



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

R. F. WILKINSON FAMILY YMCA  
January-2012

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY   | SUNDAY  |
|--|---|--|--|---|--|---|
| Group Cycling ☺<br>(★)<br>5:45am - 6:45am<br>Rita                              | Boot Camp<br>(M/H)<br>6:30am - 7:30am<br>Kristen                                | Group Cycling ☺<br>(★)<br>5:45am - 6:45am<br>Rita                              | Boot Camp<br>(M/H)<br>6:30am - 7:30am<br>Mande                       | Group Cycling ☺<br>(★)<br>5:45am - 6:45am<br>Rita                                 | TurboKick<br>(M/H)<br>7:30am - 8:30am<br>Aubrei      | Body Design<br>(★) NO CLASS 1/15<br>2:30pm - 3:30pm<br>Shelley/Kari   |
| Group Cycling ☺<br>(★)<br>8:30am - 9:20am<br>Karen                             | Fit Yoga<br>(L/M)<br>8:30am - 9:20am<br>Julie                                   | Easy Riders<br>(L)<br>8:30am - 9:15am<br>Karen                                 | TurboKick<br>(M/H)<br>8:30am - 9:20am<br>Aubrei                      | Easy Riders<br>(L)<br>8:30am - 9:15am<br>Karen                                    | Interval Training<br>(M)<br>9:00am - 10:15am<br>Deb  | 15-Jan<br>1:00pm - 4:00pm<br>Passport to Health<br>& Well-Being   |
| Multi-purpose RM<br>Power Yoga<br>(M)<br>9:15am - 10:15am<br>Julie             | ABS and More ☺<br>(★)<br>9:30am - 10:20am<br>Aubrei                             | Gymnasium<br>Body Design<br>(★)<br>8:30am - 9:20am<br>Michelle                 | Multi-purpose RM<br>Power Yoga<br>(M)<br>9:15am - 10:15am<br>Julie   | Yoga<br>(★)<br>8:30am - 9:20am<br>Indira  | Group Cycling ☺<br>(★)<br>10:30am - 11:20am<br>Karen |   |
| Gymnasium<br>Rolling with Strollers<br>(★)<br>9:30am - 10:30am<br>Clairissa    | Body Design<br>(★)<br>10:30am - 11:30am<br>Aubrei                               | Group Cycling ☺<br>(★)<br>9:30am - 10:20am<br>Karen                            | TurboKick<br>(M/H) ☺<br>9:30am - 10:20am<br>Aubrei                   | Group Cycling ☺<br>(★)<br>9:30am - 10:20am<br>Julie                               |  |   |
| Zumba ☺<br>(★)<br>9:30am - 10:20am<br>Aubrei                                   | Multi-purpose RM<br>SilverSneakers<br>MSROM (L) ★<br>10:30am - 11:20am<br>Lloyd | Hip-Hop Aerobics<br>(H) ☺<br>10:30am - 11:30am<br>Aubrei                       | PowerCut<br>(M)<br>10:30am - 11:30am<br>Julie                        | Zumba ☺<br>(★)<br>10:30am - 11:30am<br>Aubrei                                     |  |   |
| Cardio Sculpt<br>(M)<br>10:30am - 11:30am<br>Michelle                          |   | Multi-purpose RM<br>SilverSneakers<br>MSROM(L) ☺<br>10:30am - 11:20am<br>Lloyd | Multi-purpose RM<br>Zumba Gold<br>(L)<br>10:30am - 11:20am<br>Janine | Multi-purpose RM<br>SilverSneakers<br>YogaStretch (L)<br>10:30am - 11:20am<br>Pat |  |   |
| Multi-purpose RM<br>SilverSneakers<br>MSROM(L) ☺<br>10:30am - 11:20am<br>Lloyd |   | Gymnasium<br>Core Strength<br>(★)<br>10:30am - 11:25am<br>Clairissa            |  |   |  |   |
|  |   |  |  |   |  |   |
|  |   |  |  |   |  |   |
| TurboKick<br>(M/H)<br>4:30pm - 5:25pm<br>Mande                                 |   |  |  |   |  | We are very excited to offer classes that meet our members' wellness needs! For the safety and enjoyment of all participants, if any class should exceed our maximum capacity YMCA will temporarily institute a simple numbered card system to ensure the class stays within ratio. |
| Group Cycling ☺<br>(★)<br>5:30pm - 6:20pm<br>Shelley                           | Core Strength<br>(★)<br>4:30pm - 5:20pm<br>Clairissa                            | Zumba ☺<br>(★)<br>4:30pm - 5:20pm<br>Tina                                      |  |   |  |   |
| Power Yoga<br>(M)<br>6:30pm - 7:30pm<br>Amy                                    | PowerCut<br>(M/H)<br>5:30pm - 6:20pm<br>Deb                                     | Power Yoga<br>(M)<br>5:30pm - 6:20pm<br>Lia                                    | Pi-YO<br>(★)<br>4:30pm - 5:20pm<br>Chris                             | ABS and More ☺<br>(★)<br>5:30pm - 6:20pm<br>Cammie                                |  |   |
| Gymnasium<br>Circuit Training<br>(M/H)<br>6:30pm - 7:30pm<br>Lynnann           | Hip-Hop Aerobics<br>(H) ☺<br>6:30pm - 7:30pm<br>Aubrei                          | Group Cycling ☺<br>(★)<br>6:30pm - 7:30pm<br>Clairissa                         | Cardio Sculpt<br>(M)<br>5:30pm - 6:20pm<br>Tamara                    | Family Zumba<br>(★)<br>6:30pm - 7:30pm<br>April                                   |  |   |
| Zumba ☺<br>(★)<br>7:30pm - 8:25pm<br>Tina                                      | Multi-purpose RM<br>Pi-YO<br>(★)<br>6:30pm - 7:30pm<br>Mande                    | Gymnasium<br>Circuit Training<br>(M/H)<br>6:30pm - 7:30pm<br>Lynnann           | Zumba ☺<br>(★)<br>6:30pm - 7:30pm<br>Stacy                           |   |  |   |

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

\*All participants should register for cycling classes and arrive 5 minutes prior to start time for bike set-up. Class openings are posted up to 30 minutes prior to class start time.

New guidelines & sign-up procedures are available at the Welcome Center.

301 Sentara Circle, Williamsburg, VA 23188 757 229 9622

A branch of Peninsula Metropolitan YMCA - 101 Long Green Blvd., Yorktown, VA 23693

Revised Date:

1/6/2012



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## GROUP EXERCISE SCHEDULE

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### CLASS DESCRIPTIONS

|  |
|--|
| <p><b>ABS and More:</b> A dynamic class, specifically designed to challenge the core muscles, that uses all of the five components of physical fitness. (★)</p>  |
| <p><b>Body Design:</b> 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.</p>   |
| <p><b>Boot Camp:</b> A workout that incorporates both athletic training and military basic training principles of exercise to whip you into shape. Participants will experience all components of physical fitness. (M/H)</p>  |
| <p><b>Cardio Sculpt:</b> Alternating cardiovascular and strength training intervals. Keep this class fun and your heart rate up.(M)</p>  |
| <p><b>Circuit Training:</b> Everything is included in this class. Move from one station to another, from weight exercise to cardiovascular exercises. Class covers all aspects of a fitness-training program. (M/H)</p>  |
| <p><b>Core Strength:</b> Applying the fundamentals of Pilates to strengthen and tone muscle, improve posture, flexibility and balance, this class uses a combination of strength equipment and mat work to streamline the body.</p>  |
| <p><b>Easy Riders:</b> A 45-minute group cycling class specifically designed for beginners. 30 minutes of cycling, moving gradually and methodically through all the positions for a thorough and safe workout. 15 minutes of cool down and stretch off the bike. This class will teach you the fundamentals of cycling. (L)</p>   |
| <p><b>Fit Yoga:</b> Yoga for the fitness enthusiast. This style uses powerful flowing poses designed to increase circulation, promote flexibility, strengthen the body, and increase the mind/body connection (L/M)</p>  |
| <p><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.</p>   |
| <p><b>Group Cycling:</b> Uses visualization and music to cues with self-directed resistance to experience exercise intensity. (All Levels) Sign up for classes up to 30 minutes prior to class start time at the Welcome Center. New guidelines are available, please see the Welcome Center or Group Exercise Board for details.</p>  |
| <p><b>Hip-Hop Aerobics:</b> Build cardiovascular endurance and muscle tone using the latest Hip-Hop movement combinations to today's newest beats. (H) HIGH INTENSITY CLASS! GREAT COMPLEMENT TO ZUMBA.</p>  |
| <p><b>Interval Training:</b> Everything from weights to cardiovascular exercise is included in this class that covers all aspects of a fitness training program. (M)</p>   |
| <p><b>Pi-Yo:</b> A combination of standing and seated Pilates and yoga moves suitable for all fitness levels. Includes core strengthening. (★)</p>   |
| <p><b>Power Cut:</b> This a group fitness muscle conditioning program performed to music, using plate-loaded bars. Using this endurance/strength training method results in a lean, toned and "cut" appearance. (M/H)</p>  |
| <p><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. (M/H)</p>   |
| <p><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. (M/H)</p>   |
| <p><b>Rolling with Strollers:</b> is a total fitness class that moms can do with their babies. It includes power walking and intervals of strength and body toning exercises using tubing and weights. The instructors will weave in songs and activities designed to engage baby.</p>   |
| <p><b>SilverSneakers® YogaStretch:</b> Will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. (L)</p> |
| <p><b>TurboKick:</b> Martial art and traditional group exercise movements combined with techniques for the ultimate cardiovascular challenge, complete with sport-specific warm-up, intense interval training, strength/endurance training and Tai Chi cool down.(M/H)</p>   |
| <p><b>Zumba:</b> 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. (★)</p>   |
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| <p><b>Zumba: Gold.</b> Zumba Gold is for the active older adult. Zumba is a fusion of Latin and international music and dance that creates a dynamic, exciting and effective cardio workout . (L)</p>  |

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