

GROUP EXERCISE – PARKER

YMCA of NRC

Effective June 28 – August 15



NOT SURE WHERE TO START?

For a full list of class descriptions, please visit ymcanrc.org or use the QR Code on the right.



NEW CLASS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00AM to 7:00AM	5:15 – Group Power Multi-Purpose Studio		5:15 – Group Power Multi-Purpose Studio			
8:00AM	8:00 – Low-Impact Bootcamp Multi-Purpose Studio	8:00 – Chair Yoga Multi-Purpose Studio	8:00 – Tone & Stretch Multi-Purpose Studio	8:00 – Chair Yoga Multi-Purpose Studio	8:00 – Low-Impact Bootcamp Multi-Purpose Studio	
9:00AM	9:00 – Chair Yoga Multi-Purpose Studio			9:15 – On the Ball Multi-Purpose Studio	9:00 – Chair Yoga Multi-Purpose Studio	9:00 – WERQ Multi-Purpose Studio 
10:00AM	10:00 – On the Ball Multi-Purpose Studio	10:00 – Mommy & Me Multi-Purpose Studio				
		11:00 – Bump to Baby Multi-Purpose Studio				
5:00PM	5:15 – Guns & Buns Multi-Purpose Studio		4:30 – Girl Power Play Multi-Purpose Studio 	5:30 – 3-2-1 & Done Multi-Purpose Studio		
6:00PM	6:10 – H.I.I.T. Multi-Purpose Studio		6:10 – Bootcamp Multi-Purpose Studio	6:15 – Forged Fit Multi-Purpose Studio		



CHILD WATCH HOURS:

Monday – Friday: 9-11AM

Monday – Friday: 5:30-7:30PM

Reservations required.

Reservations close the day prior at 9PM

3-2-1 & DONE

The 3-2-1 workout consist of 3-1min strength exercise, 2-1min cardio exercise and 1-1 min core work out. 3-4 rounds will complete this workout!! The 3-2-1 method is a simple formula for great result in this 30 min class!! 3-2-1 and you're DONE!!!

Bootcamp

Experience high-intensity, full-body workouts that target the major muscle groups of the upper and lower body. From circuit-style routines to creative muscle-toning exercises, each class brings its own unique challenges.

Bump to Baby

Bump to Baby is a gentle, prenatal-safe/ post partum class focusing on core strength, posture, breathing, and flexibility. Bump to Balance uses Pilates-inspired movements and stretching to support a strong, comfortable pregnancy and prepare the body for birth.

Chair Yoga: Level I, AOA

Set aside any preconceived ideas about Yoga and pull up a chair! No matter your age, physical abilities or experience level, adapting your practice to include a chair matches poses to your personal needs.

Forged Fit

The class will incorporate resistance training combinations found in functional strength training, power lifting, and cross fit to really amp up the calorie burn and forge the fit you want!!

Girl Power Play

This class is a high-energy fitness class builds speed, coordination, and confidence. Through fun plyometric drills, agility games, and body-weight strength, girls develop athletic skills while learning how strong and capable their bodies are.

Guns & Buns

This stability ball class focuses on glutes, core and arm exercises. To promote a strong and healthy body with a solid foundation in stability.

H.I.I.T.

High Intensity Interval Training (HIIT) is the scientifically proven program to sculpt and strengthen your body. The class combines intervals of high-intensity exercise switched up with periods of low-intensity active recovery in a fat-blasting workout. Reach your edge with big movements and short intervals. We focus on using your bodyweight to burn fat, involving every muscle working together, and improving your aerobic capacity.

Low Impact Bootcamp

This class prepares participants at all fitness levels for everyday life all while taking it easy on your joints. A wide variety of exercises will be used to increase flexibility, balance and range of motion all while making your muscles and heart a little stronger; expect your heart rate to increase while we work different muscle groups using hand weights and body weight. All exercises are fully customizable.

Mommy & Me Pilates

Mommy & Me Pilates is a gentle, beginner-level class designed to help moms reconnect with their bodies while spending quality time with their little ones (birth - 5). This class focuses on core strength, posture, flexibility, and mindful movement, with modifications for postpartum bodies. Babies and toddlers are welcome to play, cuddle, or observe as you move at your own pace in a supportive, judgment-free environment.

On the Ball

Get On the Ball to get the most out of your workout! Whether you're just starting out or an experienced athlete, adding a Fit Ball to your fitness routine is one of the most versatile tools you can use. This class will take you through moves that work your body head to toe with increased complexity (not intensity), adding an extra level of instability to challenge your every move.

R.I.P.P.E.D.

With the use of free weights and mats, RIPPED Class combines cardio-based sections with strength training. It builds endurance and works up the whole body incorporating a lot of plyometric moves and core-focused exercises.

WERQ

WERQ (pronounced "work") is the fiercely fun cardio dance workout based on pop and hip hop music. No dance experience necessary. All fitness levels welcome. Expect to burn 500-900 calories!