THE Y @ WORK

GE Appliances

NOVEMBER GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CORE 6-6:30am RJ		CORE 6-6:30am RJ		CORE 6-6:30am RJ
HATHA YOGA 11-11:45am Natasha	WARRIOR TRAINING 11-11:45am Amy	HATHA YOGA 11-11:45am Vedra	WARRIOR TRAINING 11-11:45am Amy	CYCLING 11-11:45am Trey
HIIT 12-12:45pm Trey	CYCLING 12-12:45pm Trey	HIIT 12-12:45pm Trey	BARRE 12-12:45pm Sarah	HIIT 12-12:45pm Jenny
			HATHA YOGA 2:15-3PM Sarah	
ZUMBA 5:15-6pm Kandice		CYCLING 5:15-6pm Greg		

ALL CLASSES INCLUDED WITH MEMBERSHIP

For more information about group fitness classes or The Y @ Work,
contact: Joseph Anthony, 502-452-0999 or
Joseph.Anthony@geappliances.com

Update 10/28/26

Class Descriptions

CYCLING: This workout brings the fun and excitement of outdoor cycling indoors. A great cardiovascular workout! Come join a high energy, fun and hard working atmosphere! Please allow 5-10 minutes for proper bike setup prior to class.

HIIT: This interval class incorporates strength and cardio exercises in timed intervals followed by a quick recovery. Achieve maximum calorie burn with an incredible cardiovascular conditioning and all over body shaping.

HATHA YOGA: Is the most widely practiced form of Yoga, using body postures, breathing techniques, and meditation to help you achieve a sound, healthy body and a clear peaceful mind. Appropriate for all levels.

CORE: Core is a class that focuses on the muscles responsible for strong abdominal and a healthy back.

BARRE: Bar is an energizing non-impact class that is designed to strengthen, tone and balance the entire body utilizing the ballet barre, light weights, bands and small balls. Barre class includes toning and muscle endurance exercises with an emphasis on the core, arms, glutes and thighs.

MUSCLE DEFINITION: An intense 45-minute total-body strength workout designed to increase muscle mass, improve endurance, and boost metabolism. It utilizes varied equipment-dumbbells, bands, body bars, and stability balls-to target all major muscle groups through high rep, low-weight training suitable for all fitness levels.

ZUMBA: A fusion of Latin and international music/dance themes that create a dynamic, exciting workout! Based on interval training, Zumba is a mixture of body sculpting movements and easy-to-follow dance steps.

WARRIOR TRAINING: It is not about being gym strong, it is about being life strong. Challenge yourself with a mixture of cardio and functional strength exercises. Come ready to run, jump, lift, climb and crawl. It will be fun; it will be hard. It will be over in 45 minutes.