

Group Exercise Classes

The Alfred Campanelli YMCA offers a variety of complimentary group exercise classes for our valued members. All classes are free to members except those so designated in bold print. Program members need to register at the Welcome Center to participate in these classes. There are no refunds for unattended classes.

GROUP EXERCISE CLASSES AT A GLANCE. SEE FOLLOWING PAGES FOR CLASS DESCRIPTIONS.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
22 Minute Workout (4)	10:00 am-10:30 am		10:00 am-10:30 am				
Basic Training (5)		6:00 am-7:00 am		6:00 am-7:00 am			
BODYPUMP® (5)	6:00 am-7:00 am	6:15 pm-7:15 pm	6:15 pm-7:15 pm	10:15 am-11:15 am		9:00 am-10:00 am	
BOSU® (4)	9:15 am-10:00 am						
Boot Camp (4)				6:30 am-7:15 am			
Cardio Blast (4)				8:00 am-8:45 am			
Cardio Interval (3)		11:30 am-12:15 pm		11:30 am-12:15 pm			8:30 am-9:30 am
Cardio Sculpt (5)	9:00 am-10:00 am		9:00 am-10:00 am		9:00 am-10:00 am		
Core N More (3)			5:30 pm-6:00 pm				
fitMS (1)	11:30 am-1:00 pm		11:30 am-1:00 pm				
Get Started (1)	6:30 am-7:30 am		6:30 am-7:30 am		6:30 am-7:30 am		
Instructor's Choice (3)			8:00 am-8:45 am		8:00 am-8:45 am		
Losin' It (3)		9:30 am-10:15 am		9:30 am-10:15 am			
PiYo (3)	5:30 pm-6:15 pm		7:30 pm-8:15 pm			9:45 am-10:30 am	
Senior Salsa (2)	10:00 am-10:30 am				10:00 am-10:30 am		
Senior Walking Club (1)	9:30 am-10:15 am		9:30 am-10:15 am		9:30 am-10:15 am		
Silver Sneakers Cardio Circuit (1)		9:30 am-10:15 am		9:30 am-10:15 am			
Silver Sneakers Msc/St & Motion (1)		10:20 am-11:05 am		10:20 am-11:05 am			
Silver Sneakers Yoga Stretch (1)	1:30 pm-2:15 pm		1:30 pm-2:15 pm				
Spinning (5)	7:00 pm-7:45 pm	6:00 pm-6:45 pm		6:00 pm-6:45 pm		8:15 am-9:00 am	
Step (4)	6:15 pm-7:00 pm	9:15 am-10:00 am	6:45 pm-7:30 pm				
Sunrise Step (4)						7:15 am-8:10 am	
Turbo Kick (4)			6:00 pm-6:45 pm			9:00 am-9:45 am	
Workout with Weights (3)		8:00 am-8:45 am					
Zumba (3)		7:20 pm-8:15 pm				10:00 am-11:00 am	

- All classes highlighted are specialty classes and require registration, payment or FitPlus membership upgrade.
- To assure space in class please register at the Welcome Center.
- To assure proper warm-up, PROMPTNESS is required for all classes. ☺
- Classes are rated – 1 for beginners, 5 for advanced participants.
- Class will be cancelled if less than 5 people are registered.