


GROUP EXERCISE









FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Classes located in the Group Exercise Room-- unless otherwise noted.

B=Beginning **\$**=Fee-based class

I= Intermediate  = Space is limited. Sign up at Welcome desk.

Fall effective September 7th

Classes	Key	Monday	Tuesday	Wednesday	Thursday	Friday	Sat. & Sun	
Adult Aikido \$	B/I	7:45-9:30p Don			7:45-9:30p Don			
Arthritis Exercise	B			2:30-3:30p Beverley		2:30-3:30p Beverley		
Ballet (3-6 yrs) \$	B			10:15-10:45a Garicka				
Boxing & Fitness \$	B/I						 Sunday 8:00-9:00a 9:00-10:00a Activity Center	
CardioBoxing 	I		6:35-7:45p Montse		6:30-7:30p <i>Seasonal</i> Luisa, Activity Center			
Cardio Hip Hop	B/I	Intro 4:15p Gina 4:30-5:25p						
Cycling  Upstairs	I	6:00-6:45a Jamie 8:30-9:30a Jo 12:30-1:15p Merritt 5:30-6:15p Heather 6:30-7:15p Howard	6:00-6:45a Michelle/Brandon 8:30-9:30a Dawn 5:30-6:30p Martie	6:00-7:00a Sarah 8:30-9:30a Becky 12:30-1:15p Merritt 5:30-6:15p Brandon	6:00-6:45a Jamie 8:30-9:30a Becky 5:30-6:30p Martie	6:00-6:45a Michelle 8:30-9:30a Jo 12:30-1:15p Merritt	Saturday 8:30-9:30a Becky	
Feldenkrais Conference Room	B			1:30-2:30p Donna				
Gentle Strength & Stretch	B		1:00-2:00p Beverley		1:00-2:00p Beverley			
Gentle Yoga	B	1:15-2:15p Debbie (Prenatal welcome) 	4:15-5:30pm Kathy, Conference Room	1:15-2:15p		1:15-2:15p Kathy		
Hip Hop (7-14 years) \$	B/I						Saturday 10:00-11:00a Garicka	
Jazz	I		12-1pm Jill			12-1pm Jill		
Madness!	I	9:00-10:15a** Diane- Step emphasis		9:00-10:15a Dia		9:00-10:15a Dia		
Pilates (mat)	B/I	12:00-1:00p Nicole M  5:30-6:30p Jasmine Conference Room		12:00-1:00p Dia				
Prenatal Yoga Conference Room	B	On Hiatus (please see Monday Gentle Yoga)						
Stay Fit Forever	B	11:00-12:00n Dawn		11:00-12:00n Dia		11:00-12:00n** Tredia-- dance emphasis		
Sports Interval	I	5:30-6:30p Merritt		4:25-5:25p Merritt				
Step	B/I		9:00-10:15a Darcie 4:30-5:30p Diane		9:00-10:15a Darcie 4:30-5:30p Diane/Lea		Saturday 8:45-10:00a Diane/Laura/Diane/Lea	
Tai Chi	B/I				12:00-1:00p Nancy			
Walk the Talk Outside	B/I	9:00-10:00a Edy		9:00-10:00a Edy		9:00-10:00a Edy		
Y's Way to Fitness	B	6:30-7:30a Jerry		6:30-7:30a Jerry		6:30-7:30a Jerry		
Yoga Please see flyer for detailed class descriptions, scheduling & levels		6:35-7:35p Nasrina/Shawn Intermediate	10:30-11:45a Nichole T	5:30-6:30p Nichole T	10:30-11:45a Nasrina 5:30-6:30p Shelley	5:30-7:00p Ruth Intermediate	Sunday 3:00-4:30p Soft Flow Kathy/Nasrina	
Yoga Bugs	B	Monthly sessions: November & December (Come October 30 th for Halloween!)						Saturday 11:15-11:45a Maria
Youth Aikido (7-12yrs) \$			3:30-4:30p Jay		3:30-4:30p Jay			
Fencing \$	B	Currently On Hiatus						
FitKidz (5-10yrs) \$		3:30-5:00p Activity Center		3:30-5:00p Activity Center				
Zumba 	B/I		5:30-6:30p Ruth	6:45-7:45p Tina	6:00-6:30 1 st Thursday of Month only Intro to Zumba Conference Room 6:35-7:35p Ruth		Saturday 7:30-8:30a Zumba Lite Ruth/Andrea	

NOTICES

- Most **classes FREE** to Facility Members (fee-based classes are noted with a **\$**)
- Ages **13 & up** are welcome
- Please **do not wear perfume/cologne** to classes
- Please wear **layered clothing** Body temperature is usually low at the beginning & end of class and higher in the middle.
- We are not responsible for lost or stolen items
- Group Exercise classes/instructors/rooms are **subject to change without notice**

Class Descriptions

Fee based classes- please see class flyers for details: Adult Aikido, Ballet, Boxing & Fitness, Hip Hop ages 7-14, Youth Aikido, Fencing, FitKidz

Arthritis Exercise – Land exercise class designed specifically for people with arthritis (who can walk independently) to help keep joints flexible, maintain muscular strength and build overall stamina. Many of the exercises have been developed by the Arthritis Foundation.

CardioBoxing – A high energy, fast-paced aerobic workout utilizing the drills & skills of kick boxing. Space is limited. Please sign up at the Welcome Desk.

Cardio Hip Hop – A great opportunity to workout with a fun, funky dance style. Easy to learn for all levels. Ages 13 and up.

Cycling (indoor) – A self-paced group indoor cycling workout for all levels to improve cardiovascular endurance and cycling stamina. Space is limited. Please sign up at the Welcome Desk.

Feldenkrais – Slow, gentle motions designed to increase awareness & ease of movement. Class formatted for participants to be seated or laying down.

Gentle Strength/Stretch – For the beginner or if you are just returning to exercise. Geared toward the 50+ crowd. Basic weight training for strength and endurance, flexibility training to release tension, gain shoulder mobility, and core strengthening which may reduce low-back stress.

Jazz Dance – Choreographed routines for the participant familiar with this style of movement and having a dance background.

Madness! – 20 min low-impact aerobics, then 45 min. of body-fat burning circuit/interval strength training exercises using: stability balls, dumbbells, small balls, exertubes & more to strengthen the deep core muscles and challenge balance, class ends with 7-10 minutes of stretching/relaxation. **Adaptable to beginning levels. Monday Madness – step emphasis** Class begins with 30 minutes of basic Step moves to keep that heart pumping, with 20-45 min of resistive strength training using weights and exertubes and finishing with 5-10 minutes of relaxing stretching. Space is limited. Please sign up at the Welcome Desk.

Pilates (mat) – Based on the work of Joseph Pilates. Mat work is a combination of highly specialized strength work to empower and elongate muscles creating balance and correction in movement and posture. Must be able to get up & down from the floor.

Stay Fit Forever – Designed for anyone desiring a less strenuous aerobic workout for the 40+ crowd, this class offers 20-35 minutes of choreographed cardiovascular exercise then 15-20 minutes muscular toning & 5-10 minutes of stretching to improve posture and balance. ****Friday Stay Fit** is 40-50 minutes of dance-based interval choreography sometimes incorporating weights and stretches throughout the choreography.

Sports Interval – Basic moves with sports inspired drills and intervals. Step benches and various equipment will be used during class. Intensity can be self-adjusted for your preference.

Step – A program using an adjustable platform, stepping up and down between the platform and the floor combining the benefit of good cardiovascular exercise and strengthening of leg muscles. Includes strength work & stretch at the end of class.

Tai Chi – Release physical & mental tension with this ancient Eastern breathing & moving technique. Improve flexibility, enhance strength. Learn special modifications for your unique abilities

Walk the Talk – An instructor led opportunity to walk outdoors in the Hidden Valley & Historic McDonald areas around the YMCA.

Y's Way to Fitness – A national YMCA Adult Physical Fitness Program designed to utilize standard calisthenics- windmills, donkey kicks, bands, weights- suited equally for beginning to advanced participants. Includes core strengthening.

Yoga & Yoga Bugs- see Yoga flyer for class descriptions of different Yoga disciplines

Zumba - combines irresistible Latin and international dance music with easy-to-learn moves, borrowing steps from salsa, cumbia, cha cha, samba, reggaeton, and more! Space is limited. Please sign up at the Welcome Desk.