



YOUR FITNESS KICKSTART

Use this training plan to get started on your fitness journey! Options are available for all interests and fitness levels - we can't wait to see you at the Y!

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Mind / Body	HIIT	Active Rest	Core	HIIT	Cardio	Rest
WEEK 2	Core	Cardio	Mind / Body	HIIT	Active Rest	Core	Cardio
WEEK 3	HIIT / Active Rest	Core / Cardio	Rest	Cardio	Mind / Body	Active Rest	Mind / Body
WEEK 4	Core / Cardio	HIIT	Active Rest	HIIT / Core	Rest	Mind / Body	Cardio



Get in-person and virtual workout ideas for each of the categories on the back of this card!

Tips to Remember

- // Eat a balanced snack before and after your workout - like carrot sticks and hummus, cheese and whole grain crackers, or an apple and peanut butter!
- // Take two days each week to rest - or, if you're not feeling too sore, incorporate active rest, like a light walk, yoga stretches, etc.
- // The CDC recommends that you aim for 150 minutes of activity per week - Experts suggest two days of strength training and three days of cardio.
- // Take care of your mental health by taking time to recuperate - including at least seven hours of sleep per night.
- // Try to drink 64 oz of water each day.
- // Move your body in whatever way brings you joy!



Mind/Body

- Yoga Level I
- Yoga Level II
- BODYFLOW
- Pilates*
- Yoga*
- Tai Chi Practices*
- Mindfulness*
- Meditation*
- Chair Stretch*



HIIT

- BODYPUMP
- STRONG
- BODYSTEP
- Fitness Center Workout of the Day
- Ultimate Circuit Training
- Body Blitz*
- Fierce*
- Muscle Pump*
- Non-Stop HIIT*



Cardio

- Zumba
- XaBeat
- Lap Swim
- Les Mills Barre
- BODYCOMBAT
- Outdoor Walk, Run, or Bike Ride
- Cardio Dance*
- Y Box*
- Step*
- Cardio Craze*



Core

- CORE
- Core Express*
- Core and More*
- Core Basics*
- Standing Core*
- Advanced Core and More*
- Quick Core Flow*
- 8 Minute Abs*
- Ab Lab*
- Core and Balance*



Active Rest

Active rest is low-intensity activity that allows you to keep your momentum and promote muscle recovery. Listen to your body and include active rest – or a full rest day – when needed.

- Meditation / Restorative Yoga
- Light Walking
- Stretching
- Foam Rolling



Options marked with * are online classes and can be found on YMCA360, our virtual platform, FREE with all Y memberships!



Group Fitness Class Schedule



YMCA360

