



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

HAMPTON FAMILY YMCA

February-2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Bootcamp (*)</b> 6:00 - 7:00am Wendy		<b>Bootcamp (*)</b> 6:00 - 7:00am Wendy	<b>YCYCLE (M)</b> 6:00 - 7:00am Wendy	<b>Bootcamp (*)</b> 6:00 - 7:00am Wendy	
	<b>FOF(L)</b> 7:50 -9:00am Heather		<b>FOF (L)</b> 7:50 -9:00am Heather		<b>Turbokick (M)</b> 8:00 -9:10am Avis
<b>PowerCut (★)</b> 9:10 - 10:10am Paula	<b>Interval (M)</b> 9:15 - 10:15am Pat	<b>PowerCut (★)</b> 9:15 - 10:15am Lori	<b>Interval</b> 9:15 - 10:15am Pat	<b>PowerCut (★)</b> 9:15 - 10:15am Pat	<b>Step (★)</b> 9:15 - 10:15am Robbie
<b>Silver Sneakers CC (*)</b> 10:15 - 11am Robbie	<b>Silver Sneakers MSROM (L)</b> 10:30 - 11:30am Robbie		<b>Silver Sneakers MSROM (L)</b> 10:30 - 11:30am Robbie	<b>YCYCLE (★)</b> 9:15 - 10:15am Arlynne	<b>YCYCLE (★)</b> 9:30- 10:30am Carol
<b>ZUMBA(L)</b> 11:05 - 12:05p Sobi		<b>ZUMBA (M)</b> 10:30 - 11:30am Marsha		<b>Silver Sneakers CC/Yoga (L)</b> 10:30 - 12:30pm Robbie	<b>ZUMBA GOLD (★)</b> 10:30- 11:30am Judy
<b>Bootcamp (M)</b> 12:10 - 1:00pm Minisa		<b>Bootcamp (M)</b> 12:10 - 1:00pm Minisa	<b>Bootcamp (M)</b> 12:10 - 1:00pm Guy/Dan		<b>ZUMBA (★)</b> 12:00- 1:00pm Mercedes
<b>Turbokick (M)</b> 4:30 - 5:25pm Pam	<b>PowerCut (L)</b> 4:30 - 5:25pm Heather Shoor	<b>Step and Tone (M)</b> 4:30 - 5:25pm Ginny	<b>PowerCut (L)</b> 4:30 - 5:25pm Shay		<b>SUNDAY</b>
<b>YCYCLE (M)</b> 5:45 - 6:45pm Mona	<b>YCYCLE (M)</b> 5:30 -6:30pm Philip	<b>YCYCLE (M)</b> 5:45 - 6:45pm Mona	<b>YCYCLE (M)</b> 5:30 - 6:30pm Jack	<b>YCYCLE (M)</b> 5:45 - 6:45pm Jack	
<b>Step and Tone (★)</b> 5:30 - 6:25pm Ginny	<b>StepChallenge (★)</b> 5:30 - 6:25pm Tracy	<b>Turbokick (M)</b> 5:30 - 6:25pm Avis	<b>Step and Tone (★)</b> 5:30 - 6:25pm Tracy		
<b>R.I.P.P.E.D (◀)</b> 6:30 - 7:30pm Jeanine	<b>ZUMBA (L)</b> 6:30 - 7:30pm Marsha	<b>PowerCut (★)</b> 6:30 - 7:30pm Shay	<b>ZUMBA (L)</b> 6:30 - 7:30pm Kiki	<b>ZUMBA (L)</b> 6:30 - 7:30pm Kiki	
			<b>Basic YCYCLE</b> 7:00- 8:00pm Philip		

(★) All intensity levels (L) Low (M) Medium (H) High

**It is recommended that you consult your physician prior to starting any exercise program.**

1322 LaSalle Avenue, Hampton VA 23669 757 722 9044  
A branch of Peninsula Metropolitan YMCA

Revised Date:

1/31/2012



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# SPIRIT, MIND, BODY

HAMPTON FAMILY YMCA

February-2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Pilates (L)</b> 9:10 - 10:10am Lori	<b>Fit Yoga (M)</b> 9:15- 10:30am Heather		<b>Fit Yoga (M)</b> 9:15- 10:30am Heather		
	<b>TRX</b> 10:30 - 11:30am Dan	<b>Pilates (L)</b> 10:30 - 11:30am Heather	<b>TRX</b> 10:30 - 11:30am Dan		
<b>SILVER YOGA</b> 11:05 - 12:00pm Robbie		<b>Silver Sneaker MSROM (*)</b> 11:30 - 12:30pm Jacki			
<b>Prenatal Yoga (L)</b> 5:00 - 6:00pm Karen	<b>SMALL GYM ZUMBATOMIC</b> 5:30 - 6:30pm Mercedes				
	<b>TRX</b> 5:30-6:25pm Debra		<b>Self-Defense</b> 5:30 - 6:25pm Abe	<b>TRX</b> 5:30-6:30pm Debra	<b>SUNDAY</b>
<b>Fit Yoga (L)</b> 6:10 - 7:25p Jacki	<b>Taewresdo (M)</b> 6:45 - 8:00 pm Abe	<b>Yoga (L)</b> 6:30 - 7:45 Kim	<b>Taewresdo (M)</b> 6:30 - 8:00 pm Abe		

(★) All intensity levels (L) Low (M) Medium (H) High

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## CLASS DESCRIPTIONS

HAMPTON FAMILY YMCA

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Class Name	Description
Boot Camp	A workout that incorporates the military basic training principle to whip you into shape.
Fit Over Fifty	A blend of Cardiovascular and Muscle endurance training focused on the need of a fit over fifty populations.
Interval	A cardiovascular activity incorporating resistance equipment. Heart rate level varies with recovery times. Step and/or Hi/Low activity.
Pilates	The Pilates method of body conditioning is a unique system of stretching and strengthening exercises developed over 90 years ago by Joseph H. Pilates. It strengthens and tones muscles, improves posture, provides flexibility and balance, unites body and mind and creates a more streamlined shape.
PowerCut	This is a group fitness muscle conditioning program performed to music using plate-loaded bars. Using this endurance/strength training method results in a lean, toned, and "cut" appearance.
Step	A moderate to high intensity, low impact workout using the step to improve cardiovascular fitness. Each class includes a warm-up, approximately 45 minutes of aerobic exercise, a cool down and an abdominal segment ending with a full body stretch.
TRX	Suspension Training ® is a revolutionary method of exercise that helps you safely perform hundreds of exercises that build strength, power, flexibility, balance, mobility and prevent injuries. You decide the intensity of your workout. The portable TRX® Suspension Trainer™ is easily set up, was created by the U.S. Navy SEALs and developed by Fitness Anywhere®.
Tai Chi	A gentle form of exercise appropriate for all fitness levels. The movements in Tai Chi are graceful and rhythmic. The actions are simple, but emphasize balance and body control. (Fee may apply.)
Turbokick	Martial art and traditional group exercise movements pattern combined with techniques for the ultimate cardiovascular challenge complete with sport specific warm up, intense interval training, strength/endurance training and Tai Chi cool-down.
Yoga	This class includes classic yoga postures and teaches the fundamentals of correct form. You'll use slow and precise body positions to help align and lengthen skeletal and muscular tissue and learn controlled breathing linked to movement for a more conscious, inspiring and relaxing workout. Yoga class begins and ends with meditation to help bring ease and stillness to our busy lives.
Zumba	A blend of Latin and international music to create a dynamic, fun, and effective cardio workout. The class is designed to utilize an interval format, combining various rhythms with movements that tone and sculpt the body.
SilverSneakers® I Class - MSROM	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance. A chair is used for seated and/or standing support.
SilverSneakers® II Class - Cardio Circuit	Cardio Circuit is an advanced group exercise class presented in circuit format designed for older adults who have expressed a desire for more cardiovascular and muscular endurance conditioning and have experience with exercise activities requiring advanced levels of agility, balance, and coordination.
Step Challenge	The ultimate class of Step choreography and cardiovascular endurance.
Step & Tone	A total body work out, this class is a moderate to high intensity, low impact workout using the step to improve cardiovascular fitness with intervals of strength training incorporated throughout the class.
Group Cycling	Uses visualization and music cues with self-directed resistance to experience exercise intensity.