

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Luter Family YMCA

259 James Street, Smithfield, VA 23430

(757) 365-4060

September-10

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Yoga (L)(GES) 8:00-9:00a Janet		Yoga (L)(GES) 6:00-7:00a Tim/Betty		Cycle (M,H)(GES) 6:00-6:45a Tim	
	Silver Sneakers (L)(MPR) 8:00-9:00a Jeannine		Silver Sneakers (L)(MPR) 8:00-9:00a Jeannine		Power Cut (L,M)(GES) 8:15-9:15a Jodi	Cycle (L,M)(CS) 8:15-9:15a 9/4 Liz
	Cycle (M,H)(CS) 9:30-10:30a Jodi	Cycle (M,H)(CS) 8:30-9:30a Liz	Yoga (L)(GES) 8:00-9:00a Janet	Cycle (M,H)(CS) 8:30-9:30a Liz	Yoga (L)(GES) 9:30-10:30a Janet	Cycle (L,M)(CS) 8:15-9:15a 9/11 Janet
	Interval (M,H)(GES) 9:30-10:30a Autumn	Kickboxing (H)(GES) 9:30-10:30a Melissa	Power Cut (L,M)(GES) 9:30-10:30a Connie	Zumba (M,H)(GES) 9:30-10:30a Jennica	Silver Yoga (L)(MPR) 9:30-10:30a Tyra	Cycle (L,M)(CS) 8:15-9:15a 9/18 Jamie
	YES (L)(GES) 10:45-11:45a John	Pilates (L)(GES) 10:45-11:45a Connie/Autumn	Cycle (M,H)(CS) 9:30-10:30a Melissa	Pilates (L)(GES) 10:45-11:45a Connie	YES (L)(GES) 10:45-11:45a Tyra	Cycle (L,M)(CS) 8:15-9:15a 9/25 Jamie
	Backs to Abs (M)(GES) 5:30-6:15p Marvin	Cycle (M,H)(CS) 12:15-12:45p Audrey	YES (L)(GES) 10:45-11:45a Tyra		Beginner Step (L,M)(GES) 5:30-6:30p Marvin	
	Yoga (L)(MPR) 6:00-6:55p Tim	Power Cut (L,M)(GES) 5:30-6:15p Theresa	Zumba (L,M)(GES) 5:30-6:15p John	Power Cut (L,M)(GES) 5:30-6:15p Jamie		
	Beginner Step (L,M) 6:30-7:30p Marvin	Zumba (L,M)(MPR) 5:30-6:15p Sobi	Power Cut (L,M)(GES) 6:30-7:30p Marvin	Zumba (L,M)(GES) 6:30-7:15p Leslie		
	Cycle (M,H)(CS) 6:30-7:15p Janet	Zumba (L,M)(GES) 6:30-7:15p Leslie		Cycle (M,H)(CS) 7:00-7:45p Amy		

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

Back to Abs - Moderate intensity workout for the core.

Beginner Step - Low to moderate cardiovascular workout using the step.

Cardio-Sculpt - Alternating cardiovascular and strength training intervals.

Cycle uses visualization and music cues with self-directed resistance on a spin bike for all fitness levels.

Interval - Cardiovascular activity incorporating resistance training.

Kickboxing - Takes the elements of a kickboxer's training program and puts them to music.

Pilates - A unique method of body conditioning using stretches and strengthening exercises.

Power Yoga - Flowing practice based on a dynamic sequence of classic yoga postures linked together to integrate breath and movement.

Power Cut - Muscle conditioning using plate loaded bars.

Silver Sneakers - Muscular Strength and range of motion using a chair for seated and/or standing support.

Step - A moderate to high intensity cardiovascular workout using the step.

YES - Young Energetic Seniors is a class for seniors to improve cardiovascular, strength, endurance and flexibility.

Yoga - Teaches the fundamental of correct form and classic yoga postures.

Zumba - A blend of Latin and international music to create a dynamic, fun, and effective cardio-workout.

Low Intensity: This class is recommended for individuals who want to exercise at a mild to moderate pace; maybe new to exercise or are ready to get started and move toward achieving their fitness goals.

Medium Intensity: This class is recommended for individuals who are already somewhat active, are ready to work a little harder, try new moves, or have been introduced to exercise in the past.

High Intensity: This class is recommended for individuals who are exercising regularly, already at a higher fitness level, or want more challenge.

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