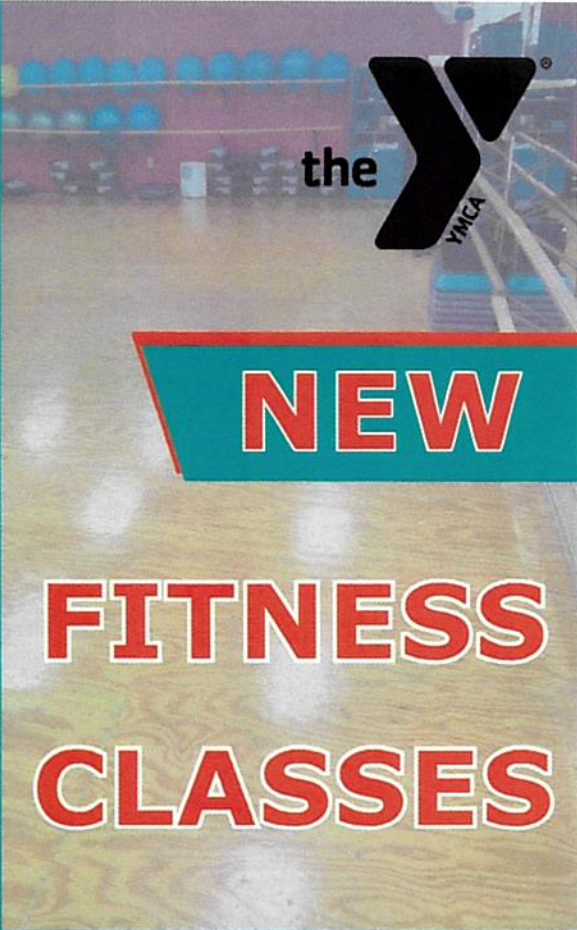


# Canton Family YMCA

**New Fitness Classes  
starting the week of  
November 10th**

**Instructor:  
Maranda Robinson**



**NEW  
FITNESS  
CLASSES**

The first posting of Maranda's fitness class schedule is for 2 weeks, November 10<sup>th</sup> through the 23<sup>rd</sup>. The next 4 week schedule November 24<sup>th</sup> through December 21<sup>st</sup> will be posted on November 17<sup>th</sup>.

A class schedule guide will be posted on our YMCA of Canton Facebook page, posted in the fitness room and printed for you to take home.

**CHECK OUT THE  
CLASS DESCRIPTIONS  
AND SCHEDULE FOR  
NOVEMBER 10TH - 23RD**



## Class Descriptions

### Low Impact HIIT (High Intensity Interval Training)

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## Low-Impact HIIT Class Overview

This class blends the intensity of HIIT (High-Intensity Interval Training) with joint-friendly, low-impact movements. It's designed for all fitness levels, especially those recovering from injury, easing into exercise, or preferring gentler movement.



### Format

- **Duration:** 45 minutes
- **Structure:** 5–6 circuits of 3 exercises each
- **Intervals:** 40 seconds work / 20 seconds rest
- **Equipment:** Mat, light dumbbells, resistance bands, barre or chair



### Core Elements

- **Cardio:** Marching in place, step taps, low-impact jumping jacks
  - **Strength:** Bodyweight squats, wall push-ups, glute bridges
  - **Mobility:** Dynamic stretches, Pilates-inspired core work
  - **Balance:** Barre-style leg lifts, single-leg holds
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## High-Impact Modifications

For participants seeking more intensity, each move includes a high-impact or resistance-based variation:

| Exercise        | Low-Impact         | High-Impact / Weighted                              |
|-----------------|--------------------|-----------------------------------------------------|
| Squats          | Bodyweight         | Weighted jump squats or barre pulses with dumbbells |
| Lunges          | Static lunges      | Walking lunges with overhead press                  |
| Glute Bridges   | On mat             | Single-leg bridge with resistance band              |
| Step Taps       | Side-to-side       | Skater hops or lateral bounds                       |
| Marching        | High knees (slow)  | High knees with dumbbells or jump rope              |
| Push-ups        | Wall or knees      | Full push-ups or Pilates-style triceps push-ups     |
| Plank           | Forearms/knees     | Full plank with shoulder taps or leg lifts          |
| Barre Leg Lifts | Standing leg lifts | Add ankle weights or pulses at barre                |

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Here's a full description of a **Low-Impact Cardio Pilates/Barre Class** with optional **high-impact modifications** using **bands, tubes, weights, and bodyweight techniques**:

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## **Low-Impact Cardio Pilates/Barre Class**

This class fuses the grace of Pilates and barre with gentle cardio to create a flowing, low-impact workout that builds strength, endurance, and mobility without stressing the joints.

### **Class Structure**

- **Duration:** 45–60 minutes
- **Format:** Warm-up → Cardio Barre Flow → Pilates Core → Cooldown
- **Equipment:** Resistance bands, tubes, light weights (1–5 lbs), Pilates ball, barre or chair

### **Movement Style**

- **Cardio:** Rhythmic marches, plié pulses, standing leg sweeps
- **Pilates:** Controlled mat work, breath-led core activation, spinal articulation
- **Barre:** Isometric holds, small-range pulses, balance work
- **Focus:** Alignment, posture, breath, and fluid transitions

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## **High-Impact Modifications**

For those seeking more intensity, each segment includes elevated options using resistance tools and dynamic bodyweight techniques:

| Segment       | Low-Impact                   | High-Impact / Resistance                            |
|---------------|------------------------------|-----------------------------------------------------|
| Warm-Up       | Arm circles, toe taps        | Jumping jacks with light weights or tube resistance |
| Cardio Barre  | Marches, plié pulses         | Barre jumps, traveling lunges with resistance bands |
| Standing Legs | Leg lifts, calf raises       | Weighted squats, resistance tube side steps         |
| Pilates Core  | Dead bugs, bridges           | Bicycle crunches, banded leg extensions             |
| Upper Body    | Arm pulses, shoulder rolls   | Overhead presses with weights, tube rows            |
| Glutes        | Standing kicks, donkey kicks | Resistance band fire hydrants, weighted bridges     |
| Balance       | Single-leg holds             | Dynamic arabesque lifts with ankle weights          |

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# November 2025

| Sun | Mon                                      | Tue                                                         | Wed                          | Thu                                                         | Fri |
|-----|------------------------------------------|-------------------------------------------------------------|------------------------------|-------------------------------------------------------------|-----|
|     |                                          |                                                             |                              |                                                             |     |
| 2   | 3                                        | 4                                                           | 5                            | 6                                                           | 7   |
| 9   | 10                                       | 11<br>5:15 AM<br>HIIT<br>5PM Cardio/<br>Pilates<br>6PM HIIT | 12                           | 13<br>5:15 AM<br>HIIT<br>5PM Cardio/<br>Pilates<br>6PM HIIT | 14  |
| 16  | 17<br>5PM Cardio/<br>Pilates<br>6PM HIIT | 18<br>5:15 AM<br>HIIT<br>5PM Cardio/<br>Pilates<br>6PM HIIT | 19<br>5PM Cardio/<br>Pilates | 20<br>5:15 AM<br>HIIT                                       | 21  |
| 23  | 24                                       | 25                                                          | 26                           | 27                                                          | 28  |
| 30  | 31                                       |                                                             |                              |                                                             |     |

