



GROUP EXERCISE SCHEDULE

We build strong kids, strong families, strong communities.

Northern Neck Family YMCA

39 Harris Road, Kilmarnock, VA 22482 (804) 435-0223

March-10

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Step (M) 7:00am-7:45am Barbara Clark		Step (M) 7:00am-7:45am Barbara Clark			Saturday, March 6 Step (L) 9:00am-10:00am Emily
	Body Design (L) 8:00am-9:00am Violet Lewis	Boot Camp (M/H) 8:00am-9:00am Meg Miller	Body Design (L) 8:00am-9:00am Barbara Clark	Hi-Low Impact (L) 8:30am-9:10am Emily May	Body Design (L) 8:00am-9:00am Linda Hamilton	Saturday, March 6 Vinyasa Yoga (H) 10:15am-11:15am Susan
	On the Ball (L) 9:15am-9:55am Emily May	Low Impact, Muscle Work, & Stretch (L) 9:15am-10:15am Linda Hamilton	Multi Train (M) 9:15am-10:15am Barbara Clark	Modified Power Yoga (MH) 9:15am-10:15am Suzanne Best		Saturday, March 13 Salsa (L) 9:00am-10:00am Suzanne
	Interval Training (H) 10:00am-11:00am Emily May	Modified Power Yoga (MH) 10:30am-11:30am Suzanne Best		Pilates Muscle Mix (M) 10:30am-11:30am Michele Faulkner	Step Interval (M) 10:00am-11:00am Linda Hamilton	Saturday, March 13 Yoga (L) 10:15am-11:15am Suzanne
	Senior Speciality (L) 11:15am-12:15pm Violet Lewis		Senior Speciality (L) 11:15am-12:15pm Violet Lewis		Senior Speciality (L) 11:15am-12:15pm Meg/Carol	Saturday, March 20 Belly Dancing (L) 9:00am-10:00am Suzanne
						Saturday, March 20 Yoga (L) 10:15am-11:15am Suzanne
	Pilates (LM) 4:30pm-5:15pm Michele Faulkner	Core Training (M) 4:30pm-5:15pm Suzanne Best	On the Ball (L) 4:30pm-5:15pm Suzanne Best	Vinyasa Yoga (H) 4:15pm-5:15pm Susan Johnson		Saturday, March 27 Boot Camp (M/H) 9:00am-10:00am Meg
	Cardio Mix (H) 5:30pm-6:30pm Linda Hamilton	Body Design (L) 5:30pm-6:15pm Linda Hamilton	Cardio Mix (H) 5:30pm-6:30pm Suzanne Best	Circuit Training (H) 5:30pm-6:15pm Mark Favazza		Saturday, March 27 Vinyasa Yoga (H) 10:15am-11:15am Susan
			Hatha Yoga (L) 6:45pm-7:45pm Suzanne Best			Tae Kwon Do (L) 2:00pm-4:00pm David Lipscomb
Class descriptions on next page or reverse.						
★ All intensity levels (L) Low (M) Medium (H) High						



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CLASS DESCRIPTIONS
Belly Dancing - this beginner level class is excellent for core body conditioning; keep fit and have fun, no dance experience required.
Body Design - Sculpt your body using stability balls, bands, bars or weights. This class focuses on core strength, balance and coordination using a variety of techniques including exercises from aerobics, Pilates and yoga. Good for all fitness levels.
Boot Camp - A workout that incorporates the military basic training principle to whip you into shape.
Cardio Mix - A class that incorporates Step and/or high/low cardiovascular training followed by strength and core work.
Cardio Salsa - A low impact dance workout with a Latin flair, incorporating mambo, cha-cha and meringue dance rhythms; an excellent cardio workout that gets your feet moving and leaves you wanting to come back for more.
Circuit Training - Everything is included in this class. Move from one station to another - from weight exercises to cardiovascular exercises. Class covers all aspects of a fitness training program.
Core Training - Improve strength, balance and stability with this targeted exercise regimen that focuses on core body conditioning.
Hatha Yoga - Beginning level yoga.
Hi-Low Step - A combination of high and low impact aerobics for all levels. Instructor demonstrates different modifications for low-impact (one foot on the floor at all times) and high impact (both feet off the floor as in jumping jacks or jogging). May include floor and/or weight work.
Interval Training - A workout that alternates cycles of moderate and high intensity aerobic phases. Step, high/low and resistance training may be used.
Low Impact, Muscle Work, & Stretch - 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.
Modified Power Yoga - A flowing practice based on a dynamic sequence of classic yoga postures linked together to integrate breath and movement. Culminated by concentrated relaxation, the class focuses on flexibility, strength and balance.
Multi Train - Incorporates cardiovascular conditioning, strength training and flexibility training using a variety of mediums. Both intervals and circuits may be used.
On the Ball - A non-traditional class incorporating stability ball for total conditioning with special emphasis on balance, flexibility and core strength.
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.
Pilates Muscle Mix - Set against a background of quiet music and a darkened room, participants focus on basic Pilates core exercises to provide stability, energy and strength.
Senior Speciality - An exercise program for seniors including those with special concerns. Majority of the class is conducted in a chair with some use of the bar.
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.
Step Interval - A Cardio vascular/interval activity using step.
Tae Kwon Do - Come and enjoy a Tae Kwon Do that also incorporates Judo, Kung Fu, and Hapkido. The class instructors are David Lipscomb of West Point (a 3rd degree blackbelt), and Grand Master Kwang Ho Kim of Richmond. If you are ready to learn the Korean art of self-defense and experience mental and physical development that Moo Gong Ryu has to offer, come give us a try.
Vinyasa Flow Yoga - Challenge your body while nurturing your spirit in this class that integrates breath and movement, awareness and alignment, strength and flexibility, stillness and joy. For those with a foundation in yoga and a degree of strength, stamina and flexibility that allows for refinement.
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.
<i>It is recommended that you consult your physician prior to starting any exercise program.</i>
A branch of Peninsula Metropolitan YMCA - 101 Long Green Blvd., Yorktown, VA 23693 Revised Date: 2/24/2010