



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

MIDDLESEX FAMILY YMCA

December-2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Gluts & Abs (★) 8:30-9:00am Mary Wadkins		Gluts & Abs (★) 8:30-9:00am Cheryl Holleran		Buns & Guns (★) 8:30-9:00am Natalie Fleet	
Low Impact (M) 9:00-10:00am Mary Wadkins	Step (M/H) 9:00-10:00am Cheryl Holleran	Cardio Sculpt (M) 9:00-10:00am Cheryl Holleran	Step (M/H) 9:00-10:00am Cheryl Holleran	Low Impact (M) 9:00-10:00am Natalie Fleet	
Yoga (★) 10:10-11:10am Amy Wright	Body Sculpt (L) 10:10-11:10am Heather Boulay	Yoga (★) 10:10-11:10am Anna Pomaska	Zumba (★) 10:05-11:05am Heather Boulay	Yoga (★) 10:10-11:10am Amy Wright	
Chair Stretch & Strengthen (L) 11:15-12:15am Mary Wadkins		Chair Stretch & Strengthen (L) 11:15-12:15am Anna Pomaska		Chair Stretch & Strengthen (L) 11:15-12:15am Wyatt Portz	SUNDAY
Interval (M/H) 5:00-6:00pm Natalie Fleet	20/20/20 (M/H) 5:00-6:00pm Traci Fairheart	Yogalates (★) 5:30-6:30pm Rachel Blackwell	Body Sculpt (★) 5:00-6:00pm Traci Fairheart		
Yoga (★) 6:10-7:10pm Carolyn Norton	Zumba (★) 6:10-7:00pm Heather Boulay			Zumba (★) 7:00-8:00pm Heather Boulay	

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

<p>Body Sculpting - A total body strength training class. This workout utilizes free weights, rubber tubes, a bench and the floor to get the most out of your muscles.</p> <p>Chair Strength and Strengthen - Have fun and move 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.</p> <p>Cardio Sculpt- Alternating strength training and cardiovascular intervals keeps this class fun and your heart rate up.</p> <p>20/20/20- 3 different cardiovascular intervals including step, Hi/Low and Kickboxing for 20 minutes each!</p> <p>Gluts & Abs- This class targets the abdominals and core along with thigh and glute workouts.</p> <p>Buns and Guns- This class targets the thigh and glute along with a great arm workout.</p> <p>Interval - A cardiovascular activity incorporating resistance equipment. Heart rate level varies with recovery times. Step and/or Hi/Low activity.</p> <p>Low Impact - A combination class of light intensity movements and strength exercises to provide a full-body workout. Stretching and flexibility form an important component of this group exercise class.</p> <p>On the Ball - Tone, strengthen and stretch your muscles in this total body conditioning workout using the stability ball.</p> <p>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.</p> <p>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</p> <p>Zumba- A blend of Latin and International music to create a dynamic, fun and effective cardio workout. This class is designed to utilize interval format, combining various rhythms and movements that tone and sculpt the body.</p>
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It is recommended that you consult your physician prior to starting any exercise program.