

# March 2010

Effective 3/01/10



Locations: (1) Main Gym (2) Cycle Studio (3) Classroom

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM	Cycling (2) <i>Glenda</i>	Early Bird Pump (1) <i>Mandi</i>	Cycling (2) <i>Glenda</i>	Early Bird Pump (1) <i>Mandi</i>	Cycling (2) <i>Tyler</i>		
8:30 AM	Cycling (2) <i>Becca</i>	Step (1) <i>Amy</i>	Yoga (3) <i>Becca</i>	Yogalates (3) <i>BJ</i>		Cycling (2) <i>Kelley</i>	
9:00 AM				Cycling 101 (2) 9:20- 10 min. <i>Glenda</i>	Total Body H.I.I.T. (1) <i>Ginny</i>	Wkd Warrior (1) <i>Rotation</i>	
9:30 AM	R.I.P.ped 9:20 (1) <i>Becca</i>	Yoga (3) <i>BJ</i>	Circuit Craze (1) <i>Becca</i>	Cycling (2) <i>Glenda</i>		Yoga (3) <i>Kelley</i>	
10:15 AM		*SilverSneakers Cardio Circuit (1) 10:00 <i>Janet</i>			Abs & Stretch (1) <i>Ginny</i>		
10:30 AM	SilverSneakers MSROM (1) <i>Glenda</i>		SilverSneakers MSROM (1) <i>Glenda</i>	Low Impact Total Body (1) <i>Becca</i>	SilverSneakers YogaStretch (1) <i>Linda</i>	Cycling (2) <i>Tyler</i>	
12:15 PM	Express Sculpt 30 min. (1) <i>Tyler</i>		Express Cycle 30 min. (2) <i>Tyler</i>				
2:00 PM							Cycling (2) <i>Tyler/Glenda</i>
4:30 PM	Cycling (2) <i>Susan</i>	Fab Abs (1) <i>Teresea</i>		Beginner Step (1) <i>Terri</i>			
5:00 PM		Express Step (1) 30 min. <i>Teresea</i>	Cycle Power (2) 4:45- 30 min. <i>Angela</i>		Cycling (2) <i>Susan</i>		
5:30 PM	Cycling (2) <i>Tyler</i> Pilates (3) <i>Dana</i> B2B (1) <i>Angela</i>	Express Sculpt (1) 5:40- 30 min. <i>Teresea</i> *Cycle (2) <i>Steph</i>	Circuit/Interval (1) <i>Angela</i>	Cycling (2) <i>Angela</i>			
6:00 PM		Yogalates (3) <i>Angela</i>		Total Body/ H.I.I.T. (1) <i>Tyler</i>		*Notes a change in class time or new class	
6:15 PM							
6:30 PM				Pilates (3) <i>Angela</i>			
6:45 PM	Yoga (3) <i>Kelley</i>						

## GROUP CYCLING PROCEDURES:

- Cycle Class registration begins 30 minutes prior to class. Cycle 101 does not require advance registration.
- If you are attending a class immediately PRIOR to cycling, you may sign-up for a bike before that class. However, those waiting in line at open of registration will have the first priority.
- We appreciate your patience with cycle registration as we are making every effort to meet the needs of all YMCA members.

# CLASS DESCRIPTIONS

**\*\*Note\*\* All classes averaging less than six (6) participants are subject to change or cancellation.**

**All classes are designed to accommodate every fitness level. Be daring and try something NEW!**

**B2B/Back to Basics:** A conditioning program that combines strength and cardiovascular exercises to achieve total body training. Participants will be challenged with cardio endurance, circuit, resistance, and agility training plus core strength and weight training. Low and high impact modifications to all exercises are provided so everyone has a challenging workout and no one is left behind!

**Circuit Craze:** This class consists of 5 resistance training circuits followed by short bursts of cardio and a rest between each circuit. Come ready to keep your heart pumping throughout this class!

**Circuit/Interval:** If you are short on time and can't decide between cardio and strength training, why not do both? By combining intervals of cardio and resistance training, this class keeps you constantly moving and wondering what will happen next. **No advanced choreography.** Cardio drills may consist of kickboxing, hi/lo, step & plyometrics. Lower impact options will be shown. It is adaptable to all levels from beginner to advance.

**Core to the Floor:** This class is geared to tone and strengthen those "trouble areas"- legs, glutes, and core. The class will consist of traditional exercises with the use of various pieces of fitness equipment. Great for all levels.

**Cycle Power:** 30 minute intense power ride. You will feel like you have worked out for an hour. Cycling participants should be warming up to begin on time for this intense workout. New indoor cycling participants should arrive at least 10 minutes early for proper bike set up and safety information.

**Cycle 101:** A 15 minute intro to cycling. This class is a time to get set up in correct position on the bike, learn proper alignment, and ask the instructor what to expect from class. Participants will not actually work out during this time. **No registration required for this class.**

**Cycling:** A 45-60 min. high energy class using stationary bikes and motivating music that gives you an efficient and challenging cardiovascular workout. **REGISTRATION REQUIRED AT MEMBER SERVICES DESK 30 MIN. PRIOR**

**Early Bird Pump:** This AM class is a great way to get your full body workout finished first thing! With a foundation of weight training combined with short bursts of cardiovascular conditioning, this class is sure to energize you for the rest of the day. **Great for both Men and Women.**

**Fab Abs:** 30 minutes of straight abdominal work. This workout is great before or after your favorite class!

**Low Impact Total Body:** This class is a moderate intensity floor workout that is designed to provide a safe effective workout. Great for those who currently have or have had joint issues. Tubing, hand weights, and occasional basic step movements will be used in this class.

**Pilates:** A core stability and body conditioning mat based class which combines correct breathing, body alignment and form to accomplish goals of improving strength, flexibility, posture and uniting body and mind in a stress-free atmosphere.

**R.I.P.ped:** Total body, muscle conditioning class using weight **Resistance to Increase** muscle definition and strength. Upper and lower body movements alternated with continuous movement and minimal recovery periods to maximize workout time and keep the heart rate elevated. **Progression** will be based on increased workloads and can be adjusted to meet individual workout goals. Correct form will be stressed at all times to avoid injury and acquire results faster. **Great for both Men and Women!**

**Sculpt:** Improve your total body strength! Resistance exercises are performed using great music and a variety of equipment.

**SilverSneakers Cardio Circuit:** Aerobic or cardiovascular exercise is the highlight of this class. The class features upper-body strength workouts using hand-held weights, elastic tubing with handles and other fun accessories in non-impact aerobic activity. A chair is available for support and easy head-to-toe stretching.

**SilverSneakers Muscular Strength & Range of Motion (MSROM):** This class helps to improve overall strength, flexibility and balance, resulting in your ability to stay healthy and maintain your independence. Your instructor will guide you through exercises with resistance tools at your own pace. A chair is available for seated and/or standing support, stretching, and relaxation.

**SilverSneakers YogaStretch:** YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.

**Step:** A choreographed workout using the Reebok Step platform to increase cardiovascular endurance.

**Total Body H.I.I.T:** An extended 70 minute total body workout consisting of high intensity interval training. Each muscle group is worked to fatigue using a circuit format that incorporates cardiovascular segments to keep the heart rate elevated. Weight can be adjusted for various fitness levels and modifications will be shown for cardiovascular segments. **Great for both Men and Women!**

**Weekend Warrior:** start the weekend off right with this 75 minute workout combining cardio and resistance training, ANYTHING GOES! Come each week and find out what the Saturday special is – it will bring out the Weekend Warrior in you!

**Yoga:** Learn and master movements that serve to increase blood flow, balance, flexibility, strength, relaxation and mind-body connection. Meditation is not a component of this class. **\*\*Express class is 30 min. and will focus on stretching and relaxation**

**Yogalates:** An invigorating blend of Pilates and Yoga, designed to strengthen core as well as toning muscles and increasing flexibility and body awareness.