GROUP EXERCISE – JANESVILLE

YMCA of NRC

Effective October 18 – January 2

NOT SURE WHERE TO START?

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

the YMCA

★ NEW CLASS 55+ FOREVERWELL CLASS

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00AM		5:15 – Cycling Cycling Studio	5:15 – Group Power Studio B	5:15 – Cycling Cycling Studio	5:15 – Group Power EXPRESS Studio B	5:15 – Cycling Cycling Studio	
6:00AM		6:15– On the Ball Studio B	6:30 – Mat Pilates Yoga Studio	6:15– On the Ball Studio B	6:15 – Fit & Functional Studio B ★	6:15– On the Ball Studio B	
7:00AM		55+ 8:00 – Qigong Yoga Studio 8:45–Stand Strong TRX JP Cullen Gym	55+ 8:30 – Strength & Stretch Studio B	55+ 8:00 – Qigong Yoga Studio 8:30 – Let's Ride! Cycling Studio	55+ 8:30 – Strength & Stretch Studio B	55+ 8:30 – Friday Fever Studio B	8:00 – Group Power Studio B
8:00AM							
9:00AM	9:45 – Pilates Yoga Studio ★	9:30 – Tough Turf Turf – Weight Room 9:45 –Silver Sneakers Studio B	9:30 – Bootcamp JP Cullen Gym 9:45 – Chair Yoga Yoga Studio	55+ 9:15–Stand Strong TRX JP Cullen Gym 9:45–Flow Yoga Yoga Studio	9:30 – Times Up JP Cullen Gym 9:45 – Chair Yoga Yoga Studio	9:30 – TRX JP Cullen Gym ★ 9:45 –Silver Sneakers Studio B	9:30 – Zumba Studio B
10:00AM			55+		55+		
11:00AM	11:00 – Breath & Meditation Studio B ★	11:00 – Science of Stretching Yoga Studio	11:00 – Yoga Strong Yoga Studio		11:00 – Yoga Tone Yoga Studio	11:00 – Restorative/ Stretch Yoga Yoga Studio	
12:00PM	12:00 – Hatha Vinyasa Yoga Yoga Studio						
	1PM–4PM NO CLASSES						
4:00PM			4:30 – Core PLUS Yoga Studio				
5:00PM		5:00 – Zumba Studio B	5:00 – Beginner Cycling Cycling Studio 55+		5:30– Group Power Studio B		
6:00PM		6:30 – Group Power Studio B	6:00– 30/30 Studio B	6:00 – Running Club JP Cullen Track 6:00 – Hatha Yoga Yoga Studio	6:35 – CIRCL Yoga Studio		
7:00PM	7:00 – Yoga R&R Virtual 55+						

ymcanrc.org

CLASS DESCRIPTIONS – JANESVILLE

30/30
This workout is structured with 30 seconds of work followed by 30 seconds of rest, giving you the perfect balance of movement and recovery to stay energized and in control.

Beginner Cycling
This class is the perfect introduction to cycling! Our experienced cycling instructor will guide you through getting the perfect fit on the bikes before taking you through an introductory cycling workout.

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.

Breath & Meditation
This class will consist primarily of seated and supine practices. We will work with different kinds of breathing and a variety of meditation techniques that are soothing to our nervous system and promote a sense of focused relaxation in our body and mind.

Core PLUS
This class is ALWAYS geared to the ABS yet almost always incorporates other muscle groups!

Cycling
Take a ride indoors as an instructor guides the class on an all-terrain journey that will get your heart pumping and challenge you to give a little more. The focus is on proper cycle technique, body alignment, and cardio drills. Whether you're an advanced cyclist or just getting started, this workout is customizable to your athletic level.

Fit & Functional
Fit and Functional class uses compound movements to train your body for real-life daily activities. By building strength, stability, and balance across multiple muscle groups instead of isolating single muscles, these exercises improve your overall mobility and reduce your risk of everyday injury. Core and Balance will be incorporated in every class!

Group Power
Group Power will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, & body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises.

Qigong
Qigong 气功 (pronounced chi gong) is a Chinese healing practice that combines posture, movement, breathing and focused intent. It is a subtle, gentle practice of moving and balancing our Qi 气 (life energy) which is considered to be the vital force of life.

Let's Ride
30 heart pounding minutes climbing and sprinting all while staying in the saddle.

*Krankcycle opportunity: seated, standing, wheelchair access available.

Mat Pilates
This is a floor based class on a mat. We will work on a series of strength, flexibility, and breathing exercises, using your own body's ability and also a Pilates Ring. This class can be modified for all ages, body types, and fitness levels

On the Ball
Using the stability ball as your primary tool, you will challenge your core, improve balance and enhance overall body control through a low impact workout.

Pilates
This class will work on strength, flexibility, breath work, and restorative moves for your muscles and mind. You will use your body's resistance along with bands, small balls, foam rollers and your breath to get in tune with your inner and outer everything. We have some foam rollers available - participants are also welcome to bring their own.

Science of Stretching
This class will work through different poses with breath and time to help you with flexibility, building long, strong supporting tissues, which will help to protect your joints, improve posture, and reduce pain.

Silver Sneakers
This class focuses on strengthening muscles and increasing range of movement for daily life activities.

Running Club
This group is a welcoming, supportive community where every pace and experience level is celebrated. Whether you're taking your very first jog, returning after a break, or training for your next big race, you'll find encouragement every step of the way.

Stand Strong TRX
This class will help you see positive effects in the areas of flexibility, strength, bone health, cognitive health and balance all while standing!

Times Up
Work until TIME is UP! Join us for a form of High Intensity Interval Training and work WITH the clock. Great for any level of fitness background.

Tough Turf
Come get TOUGH on our TURF! A form of high intensity interval training this class incorporates all aspects of fitness from strength, metabolic conditioning, bodyweight movement and agility. Are you just getting started and looking for a welcoming place to get started? This class is perfect for the seasoned athlete or the rookie.

TRX
TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility, and core stability simultaneously.

Zumba®
Perfect for everybody and every body! We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Super effective? Check. Super fun? Check and check.

YOGA DESCRIPTIONS

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.

Flow Yoga
Using the breath as a guide, this class is one of flowing movement. We begin on the floor with gentle stretching then move into dynamic standing poses and balance work. We return to the floor for hip stretches, core work, gentle backbends and finally ending in relaxation or "Savasana."

Hatha Vinyasa Yoga
It follows the blueprint of Hatha yoga but has less structured elements to them, including fluidity and creative movement.

Hatha Yoga
Hatha Yoga is a classical yoga practice centered on connection between breath, movement and mind. The classes include breathing exercises at the start of the session; series of sun salutations that is a practice of breath synchronized movement which generates heat in the body; various dynamic and static asanas (yoga postures) with focus on body alignment and relaxation techniques for the final Savasana.

Restorative Stretch Yoga
In this class we practice deep relaxation that emphasizes the meditative aspect of yoga – the union of body and mind. Through the use of props for support, many of the postures are held almost effortlessly. When your body enters a state of relaxation, your mind can also consciously relax so your tension melts away.

Yoga R&R
Class includes 60 minutes of gentle stretching to release muscle tension, balance work & gentle core strengthening. Class ends with a 10-15 minute guided meditation to clear your mind & prepare for sleep.

Note: This class comes to you, online Sunday nights, after the YMCA closes. Registration link found on the Y360 app.

Yoga Strong
Yoga Strong is a unique class that blends the mindful flow of yoga with the muscle-building power of strength. Be prepared to sweat.

Yoga Tone
Yoga is a practice that connects the body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health. Yoga was developed as a spiritual practice thousands of years ago. Yoga helps bring balance into your life, reduce stress, helps to increase flexibility, strength, and clarity. This class incorporates 15 minutes of core work.