



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

MATHEWS FAMILY YMCA

Feb-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Zumba® (★) Boys & Girls Club 10-11 am Candice Parker		Pilates (★) Mathews Active Lifestyle Center 9-10 am Sharon George			
Classic Yoga (L) Kingston Parish 5:30-6:30 pm Cheryl Hughes	50+ Aerobics (★) Mathews Active Lifestyle Center 10-11 am Cindy Black	50+ Aerobics (★) Mathews Active Lifestyle Center 10-11 am Cindy Black	50+ Aerobics (★) Mathews Active Lifestyle Center 10-11 am Cindy Black		
Zumba® (★) Kingston Parish 6:30-7:30pm Heather Boulay		Body Design (★) Mathews Active Lifestyle Center 6:30-7:30 Heather Boulay		Classic Yoga (L) Bayside Children's Therapy Network, Gloucester 4:30-5:30 Cheryl Hughes	SUNDAY
			Zumba® (★) THMS Multi-purpose Room 6-7 pm Mary Wadkins		
(★) All intensity levels (L) Low (M) Medium (H) High					

CLASS DESCRIPTIONS

50+ Aerobics - This traditional aerobics class for senior adults incorporates mid-temp music, lo impact moves, abdominal strength and stretching. (L)
Body Design -Sculpt your body using stability balls, bands, bars or weights. This class focuses on total body conditioning using a variety of techniques. Good for all fitness levels. (All)
Classic Yoga* - Practice the fundamentals of yoga. Suitable for beginners to intermediate. (L)
Gentle Yoga* - This class targets beginners and those that suffer from chronic pain caused by arthritis, aching muscles, poor circulation and/or back pain. Learn the fundamentals of yoga, with individualized attention to the participant's needs. (L)
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. (All)
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. (All)

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