



Downtown YMCA - Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Strength & Cardio 6:00AM - 7:00AM Studio 1</p> <p>Cycle 6:00AM - 7:00AM Cycle</p> <p>Total Body Strength 12:10PM - 12:50PM Studio 1</p>	<p>VIRTUAL CORE 45 Mins 6:00AM - 6:45AM Studio 1</p> <p>Dance Fit 12:10PM - 12:50PM Studio 1</p> <p>Yoga 12:10PM - 12:50PM Studio 2</p> <p>Strength & Cardio 12:10PM - 12:50PM Aux Gym</p> <p>VIRTUAL BODYPUMP 45 Mins 5:00PM - 5:45PM Studio 1</p>	<p>Total Body Strength 6:00AM - 6:55AM Studio 1</p> <p>Cycle 6:00AM - 7:00AM Cycle</p> <p>Cycle 7:00AM - 8:00AM Cycle</p> <p>Barre 12:10PM - 12:50PM Studio 1</p> <p>VIRTUAL CORE 15 Mins 12:55PM - 1:10PM Studio 1</p>	<p>Strength & Cardio 6:00AM - 7:00AM Studio 1</p> <p>Total Body Strength 12:10PM - 1:10PM Studio 1</p> <p>Dance Fit 5:00PM - 6:00PM Studio 1</p> <p>Cycle 6:00PM - 7:00PM Cycle</p>	<p>Cycle 6:00AM - 7:00AM Cycle</p> <p>Yoga/Chair Yoga 6:00AM - 7:00AM Studio 2</p> <p>VIRTUAL BODYPUMP 45 Mins 6:00AM - 6:45AM Studio 1</p> <p>Yoga 12:10PM - 12:50PM Studio 2</p> <p>BODYCOMBAT™ 12:10PM - 12:50PM Studio 1</p>	<p>VIRTUAL BODYBALANCE 60 Mins 9:00AM - 10:00AM Studio 1</p> <p>VIRTUAL BODYPUMP 45 Mins 10:15AM - 11:00AM Studio 1</p>	

Barre

A whole body workout that combines elements of ballet, yoga, Pilates and strength training. Movements are done in time to the music and focus on alignment, balance coordination, strength and flexibility. Options available for all fitness levels.

LES MILLS BODYCOMBAT

BODYCOMBAT™ is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

Cycle

A high-energy indoor cycle class that increases muscular and cardiovascular endurance. Classes can include various drills, cardio challenges, climbs and sprints. Options available for all fitness levels.

Strength & Cardio

A class that gets your heart pumping & gives you a total body workout. Build cardiovascular endurance by combining strength training with cardio exercises. Class may use steps, stability balls & more. *Option available for all fitness levels.

Total Body Strength

A full body workout that builds power & increases muscular strength & endurance. Classes may use dumbbells, bands, body bars, stability balls, or other fitness equipment to strengthen the core, upper & lower body. *Options available for all fitness levels.

LES MILLS BODYBALANCE

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

LES MILLS BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit - fast.

LES MILLS CORE

Exercise the muscles around your core, the vital ingredient for a stronger body and improved posture.

LES MILLS CORE

45 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

Yoga

A balanced class that is both relaxing & invigorating. This practice builds strength, increases flexibility & promotes a sense of inner calm. Connect with your breath as you lengthen & strengthen your body. *Options available for all fitness levels.

YMCA of Central New York - Downtown Group Exercise Timetable