



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

NORTHERN NECK YMCA

February-2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Group Cycling (M/H) 6:30am-7:30am Mark Favazza			Group Cycling (M/H) 6:30am-7:30am Mark Favazza	February 4 Zumba (★) 9:00am-10:00am Mary
Step & Tone (M) 7:00am-7:45am Suzanne/Linda	Zumba (★) 7:00am-7:45am Mary Wadkins	Step & Tone (M) 7:00am-7:45am Mary Wadkins		Zumba (★) 7:00am-7:45am Mary Wadkins	February 4 Ballet (L) 10:15-11:15 Mary
Body Design (L) 8:00am-9:00am Suzanne Best	Interval Training (L) 8:00am-9:00am Meg Miller	Body Design (L) 8:00am-9:00am Violet Lewis	Hi/Lo Aerobics (L) 8:15am-9:00am Suzanne	Body Design (L) 8:00am-9:00am Linda Hamilton	February 11 Salsa (L) 9:00am-10:00am Suzanne
Hi/Lo Aerobics (L) 9:15am-10:15am Linda Hamilton	Zumba (★) 9:15am-10:15am Mary Wadkins	On The Ball (M) 9:15am-10:00am Mary Wadkins	Power Yoga (M/H) 9:15am-10:15am Suzanne Best	Step 2 (M) 9:15am-10:15am Linda Hamilton	February 11 Yoga (L) 10:15am-11:15am Suzanne
Group Cycling (M/H) 10:00am-11:00am Jenny Landry		Group Cycling (M/H) 10:00am-11:00am Jenny Landry			February 18 Wellness Assessment Day - FREE by apt. 9:00am-12:00pm
	Power Yoga (M/H) 10:30am-11:30am Suzanne Best		Core Strength (★) 10:30am-11:30am Michele Faulkner		February 18 Zumba (★) 9:00am-10:00am Mary
Senior Speciality Exercise (L) 11:00am-12:00pm Violet Lewis	All That Jazz (L) 12:00pm-1:00pm Mary Wadkins	Senior Speciality Exercise (L) 11:00am-12:00pm Violet Lewis		Senior Speciality Exercise (L) 11:00am-12:00pm Meg/Carol	February 18 On The Ball (L) 10:15am-11:15am Mary
					February 25 Cardio Circuit 9:00am-10:00am Suzanne
					Every Saturday Group Cycling (M/H) 10:00am-11:00am Jenny Landry
Pilates 2 (L/M) 4:30pm-5:15pm Michele Faulkner	Zumba (★) 4:30pm-5:15pm Cindy Bauer	Zumbatomic (L) 4:30pm-5:15pm Cindy Bauer	Zumba (★) 4:30pm-5:15pm Mary Wadkins	Zumba (★) 4:30pm-5:15pm Cindy Bauer	
Cardio Mix (H) 5:30pm-6:30pm Linda Hamilton	Zumba/Body Design (L) 5:30pm-6:30pm Cindy Bauer	Cardio Mix (H) 5:30pm-6:30pm Suzanne			
Group Cycling (M/H) 5:30pm-6:30pm June Daffeh	Group Cycling (M/H) 5:30pm-6:30pm Steve Reiss		Group Cycling (M/H) 5:30pm-6:30pm Steve Reiss	Group Cycling (M/H) 5:30pm-6:30pm June Daffeh	
		Gentle Yoga (L) 6:45pm-7:45pm Suzanne Best	Zumba (★) 6:00pm-6:45pm Mary Wadkins		Tae Kwon Do (L) 2:00pm-4:00pm David Lipscomb

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

Class descriptions on next page or reverse.

www.peninsulaymca.org

WELLNESS ASSESSMENT DAY - FEBRUARY 18th 9am-12pm.

FREE: Blood Pressure Test | Body Fat Test | Endurance Tests | Flexibility Tests



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### CLASS DESCRIPTIONS

<b>Adult Ballet</b> - This program offers members the opportunity to receive an education in the art of classical ballet. Participants learn poise, grace, and core stability through the vehicle of classical dance.
<b>All That Jazz</b> - Release your stress while building cardiovascular endurance and muscle tone by moving to the sounds of Jazz, past and present. This class combines Jazzercise and free-form choreography to Motown tunes.
<b>Cardio Mix</b> - A class that incorporates a mix of cardiovascular training styles using a variety of exercise equipment.
<b>Gentle Yoga</b> - This is a traditional Hatha Yoga class. The focus of this yoga class is to increase flexibility, connect with the mind and improve relaxation.
<b>Group Cycling</b> - The purpose of an indoor cycling class is to simulate an outdoor cycling experience. The classes use a combination of visualization and music cues with self directed resistance to experience your own level of exercise intensity.
<b>Hi/Lo Aerobics</b> - A combination of both high and low impact aerobics for all fitness levels. This class may include various styles of cardiovascular training, with modifications being demonstrated. This class is recommended for beginners.
<b>Interval Training</b> - Everything from weights to cardiovascular exercise is included in this class that covers all aspects of a fitness training program.
<b>On the Ball</b> - A non-traditional strength and conditioning class incorporating a stability ball for a total body workout with special emphasis on balance, flexibility and core strength.
<b>Pilates 2</b> - Using the Pilates method of exercise, this class is designed to strengthen and tone muscles, improve posture, promote flexibility and increase balance.
<b>Core Strength</b> - Applying the fundamentals of Pilates to strengthen the muscles and improve posture, flexibility and balance, this class uses a combination of strength equipment and mat work to streamline the body. Includes stability ball work.
<b>Power Yoga</b> - This class focuses on the more challenging strength building poses of yoga to help you take your practice to the next level, but with all the same benefits of traditional yoga.
<b>Salsa Dance</b> - Learn the basic steps and variations of the Merengue, Rumba, Salsa, Cha Cha and more! This type of dance is an excellent way to increase your flexibility, coordination, total body strength, release stress, and improve cardiovascular fitness.
<b>Senior Specialty Exercise</b> - An exercise program designed for seniors with special concerns. The majority of this class is conducted with the use of a chair or balance bar.
<b>Step and Tone</b> - This moderate-to high-intensity, low-impact, total-body workout using the step to improve cardiovascular fitness with intervals of strength-training.
<b>Step 2</b> - More intense than Step 1, this class utilizes a Step for a great cardiovascular workout.
<b>Tae Kwon Do</b> - Individuals of all ages increase confidence, physical fitness and concentration power. Participants develop skills at their own pace. Students improve fitness, coordination and balance.
<b>Zumba</b> - When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students.
<b>Zumbatomic</b> - Designed exclusively for kids (ages 4-12) and their parents, Zumbatomic classes are rockin', high-energy fitness-parties packed with specially choreographed, kid friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. Parents love Zumbatomic because of the effects it has on kids; it increases their focus and self-confidence, boosts metabolism and enhances coordination. Zumbatomic rounds-out family fitness goals by giving parents a great reason to head to the gym - for themselves, for their kids, for a totally fun family experience.
<b>Zumba/Body Design</b> - This class combines 30 minutes of Zumba with 30 minutes of Body Design. Start with a dynamic, fun, and effective cardio workout that combines various rhythms with movements that tone and sculpt the body. Then finish by sculpting your body using stability balls, bands, bars or weights.

39 William B. Graham Court, Kilmarnock, VA 22482 804 435 0223

A branch of Peninsula Metropolitan YMCA

Revised Date:

1/26/2012