

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Monday

9:00am	– Pilates	(Melissa)
10:00am	– Spin	(Melissa)
11:00am	– Step-N-Swing	(Karin)
4:30pm	– Stretch and Tone	(Lisa)
5:30pm	– Spinning	(Todd)
5:30pm	– Cardio Fit Ball	(Gina)

Tuesday

6:00am	– Spinning	(Eva)
8:00am	– Intro to Yoga	(Rachel)
9:00am	– Intro to Spin	(Becky)
3-3:45pm	– Gentle Yoga/with a chair	(Emily)
4:30pm	– Core	(Emily)
5:00pm	– Intro to Cycle	(Todd)
5:30pm	– Zumba	(Gina)

Wednesday

9:00am	– Pilates	(Melissa)
10:00am	– Spin	(Melissa)
10:30am	– Yoga –Strength & Flexibility	(Emily)
4:30pm	– Stretch and Tone (Lisa)	
5:00pm	– Spinning	(Rob)
5:35pm	– Cardio Fit ball	(Gina)
6:35pm	– Ballroom Dance	(Karin)

Thursday

6:00am	– Spinning	(Eva)
8:00am	– Intro to Yoga	(Rachel)
9:00am	– Intro to Spin	(Becky)
3-3:45pm	– Gentle Yoga/with a chair	(Emily)
4:30pm	– Core	(Emily)
5:30pm	– Zumba	(Gina)
5:30pm	-- Sport Walking	(Karin)
6:30pm	– Modern Square Dance	(Bill)

Friday

9:00am	– Spin and Sculpt	(Becky)
11:00am	-- Step-N-Swing (ends 9-18)	(Karin)
4:30pm	– Spinning	(Melissa)
4:30pm	– Stretch and Tone	(Lisa)
5:35pm	– Pilates	(Melissa)

Saturday

9:00am	– Flow Yoga	(Emily)
10:00am	– Cycle and Sculpt	(Todd)
11:00am	– Ballroom Dance (ends 9-19)	(Karin)

Water Fitness Classes are available – see Pool Schedule
Wednesday morning Yoga class will change to 10:00am
Starting Wednesday September 9th.

Class Descriptions

Cardio Fit ball

Using the fitball, this class will get your heart rate going, work on fat burning, muscle toning and balance all wrapped up into one fun-filled workout.

Stretch and Tone

Each class consists of stretching exercises suitable for all fitness levels to increase flexibility and maintain muscle fluidity. Various toning techniques are used to strengthen arms, abs and legs and suitable for all fitness levels.

Yoga

Yoga will support the body's ability for ease of motion and mobility in daily living, strengthening both balance and flexibility. Participation will bring a heightened awareness of the body-mind connection and potential, while giving participants a greater sense of well-being and vitality.

Spinning

Get a fantastic cardio workout on a specially designed stationary bicycle. You control the resistance to build cardiovascular strength and develop muscular endurance and power. The class is designed to condition

The cardiovascular system and strengthen the lower body.

Modern Square Dance

Modern square dance is done in couples, with 4 couples to a square. You will burn 200-400 calories in 30 minutes, strengthen bones, do cardiovascular conditioning, relieve stress, and socialize while dancing to modern music. Square dancing is a great family or couple activity. No dance experience needed.

Cycle and Sculpt

Cycle and Sculpt offers exactly what the name implies. Based on the Schwinn Indoor Cycling Program, this workout is filled with contagious cycling cardio on the bike and sensational strength combos off the bike. This full hour offers a mixture of hills, flats, and intervals on the bike and lower body, upper body, and core training off the bike.

Pilates

The Pilates "method," as it is now known, is an exercise system focused on improving flexibility, strength, and body awareness. The method is a series of controlled movements performed on a mat. Two of the key elements of Pilates are core strength and spinal alignment.

Zumba

Is a Latin-inspired, dance-fitness class that incorporates music and dance movements, which create a dynamic, exciting, and effective fitness system! The dance movements are easy-to-follow steps that include body sculpting, which targets areas such as gluteals, legs, arms, core, abdominals and the most important muscle in the body, THE HEART!!!!

Core

Core is a combination of strength training, Pilate's type moves and yoga. Each class will focus on working the bodies core muscles using light weights, the ball and the mat.

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Please contact Sheila Bauer at sheilab@ymcaavery.org if you have any questions!