focused movements as you improve your body's overall functional strength, balance and coordination.

Strength+ | Intermediate/Advanced | 30 min.

This challenging workout is designed for intermediate to advanced lifters. Strength is a 30-minute class focusing on complex exercises, progressive overload and functional movements. This efficient total body workout will boost your metabolism, build strength and enhance your athletic performance.

TRX | All Levels | 60 min.

Created by a Navy Seal, these iconic yellow and black straps have proven to improve core stability, total body strength, flexibility and mobility. This challenging class allows you to start as a beginner and progress naturally as you build muscular strength and endurance.

Questions or comments, please contact:

Megan Fahey, Group Fitness Director at mfahey@ryallymca.org.

MIND-BODY

Active Stretch | Athletic Recovery/All Levels | 45 min.

Relieve sore muscles and deep myo-fascial tightness, and improve your flexibility in this mat-based deep stretching class. Using a variety of equipment (foam rollers, straps and props), this class will help you recover from workouts and keep you moving strong!

Barre-less | All Levels | 45 min.

Ballet principles and movements build strength and flexibility using light weights and repetition. Our body awareness connection is threaded throughout this class, as we target the entire body with the use of a chair for standing support.

Pilates | All Levels | 60 min.

Pilates is the ultimate class for core training! This class focuses on the abdominal and back muscles to improve core strength and flexibility. Most movements are performed while seated or lying on a mat.

YOGA

Gentle Yoga | All Levels | 60 min.

This slower paced class is focused on stretching, breathing and relaxing. It's designed to be adaptable and gentle on the body. Suitable for all levels, but aimed for a beginner with Yoga.

Hatha Yoga | All Levels | 45 min.

In this Hatha Yoga class, you will master balance, breathing, muscle control, and flexibility while deepening your mind-body connection. This slower paced class will hold positions for 30-60 seconds as you are guided by the principles of yoga philosophy and the chakra system, to enhance your practice. Classes end with 5-10 minutes of meditation.

Power Yoga | Intermediate | 45/55 min.

Challenge your strength, balance and flexibility in this powerful vinyasa style class. Strong emphasis on breath to movement, building strength and finding a sense of playfulness and adventure on your mat.

Yoga 1 | Beginner | 45/55 min.

This slower paced mat class (no chair) is geared towards those looking to build the foundation of their yoga practice. Props and modifications will be offered for proper alignment, teaching students to find ease and confidence in their practice.

Yoga Sculpt | Intermediate/All Levels | 45 min.

This class takes yoga to a new level. Using light weights, participants will get their heart rate up with interval training. While suitable for all levels, this class moves at a much faster pace than a traditional yoga class.

BEGINNER/ LOW IMPACT/ SENIOR

Balance | Beginner/Low Impact | 45 min.

This balance class is designed for older adults and those with chronic health conditions. Using a chair or standing, you will work on building strength and improving balance, and gain confidence in your everyday movement patterns.

Cardio/Strength (Lite) | Beginner/Low Impact | 45 min.

Stay strong, healthy and vibrant with this low impact class. This "Lite" cardio and strength class incorporates choreographed aerobics, strength training and flexibility.

Y Foundation Fitness | All Levels/Low Impact | 45 min.

This low impact foundational fitness class focuses on exercises to improve your overall strength, balance and fitness in a relaxed, social setting.

AQUA

Aqua Cardio | All Levels | 45 min.

Aqua Cardio is taught in the shallow end of the pool. This class is perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine.

Deep Water | All Levels | 45 min.

Deep water exercises are easy on the joints and help increase flexibility, strength and cardiovascular endurance. Swimming skills are not necessary, but you must be comfortable in deep water with a flotation device.

Shallow Water | All Levels | 45 min.

This shallow water class will help increase flexibility, strength and cardiovascular endurance. Movements are accompanied by music. Members should be comfortable in the water, but swimming skills are not necessary.

PARKINSON'S

The following classes are designed for those in all stages of Parkinson's; they are also open to the general public. Please see the Parkinson's class flyer for full class descriptions and schedule.

- Exercising with Parkinsons
- Pedaling for Parkinson's
- PWR!Moves for Parkinsons
- Walking with Parkinson's
- Yoga for Neuromuscular Disorders Pilates

KIDS (Age 5+)

Parents/Guardians are welcome to observe.

Kids Yoga

This specialty class introduces children to yoga in a fun, playful environment. Each week blends movement, mindfulness, and imagination to help kids build strength, balance, and confidence—all while having a blast!

Zumba® Kids

This class features kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration.