



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

R. F. WILKINSON FAMILY YMCA
January-2011

☺ Please pick up a card at the Welcome Center 30 minutes prior to indicated class.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Group Cycling ☺ (★) 5:45am - 6:45am Rita	Group Cycling ☺ (★) 5:45am - 6:45am Rita	Group Cycling ☺ (★) 5:45am - 6:45am Chris	Group Cycling ☺ (★) 5:45am - 6:45am Carmen	Yoga (★) 8:30am - 9:20am Indira	TurboKick ☺ (M/H) 7:30am - 8:30am Aubrei
Group Cycling ☺ (★) 8:30am - 9:20am Karen	Fit Yoga (L/M) 8:30am - 9:20am Julie	Easy Riders (L) 8:30am - 9:15am Karen	TurboKick ☺ (M/H) 8:30am - 9:20am Aubrei	Group Cycling ☺ (★) 9:30am - 10:20am Julie	Interval Fat Burning Workout (M) 9:00am - 10:15am Deb
Multi-purpose RM Power Yoga (M) 9:15am - 10:15am Julie	ABS/Cardio Blast ☺ (★) 9:30am - 10:20am Aubrei	Gymnasium PowerCut (M/H) 8:30am - 9:20am Michelle	Multi-purpose RM Power Yoga (M) 9:30am - 10:30am Julie	Gymnasium Core Work & Stretch (M/H) 10:30am - 11:30am Jen	Group Cycling ☺ (★) 10:30am - 11:20am Karen
Zumba ☺ (★) 9:30am - 10:20am Aubrei	Body Bars (M) 10:30am - 11:30am Aubrei NO CLASS JAN 4TH	Group Cycling ☺ (★) 9:30am - 10:20am Karen	TurboKick ☺ (M/H) 9:30am - 10:20am Aubrei	Zumba ☺ (★) 10:30am - 11:30am Aubrei	
Cardio Sculpt (M) 10:30am - 11:30am Michelle	Senior-cise (L) 10:30am - 11:20am Linda	Hip-Hop Aerobics (★) 10:30am - 11:30am Aubrei	Body Sculpting (M) 10:30am - 11:30am Jen	Multi-purpose RM SilverSneakers YogaStretch (L) 10:30am - 11:20am Pat	
Multi-purpose RM SilverSneakers MSROM (L) ☺ 10:30am - 11:20am Lloyd		Multi-purpose RM SilverSneakers MSROM (L) ☺ 10:30am - 11:20am Lloyd			
TurboKick ☺ (M/H) 4:30pm - 5:20pm Mande	Pilates (M/H) 4:00pm - 4:50pm Gail				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 ☺ (★) 5:30pm - 6:20pm Shelley	PowerCut (M/H) 5:30pm - 6:20pm Deb	Zumba ☺ (★) 4:30pm - 5:20pm Aubrei	Pi-YO (★) 4:30pm - 5:20pm Chris		
Power Yoga (M) 6:30pm - 7:30pm Amy	Hip-Hop Aerobics (★) 6:30pm - 7:25pm Aubrei	Power Yoga (M) 5:30pm - 6:20pm Mishann	Body Bars (M) 5:30pm - 6:20pm Christine	ABS/Cardio Blast ☺ (★) 5:30pm - 6:20pm Shelley	
Gymnasium Circuit Training (M/H) 6:30pm - 7:30pm Kristen	Multi-purpose RM Pi-YO (★) 6:30pm - 7:30pm Mande	Group Cycling ☺ (★) 6:30pm - 7:30pm Julie	Zumba ☺ (★) 6:30pm - 7:20pm Jen	Family Zumba (★) 6:30pm - 7:30pm April	
Multi-purpose RM Instructional Class (★) 7:00pm - 7:45pm See Description	Cardio Kickboxing (M/H) 7:30pm - 8:30pm Tamara	Multi-purpose RM Low Impact (L) 6:30pm - 7:30pm Tamara	Gymnasium Circuit Training (M/H) 6:30pm - 7:30pm Michelle		

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.

Class Descriptions on next page.



GROUP EXERCISE SCHEDULE

R. F. WILKINSON FAMILY YMCA

January-2011

CLASS DESCRIPTIONS

ABS/Cardio-Blast: Abs/working the abdominals using a variety of exercises; Cardio Blast/Cardiovascular activity incorporating kickboxing. (★)
Body Bars: A full body strength training workout using Body Bars.(M)
Body Sculpting: Sculpt your body strength training class. This workout utilizes free weight, rubber tubes, stability ball, a bench and the floor, to get the most out of your muscles. (L/M)
Cardio Kickboxing: Takes all the elements of a kickboxer's training program and puts them to music in a great cardiovascular and toning workout. A combination of both high and low impact levels makes for a challenging class.(M/H)
Cardio Sculpt: Alternating cardiovascular and strength training intervals. Keep this class fun and your heart rate up.(M)
Circuit Training: Everything is included in this class. Move from one station to another , from weight excises to cardiovascular exercises. Class covers all aspects of a fitness-training program.(M/H)
Core Work & Stretch: A combination class of core movements and strength exercises to provide a full- body workout. Stretching and flexibility form an important coponent of this group exercise class.
Easy Riders: 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 fundamental of cycling. (L)
Group Cycling: 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 <i>Welcome Center or Group Exercise Board</i> for details.
Hip-Hop Aerobics: Build cardiovascular endurance and muscle tone using the latest Hip-Hop movement combinations to today's newest beats. (L/M)
Instructional Class: Back to the basics. This class will teach you the basic movements of our most popular classes, with proper body mechanics and proper technique. This class is great for beginners or even for experienced participants looking to perfect their technique. Zumba 1/3, Kickboxing 1/10, Yoga 1/17, Strength Training 1/24, Zumba 1/31
Interval Fat Burning Workout: A workout that alternates cycles of aerobic and anaerobic intensity phases. This class focuses on cardiovascular conditioning, core strenght, resistance training and flexibility training using a variety of mediums.
Low Impact: This is a cardiovascular workout using movements where one foot always remains on the floor, putting minimal stress on the joints. Class may include some muscle conditioning exercises. (L)
Pi-Yo: A combination of standing and seated Pilates and yoga moves suitable for all fitness levels. Includes core strengthening.
Power Cut: 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)
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 (M/H)
Senior-cise: This is a low intensity dance fitness class designed for the older adult. Each class is 50 minutes and includes movements that promote joint flexibility ,range of motion muscle strengthening, and cardiovascular. This is a fun class with music that will get you moving.(L)
SilverSneakers® 1 - (Muscular Strength and Range of Movement): Have fun and move through a variety of exercises designed 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, and a chair is used for seated and/or standing support. (L)
SilverSneakers® YogaStretch: 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)
TurboKick: Martial art and traditional group exercise movements pattern 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)
Yoga: This class includes classic yoga postures and teaches the fundamentals of correct form. You'll learn how to control breathing and link it to movement for a more conscious, inspiring and relaxing workout. (★)
Zumba: 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. (★)
Family Zumba: The whole family will love to crank up the music, shake, wiggle and have a blast. The recommended age to participate is 5yrs and up.(★)

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