

the FALL GROUP FITNESS SCHEDULE 9/17 – 12/22

MONDAY				WEDNESDAY			
AM CLASSES				PM CLASSES			
5:15-6:05	Boot Camp	Anna	G	4:30-5:20	Step Interval/Weights	Linda	A
8:30-9:20	Step	Linda	A	5:15-6:05	R.I.P.P.E.D™	Cecy	C
8:50-9:20	Barre Express	Meagen	B	5:30-6:20	Jazzercise	\$PAID\$	A
9:00-10:00	Jazzercise	\$PAID\$	G	5:30-6:20	Boot Camp	Amanda	G
9:30-10:20	Power Pump	Meagen	A	6:00-7:00	Cycle and Core	Britney	CA
9:30-10:20	Mat Yoga	Rachel	B	6:25-7:25	Balance and Flex	Cecy	A
10:30-11:20	Cardio Drumming	Meagen	A	7:45-8:15	AB Express	Britney	C
10:30-11:00	Zumba Gold	Rose Marie	C				
11:10-11:40	SilverSneakers® Yoga	Rose Marie	C	THURSDAY			
12:00-12:50	Workout with Danny	Danny	DO	AM CLASSES			
				8:30-9:20	Fit for Life	Annette	A
				8:35-9:20	Rumble™ and Strength	Cecy	B
PM CLASSES				8:45-9:15	AB Express	Britney	C
4:30-5:20	Step	Linda	A	9:00-10:00	Jazzercise	\$PAID\$	G
5:15-6:05	R.I.P.P.E.D™	Cecy	C	9:30-10:20	Zumba®	Annette	A
5:30-6:20	Jazzercise	\$PAID\$	A	9:30-10:20	Mat Yoga	Rachel	B
5:30-6:20	Boot Camp	Amanda	G	9:30-10:20	Women Who Lift	Meagen	WR
6:00-7:00	Cycle and Core	Britney	CA	9:30-10:20	Cycle & Core	Anna	CA
6:25-7:25	Balance and Flex	Cecy	A	9:45-10:45	Balance and Flex	Cecy	C
7:30-8:20	Zumba®	Lexi	A	10:30-11:20	SilverSneakers® Classic	Annette	A
7:45-8:15	AB Express	Britney	C	10:30-11:20	Full Body Barre	Rachel	B
				10:30-11:20	HIIT!	Angel	G
TUESDAY				12:00-12:50	Workout with Danny	Danny	DO
AM CLASSES				12:30-1:00	Cycle Express	Britney	CA
8:30-9:20	Fit for Life	Annette	A	PM CLASSES			
8:35-9:20	Rumble™ and Strength	Cecy	B	4:10-5:05	Jazzercise	\$PAID\$	C
8:45-9:15	AB Express	Britney	C	4:30-5:20	Cardio and Strength	Linda	A
9:00-10:00	Jazzercise	\$PAID\$	G	5:30-6:20	Flip Fusion	Jennifer	A
9:30-10:20	Zumba	Annette	A	5:30-6:30	Aqua Zumba®	Rose Marie	BW
9:30-10:20	Cycle & Core	Anna	CA	6:30-7:30	Full Body Fit	Kristy	C
9:30-10:20	Women Who Lift	Meagen	WR	6:30-7:20	Core De Force™	Alex	A
9:45-10:45	Balance and Flex	Cecy	C				
10:30-11:20	SilverSneakers® Classic	Annette	A	FRIDAY			
10:30-11:20	Full Body Barre	Meagen	B	AM CLASSES			
10:30-11:20	HIIT!	Alex	G	8:30-9:20	Fit for Life	Annette	A
12:00-12:50	Workout with Danny	Danny	DO	9:00-10:00	Jazzercise	\$PAID\$	G
12:30-1:00	Cycle Express	Britney	CA	9:30-10:20	Power Circuit	Angel	A
PM CLASSES				9:30-10:20	Fitness Blender/Zumba®	Annette	B
4:10-5:05	Jazzercise	\$PAID\$	A	10:30-11:00	SilverSneakers® Boom Muscle	Annette	A
5:30-6:20	Flip Fusion	Jennifer	A	10:30-11:30	Core De Force™	Alex	C
5:30-6:30	Aqua Zumba®	Rose Marie	BW	PM CLASSES			
6:30-7:20	Core De Force™	Alex	A	4:30-5:00	Rumble™ Express	Cecy	A
7:30-8:20	Zumba®	Lexi	A	5:30-6:20	Jazzercise	\$PAID\$	A
				5:15-6:15	Balance and Flex	Cecy	B
WEDNESDAY							
AM CLASSES				SATURDAY			
5:15-6:05	Boot Camp	Anna	G	7:00-7:55AM	Jazzercise	\$PAID\$	A
8:30-9:20	Step Interval / Weights	Linda	A	8:00-8:55AM	Jazzercise	\$PAID\$	A
8:50-9:20	Barre Express	Meagan	B	8:15-9:15AM	Balance & Flex	Rotation	C
9:00-10:00	Jazzercise	\$PAID\$	G	9:30-10:20AM**	Instructor Choice	Rotation	TBD
9:30-10:20	Power HIIT!	Angel	A				
9:30-10:20	Mat Yoga	Rachel	B	SUNDAY			
10:30-11:20	Cardio Drumming	Meagen	A	9:00-10:00AM	Jazzercise	\$PAID\$	A
10:30-11:30	Balance and Flex	Rachel	B				
10:30-11:00	Zumba Gold	Rose Marie	C				
11:10-11:40	SilverSneakers® Yoga	Rose Marie	C				
12:00-12:50	Workout with Danny	Danny	DO				

**No Classes Friday PM, October 12 for Trick-or-Treat Trail Walk

*Download Portage Y App for Saturday Class Rotations



GROUP FITNESS CLASS DESCRIPTIONS

ACTIVE OLDER ADULTS

FIT FOR LIFE

You can expect low-impact aerobics, strength, & toning. Exercises are taught from either a standing position or in a chair.

SILVER SNEAKERS® BOOM MUSCLE

SilverSneakers BOOM MUSCLE. This 30-minute class includes sports-inspired exercises that improve upper body conditioning, focusing on different muscle groups during "blocks." Tone your muscles and build overall strength in MUSCLE.

SILVER SNEAKERS® CLASSIC

A variety of exercises and movements taught from seated and standing positions, set to music to increase muscular strength, range of motion and activities of daily living.

SILVER SNEAKERS® YOGA

Stretches taught from seated and standing positions to enhance the flow and energy created in combination with restorative breathing exercises.

ZUMBA GOLD

Zumba Gold is for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.

MULTI-LEVEL CLASSES

CARDIO DRUMMING

Drum Your Stress and Calories away at the Same Time! Use Drum Sticks & Fitness Ball...Done!

CYCLE & CORE

This stationary bike class is sure to spin those calories out. The last 10 minutes of class will be "on the mat" core work.

CYCLE EXPRESS

This cycle class is driven by the music, beat and resistance. It's a total body workout on the bike in only 30 minutes.

FITNESS BLENDER

Experience a variety of cardio, strength, and core exercises that are sure to rev up your heart rate and sculpt your muscles!

FLIP FUSION

Heavy reps of concentrated muscle work with quick spurts of intense cardio. It's the Interval Training at its Best!

FULL BODY BARRE/EXPRESS

A Ballet-Inspired - Workout that lifts your seat, tones your thighs, abs, and arms with a special focus on core stability and alignment.

FULL BODY FIT

A complete workout, starting with a circuit for upper body, than lower body circuit, finishing with a full body circuit and core. Moderate to light intensity, focusing on mobility and range of motion.

JAZZERCISE (\$PAID\$)

Heavy reps of concentrated muscle work with quick spurts of intense cardio. Y members: unlimited classes for \$15/month!

MAT YOGA

This class presents Restorative Yoga teaching the basic poses and movements in a flowing pattern using breathing and meditation.

R.I.P.P.E.D.™

Combines Resistance, Interval, Power, Plyometrics, Endurance, and core. Designed to help everybody meet their ultimate fitness goals in a super fun group exercise environment.

R.I.P.P.E.D. RUMBLE™/STRENGTH

An authentic, yet simple to master, cardio mixed martial arts adapted for the group exercise environment.

ZUMBA®

Feel the music! Based on dance steps from around the world, this class will be sure to get your whole body cha-cha-cha-ing into shape!

AQUA ZUMBA®
STEP

A fun way to get fit! Water creates resistance as you dance creating a higher intensity with lower impact. Raise your Cardio up another notch by moving vertically toning your legs and burning more calories in the process!

AB EXPRESS

A non-stop 30 minutes targeting the abdomen and oblique's with a circuit type of workout.

BALANCE & FLEX TOGETHER

It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey.

STEP INTERVEL with WEIGHTS

Raise your Cardio up another notch by moving vertically toning your legs and burning more calories in the process! PLUS WEIGHTS.....

HIGH INTENSITY CLASSES

BOOT CAMP

You will use Battling Ropes, TRX, medicine ball slams, sled pushes/ pulls, and more! Beginners Beware, this is a Serious Workout.

CORE DE FORCE™

Mixed martial arts-inspired workouts designed to slash inches off your waist, blast belly fat, and sculpt total-body definition—no equipment needed.

POWER HIIT!/HIIT!

Achieve more with High Intensity Interval Training using Cardio and Strength training moves.

POWER CIRCUIT

A circuit style workout incorporating resistance training, core and cardio HIIT exercises for a full body workout.

POWER PUMP

This is Cardio-Strength Training at its very best! You pick your weight and pump your muscles to the beat of the music.

WOMEN WHO LIFT

Get rid of the intimidation of "The Weight Room" and gain the muscle and cut that you are looking for.

WORKOUT WITH DANNY

Our Registered Nurse focuses on Cardio & Core Concentration to slim your waist; Who Could ask for anything more! It will provide a fun, encouraging, workout consisting of cardio, strength, and flexibility.

ALL EXPRESS CLASSES

All express classes listed on the schedule are 30-minutes in length.