GROUP EXERCISE – PARKER

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 right.

the YMCA

★ NEW CLASS



CHILD WATCH HOURS:

Monday – Friday: 9-11AM
Monday – Friday: 5:30-7:30PM
Reservations required.
Reservations close the day prior at 9PM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00AM	**5:00 – Group Power Express** Multi-Purpose Studio A		**5:00 – Group Power Express** Multi-Purpose Studio A				
7:00AM							★ **7:00 – Morning Rhythm** Multi-Purpose Studio B
8:00AM	**8:00 – Low-Impact Bootcamp** Multi-Purpose Studio A	**8:00 – Chair Yoga** Multi-Purpose Studio A	**8:00 – Tone & Stretch** Multi-Purpose Studio A	**8:00 – Chair Yoga** Multi-Purpose Studio A	**8:00 – Low-Impact Bootcamp** Multi-Purpose Studio A		
9:00AM	**9:00 – Chair Yoga** Multi-Purpose Studio A ★ **9:00 – Barre** Multi-Purpose Studio B	★ **9:15 – Fit & Functional** Multi-Purpose Studio A	**9:15 – Dealer's Choice** Multi-Purpose Studio A	**9:15 – On the Ball** Multi-Purpose Studio A	★ **9:00 – TRX** Multi-Purpose Studio B		
10:00AM	**10:00 – On the Ball** Multi-Purpose Studio A	★ **10:15 – Pilates** Multi-Purpose Studio B	**10:15 – Stretch & Breathe** Multi-Purpose Studio A	★ **10:15 – Barre** Multi-Purpose Studio B	★ **10:00 – Fit & Functional** Multi-Purpose Studio A ★ **10:00 – Mat Yoga** Multi-Purpose Studio B		
5:00PM			**5:15 – Guns & Buns** Multi-Purpose Studio A	★ **5:15 – Barre** Multi-Purpose Studio B **5:30 – 3-2-1 & Done** Multi-Purpose Studio A			
6:00PM	★ **6:00 – TRX** Multi-Purpose Studio B **6:10 – H.I.I.T.** Multi-Purpose Studio A	**6:00 – Bootcamp** Multi-Purpose Studio A	**6:10 – Bootcamp** Multi-Purpose Studio A	**6:15 – Forged Fit** Multi-Purpose Studio A			
7:00PM	★ **7:00 – Unwind & Release Restorative Yin Yoga** Multi-Purpose Studio B			★ **7:00 – Align & Awaken** Multi-Purpose Studio B			

CLASS DESCRIPTIONS – PARKER

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!!!

Barre
Barre class is a low-impact, full-body workout blending ballet, Pilates, yoga, and strength training. It uses a wall-mounted ballet bar for balance, featuring high repetitions, isometric holds, and tiny, pulsing movements to exhaust small muscle groups and build deep muscular endurance. Classes often incorporate light hand weights (3 lbs), resistance bands, and small stability balls.

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.

Chair Yoga
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.

Dealer's Choice
Spice up your hump day with Darcys Dealer's Choice class. Forget the routine and let Darcy surprise you with an unpredictable workout whether its, Strength, Low impact HIIT, Ball, Core you get whatever Darcy is vibing with.

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!

YOGA DESCRIPTIONS

Morning Rhythm
Ease into your morning with gentle movement and mindful breath as you awaken your body and find your rhythm.

Align and Awaken
A journey through the seven chakras focusing on the body, breath, and energy associated with each center. Through mindful movement, gentle practices, and intentional reflection, we'll create a space to release what no longer serves us, restore balance, and reconnect with the peaceful self within—a journey of alignment, healing, and awakening, one chakra, one breath, and one week at a time.

Unwind and Release Restorative Yin Yoga
A slow, grounding practice designed to help release tension, soften your muscles, and settle into stillness through gentle stretches and supported poses held 2-5 minutes.

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!!

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.

Group Power EXPRESS
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.

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.

Mat Yoga
Mat yoga class is a floor-based practice that uses a cushioned mat to guide students through postures (asanas), breathwork (pranayama), and meditation to build strength, flexibility, and mindfulness.

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.

Pilates
Pilates class is a low-impact mind-body workout focusing on core strength, postural alignment, flexibility, and controlled movement. Pilates uses your own body weight or props like resistance bands, balls, and rings to build deep core stability.

Stretch & Breathe
This class is designed to recharge your mind and body and melt the tension away. Through a blend of deep, mindful breathing and restorative stretching, you'll improve your flexibility, release daily stress, and restore your natural energy.

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