



## **PLUM STREET Y**

### **Group Exercise Transition Plan**

Outstanding group exercise classes are a staple of a quality YMCA experience. With the Y taking on the operations of 5<sup>th</sup> Avenue Fitness, we will be combining two great programs into one!

Our strategy will be to duplicate - as much as we can - the current class schedule from 5<sup>th</sup> Avenue Fitness at our Downtown YMCA. We will be working hard to attract and retain your current 5<sup>th</sup> Avenue instructors. The Current Downtown Y and future Plum Street Y will remain a Les Mills facility. Members will also be encouraged to try our classes at the Briggs YMCA, which is included in your membership.

Our goal is to publish the new Downtown Group exercise class schedule mid-November that will go into effect on November 20<sup>th</sup>. Group exercise schedules are updated/revised roughly 3x's a year.

**HOW CAN I STAY INFORMED?** - Download our App! Our phone app is the best way to receive the latest information on group exercise classes. We will also be updating this document as planning progresses, so check back regularly!

- **NEW Les Mills Classes** – At the Downtown Y we currently run a number of early morning, midafternoon, and evening classes Les Mills classes. Our current class offerings are BodyPump, BodyStep, BodyFlow, and RPM. We have been working with our Les Mills representatives to add additional classes to our current offerings. We plan to add Cxworx, BodyCombat, and BodyAttack here in the next month(s).
- **Personal Training Update** – If you have personal training sessions left at 5<sup>th</sup> Avenue Fitness, we encourage you to redeem your sessions prior to November 18<sup>th</sup>. Although personal training is not transferable from your 5<sup>th</sup> Ave membership to your membership at the Y, we still would love to connect you with one of our YMCA Personal Trainers. If you are interested in personal training or small group training, please see our front desk for more information.
- **Favorite Instructors?** – The Y has a number of great instructors and we want to make your favorite instructor one of ours as well! YMCA management has been connecting with your group exercise team encouraging those who would like to continue instructing to apply to the Y, so that we can add them to our group fitness schedule. If you know certified instructors interesting in teaching at the Y, please connect them with [hr@ssymca.net](mailto:hr@ssymca.net).

- RPM/Cycling – Unfortunately, our cycling room at the Downtown Y is not as big as you may have been used to. So, during the interim, we plan to move our cycling bikes into a bigger space! Moving to a new space will allow us to bring in more [Schwinn AC Performance Plus Bikes w/ Echelon 2 Console](#). Although the space may not be a typical cycling studio, we hope to be able to make due until we can move back into our newly renovated Plum Street Y!
- Silver Sneakers Classes – Y Staff are working to add Silver Sneakers classes to our current class schedule on Monday, Wednesday, and Friday mornings. We continue to look for instructors to teach on some of these classes; if you know certified instructors interesting in teaching at the Y, please connect them with [hr@ssymca.net](mailto:hr@ssymca.net).  
\*If you are unable to attend any of our Active Older Adults classes due to physical limitations within our building, we encourage you to visit our Briggs Branch. At Briggs we hold afternoon Silver Sneakers, Water Exercise, and other Active Older Adults class options throughout the week, without the hassle of walking up and down stairs!