



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

LUTER FAMILY YMCA

February-2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Fit Yoga</b> (L) (StudioA) 8:00-9:00a Janet		<b>Fit Yoga</b> (L) (StudioA) 8:00-9:00a Tim/Betty		<b>Cycle</b> (M,H) (CS)) 6:00-6:45a Tim	
	<b>Silver Sneaker</b> (L) (StudioB) 8:00-9:00a Jeannine	<b>Cycle</b> (M,H) (CS) 9:15-10:15a Liz/Jodi	<b>Silver Sneaker</b> (L) (StudioB) 8:00-9:00a Jeannine	<b>Cycle</b> (M,H) (CS) 9:15-10:15a Liz	<b>Power Cut</b> (L,M) (StudioA) 8:15-9:15a Jodi	<b>Cycle</b> (L,M) (CS) 8:15-9:15a 1/7 Jamie
<b>CardioDance</b> (L,M) (StudioA) 2:00-3:00p Amanda	<b>Cycle</b> (M,H) (CS) 9:30-10:30a Jodi	<b>Kickboxing</b> (H) (StudioA) 9:30-10:30a Amanda	<b>Power Yoga</b> (L) (StudioA) 8:00-9:00a Janet	<b>Zumba</b> (M,H) (StudioA) 9:30-10:30a Jennica	<b>Fit Yoga</b> (L) (StudioA) 9:30-10:30a Janet	<b>Cycle</b> (L,M) (CS) 8:15-9:15a 1/14 Theresa
	<b>Interval</b> (M,H) (StudioA) 9:30-10:30a Autumn	<b>Pilates 2</b> (L) (StudioA) 10:45-11:45a Stephanie	<b>Body Design</b> (L,M) (StudioA) 9:30-10:30a Connie	<b>Pilates 2</b> (L) (StudioA) 10:45-11:45a Stephanie	<b>Silver Yoga</b> (L) (StudioB) 9:45-10:30a Tyra	<b>Cycle</b> (L,M) (CS) 8:15-9:15a 1/21 Jamie
	<b>Power Yoga</b> (M) (StudioB) 10:00-11:00a Stephanie	<b>Line Dancing</b> (L,M) (StudioA) 12:00-1:00p John	<b>Cycle</b> (M,H) (CS) 9:30-10:30a Melissa	<b>Line Dancing</b> (L,M) (StudioA) 12:00-1:00p John	<b>Interval</b> (H) (GYM) 9:30-10:30a Autumn	<b>Cycle</b> (L,M) (CS) 8:15-9:15a 1/28 Theresa
	<b>YES</b> (L) (StudioA) 10:45-11:45a Tyra		<b>YES</b> (L) (StudioA) 10:45-11:45a John		<b>YES</b> (L) (StudioA) 10:45-11:45a Tyra	
	<b>Body Design</b> (M) (StudioA) 5:30-6:15p Marvin	<b>Interval</b> (M,H) (StudioA) 5:30-6:15p Autumn	<b>Zumba</b> (L,M) (StudioA) 5:30-6:15p Jennica	<b>Interval</b> (M,H) (StudioA) 5:30-6:15p Amanda	<b>Step 2</b> (L,M) (StudioA) 5:30-6:30p Marvin	
	<b>Fit Yoga</b> (L) (StudioB) 6:00-7:00p Tim		<b>Power Cut</b> (L,M) (StudioA) 6:30-7:15p Marvin			
	<b>Step 2</b> (L,M) (StudioA) 6:30-7:30p Marvin	<b>Zumba</b> (L,M) (GYM) 6:30-7:30p Leslie	<b>Fit Yoga</b> (L) (StudioB) 6:30-7:30p Amy	<b>Zumba</b> (L,M) (GYM) 6:30-7:30p Leslie	<b>Zumba</b> (L,M) (StudioA) 6:30-7:30p Kim	
	<b>Cycle</b> (M,H) (CS) 6:30-7:15p Janet		<b>Zumba</b> (L,M) (StudioA) 7:30-8:15p Kim			
			<b>Cycle</b> (M,H) (CS) 6:00-6:45p Jamie			

(\*) Class Locations Studio A Studio B (CS) Cycle Studio

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

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.

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.

**CLASS DESCRIPTIONS ON NEXT PAGE**



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## CLASS DESCRIPTIONS

<b>Body Design</b> - Sculpt your body using stability balls, bands, bars or weights.
<b>Cardio Dance</b> -Cardiovascular workout with different styles dances.
<b>Cycle</b> uses visualization and music cues with self-directed resistance on a spin bike for all fitness levels.
<b>Fit Yoga</b> - Teaches the fundamental of correct form and classic yoga postures.
<b>Interval</b> - Cardiovascular activity incorporating resistance training.
<b>Kickboxing</b> - Cardiovascular base classes using skills and drills of a variety of martial art practices.
<b>Line Dancing</b> - Fun activity for fitness as well as mind and body coordination.
<b>Pilates 2-</b> class designed to strentghen and tone muscles, improve posture and flexibility, and increase balance.
<b>Power Cut</b> - Muscle conditioning using plate loaded bars.
<b>Power Yoga</b> - Flowing practice based on a dynamic sequence of classic yoga postures linked together to integrate breath and movement.
<b>Silver Sneakers</b> - Muscular Strentgh and range of motion using a chair for seated and/or standing support.
<b>Step 2-</b> A moderate intensity cardiovascular workout using the step.
<b>YES</b> - Young Energetic Seniors is a class for seniors to improve cardiovascular, strength, endurance and flexibilty.
<b>Zumba</b> - A blend of Latin and international music to create a dynamic, fun, and effective cardio-workout.

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

259 James Street, Smithfield, VA 23430

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A branch of Peninsula Metropolitan YMCA

Last Revised: 1/31/12