

Greater Holyoke YMCA

Group Fitness Fall Schedule

Effective 09/13/2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning							
5:35AM	Y Cycle Mary B. FS		Y Cycle Julie FS				
6:15AM	Total Fitness Lindsey G	Boot Camp Jenn PLPS	Total Fitness Lindsey G	Boot Camp Jenn PLPS	Total Fitness Lindsey G		
9:15AM	AOA Mary Kate G	Body Sculpt Julie G	AOA Mary Kate G	Body Sculpt Julie G	AOA Mary Kate G	Y Cycle Ben FS	
9:30AM						Cardio & Strength Ranny	
12:00PM			Y Cycle Cheryl FS				
Evening							
5:30PM		Y Cycle Cheryl - FS Mat Pilates Kay		Yoga Teresa G			
5:45PM	Total Fitness Mary Kate G		Total Fitness Ben G				

Location: FS = Fitness Studio G = Gym PLPS = Parking Lot Pine St.

HYBRID (Virtual & In-Person)	IN-PERSON ONLY	VIRTUAL
------------------------------	----------------	---------

GROUP FITNESS

- Classes are for active Holyoke Y members
- Refer to "Schedules" on www.holyokeymca.org for class description and additional information.
- **Registration Required for Y Cycle and virtual classes** – see online registration below.
- The Holyoke Y is partnering with the Hampshire Regional Y to offer virtual evening and Saturday classes.
- If you are interested in trying a class email mowens@holyokymca.org

ONLINE REGISTRATION

- Visit www.holyokeymca.org
- Click on "Schedules"
- Find the class you want to register for and click on "sign up"
- You will have to create a login account
- Once you create that account follow prompts to register for the class
- When registration complete, you will receive a confirmation email with class reservation or link.

Y Cycle Class Sign-up

- All Y-Cycle sign-ups will start **24 hours** before class begins.
- The first 12 members to register online or call will have a bike reserved. We will take 3 wait list members per class. If you are not at class by the start time, your bike will be re-assigned to a member on the wait list.
- If you reserve a bike, but cannot come to class, please call.
- If you are on the wait list - it is your choice as to whether you come and try to get a bike.

What You Need

- Arrive 5 minutes prior to the start time to get your bike and make any necessary adjustments.
- A water bottle and small sports towel is a must!
- Bike shorts are recommended for comfort.
- No loose or baggy pants, for safety reasons. If you wear long pants, they must be tight fitting at the bottom.

The above information and guidelines are in place to ensure safe and successful programs. If you have any questions or concerns, contact Mary Kate Owens at 413-534-5631 or mowens@holyokeymca.org

Land-Based Adult Group Fitness Class Descriptions

A.O.A (Active Older Adults): This low-impact fitness class works on building muscle strength, flexibility and balance. Increase your cardiovascular health, feel stronger and help make day-to-day tasks easier. Free weights are used in this class as well as a chair for cool-down and stretching. There are no floor exercises in this class. (45 min)

Body Sculpt: This class is designed to tone and strengthen your entire body, while using large muscle groups to increase your heart rate. Come get a great workout using fun and unique techniques. Class is appropriate for all levels. (45 min)

Boot Camp: This is an intermediate to advanced level class designed to work your entire body while improving and increasing your overall fitness level. This interval style class will alternate between cardio bursts, weights and core work. Modifications are provided, so you can choose your level of intensity. No choreography. (45 min)

Cardio & Strength Combo: Get your heart rate up with a sustained 25-minute cardiovascular segment, followed by strength and balance exercises. (45 min)

Mat Pilates: Taught by a certified Pilates instructor, this class is multi-level. Develop an awareness of your body's core (abs and back) and learn how to safely and effectively strengthen these muscles for better balance, posture, body awareness and injury prevention. (50 min)

Total Fitness: If you're serious about your workout and your time, this class is for you! You will bring up your heart rate thru a series of cardio bursts, strengthen and build muscle with the use of free weights, and finish on the mat to tone and strengthen your core. No choreography. Low to high intensity is determined by the participant. (45 min)

Y-Cycle: Ride at your own speed, adjusting your own resistance along the way for a great cardiovascular workout in a group setting. All fitness levels are welcome. This interval style class is set to motivational music and high energy! (45 min)

Yoga: Yoga is a total body workout emphasizing the rhythm of your breathing in a peaceful, relaxed atmosphere. The practice of yoga positions will help improve your flexibility, muscle tone and posture. (45 min)