



# GROUP EXERCISE



OSAGE PRAIRIE YMCA • SEPTEMBER/DECEMBER 2025

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM	<b>Water Aerobics (Renea)</b>		<b>Water Aerobics (Renea)</b>		<b>Water Aerobics (Renea)</b>	
8:30 AM	<b>Centergy (Rachael)</b>		<b>Centergy (Rachael)</b>		<b>SWEAT (Miranda)</b>	
9:00 AM						<b>SWEAT (Trey)</b>
9:30 AM	<b>Silver Sneaker (Rachael)</b>		<b>Silver Sneaker (Rachael)</b>		<b>Silver Sneaker (Rachael)</b>	
9:30 AM		<b>Longevity (Miranda)</b>		<b>Longevity (Miranda)</b>		
5:00 PM		<b>Water Aerobics (Ann)</b>		<b>Water Aerobics (Ann)</b>		
5:30 PM	<b>Group Power (Kerri)</b>		<b>Group Power (Kerri)</b>			
5:30 PM	<b>Osage Athletes (Lauren)</b>	<b>Osage Athletes (Lauren)</b>	<b>Osage Athletes (Lauren)</b>	<b>Osage Athletes (Lauren)</b>		
5:30 PM		<b>Water Aerobics (Ann)</b>		<b>Water Aerobics (Ann)</b>		
5:30PM				<b>SWEAT Trey</b>		
6:30PM			<b>"Wine" Down (Kerri)</b> *First Wednesday of the month only			

# CLASS DESCRIPTIONS

## **Centery**

An invigorating mind-body workout incorporating yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and strength.

## **Group Power**

A cutting edge workout that uses traditional strength exercises and integrated multi-planar exercises with a barbell, plates, and body weight to get muscle and movement strong.

## **Longevity**

This program is focused on 55+ demographics designed to restore/improve mobility first and applies scalable movements to improve overall health and fitness. Movement first, intensity second

## **Osage Athletes**

A form of interval training with strength and conditioning workouts made up of functional movements performed at a high intensity

## **Silver Sneakers**

This class is a unique physical activity, lifestyle, and socially oriented program designed to encourage physical activity and foster an active lifestyle. The program promotes social interaction and encourages participation in healthy lifestyle activities, showing that it's easy to get fit, have fun, and make friends. \*Chair bound or free mobility.

## **SWEAT**

This class consists of varied functional fitness movements, cardio-based and relatively high-intensity interval training. With body weight and strength training options incorporated into each class, the quick-paced, 30-minute class is designed to make sure you SWEAT! Modifiable for most levels of ability.

## **Water Aerobics**

Get a low-impact workout using the resistance of the water. Classes are open to any level of ability and workouts can be adapted to the intensity level that fits your goals. This class also offers social opportunities to connect with others.

## **"Wine" Down**

Wine down with some stretching and a sample of wine with friends. This group will focus on relaxations and socialization.

## CLASS ETIQUETTE

- Arrive to class 5-10 minutes prior to start time and plan to stay the full time.
- Turn cell phones off and keep chit-chat to a minimum during class time.
- Clean equipment after use and store away properly.