

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

R. F. Wilkinson Family YMCA
301 Sentara Circle, Williamsburg, VA 23188 (757) 229-9622

August-10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Group Cycling (★) 5:45am - 6:45am Chris	Group Cycling (★) 5:45am - 6:45am Alan	Group Cycling (★) 5:45am - 6:45am Chris	Group Cycling (★) 5:45am - 6:45am Alan	Yoga (★) 8:30am - 9:20am Indira	TurboKick (M/H) 7:30am - 8:30am Aubrei
Core Work & Stretch (★) 6:45am - 7:15a.m Chris	ABS/Cardio Blast (★) 9:30am - 10:20am Aubrei	Core Work & Stretch (★) 6:45am - 7:15a.m Chris	Multi-purpose RM Power Yoga (M) 9:30am - 10:30am Julie	Group Cycling (★) 9:30am - 10:20am Julie	Multi-Train (M) 9:00am - 10:15am Deb
Group Cycling (★) 8:30am - 9:20am Karen	Gym Kidz Fit (★) 9:30am - 10:15am Julie	Easy Riders (L) 8:30am - 9:15am Karen	TurboKick (M/H) 9:30am - 10:20am Aubrei	Multi-purpose RM Zumba Basic (★) 9:30am - 10:15am Aubrei	Group Cycling (★) 10:30am - 11:20am Karen
Multi-purpose RM Power Yoga (M) 9:15am - 10:15am Julie	Body Design (M) 10:30am - 11:20am Aubrei	Group Cycling (★) 9:30am - 10:20am Karen	On the Ball (M) 10:30am - 11:20am Jen	Multi-purpose RM SilverSneakers YogaStretch (L) 10:30am - 11:20am Pat	
Zumba (★) 9:30am - 10:20am Aubrie		Hip-Hop Aerobics (★) 10:30am - 11:20am Aubrei		Core Work & Stretch (M/H) 10:30am - 11:20am Jen	
ABS & Buns (M) 10:30am - 11:20am Michelle		Multi-purpose RM SilverSneakers MSROM (L) 10:30am - 11:20am Lloyd			
Multi-purpose RM SilverSneakers MSROM (L) 10:30am - 11:20am Lloyd					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 (35 participants), YMCA will temporarily institute a simple numbered card system to ensure the class stays within ratio.
TurboKick (M/H) 4:30pm - 5:20pm Aubrei	Pilates (M/H) 4:00pm - 4:50pm Gail	Zumba (★) 4:30pm - 5:20pm Aubrei	Pi-YO (★) 4:30pm - 5:20pm Chris		
Group Cycling (★) 5:30pm - 6:20pm Shelley	PowerCut (M/H) 5:30pm - 6:20pm Deb	Step (M/H) 5:30pm - 6:20pm Jen	On the Ball (M) 5:30pm - 6:20pm Christine	ABS/Cardio Blast (★) 5:30pm - 6:30pm Shelley	
Power Yoga (M) 6:30pm - 7:25pm Amy	Zumba Basic (★) 6:30pm - 7:20pm Aubrie	Group Cycling (★) 6:30pm - 7:30pm Julie	Zumba (★) 6:30pm - 7:20pm Jen		
Meet in Gymnasium Boot Camp (MH) 6:30pm - 7:20pm Lynann		Multi-purpose RM Power Yoga (M) 6:30pm - 7:25pm Mishann	Meet in Gymnasium Boot Camp (MH) 6:30pm - 7:20pm Lynann		

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

***All participants must 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 PAGE 2

R.F. Wilkinson Family YMCA Group Exercise CLASS DESCRIPTIONS

Abs/Cardio-Blast: Abs/working the abdominals using a variety of exercises; Cardio Blast/Cardiovascular activity incorporating kickboxing. (All Levels)

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)

Body Design: A total body strength training class. Using a bench, stability balls, bars and dumbbells. (M)

Boot Camp: This outdoor training class incorporates intense cardiovascular training and calisthenics designed to whip your body into shape. Although the goal of the class is to push your body to the limit, variations of each exercise will be demonstrated to accommodate both advanced and moderate fitness levels. (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 component 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. (L)

Group Cycling: Uses visualization and music to cue 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.

Hip-Hop Aerobics: Build cardiovascular endurance and muscle tone using the latest Hip-Hop movement combinations to today's newest beats. (L/M)

Interval Training: Workout that alternates cycles of moderate and high intensity aerobic phases, Step, high/low and resistance training may be used.

Kidz Fit: A Fun filled active class that offers a variety of low impact movements, conditioning with stability ball, obstacle course and athletic challenge for age 5 - 12 years. (All Levels)

On the Ball: Sculpt your body using stability balls, bands, bars or weights. This class also focuses on core strength, balance and coordination. (M)

Multi-train: Incorporates cardiovascular conditioning, strength training and flexibility training using a variety of mediums. Both intervals and circuits may be used. (M)

Pilates: Body conditioning through stretching and strengthening exercises developed to improve muscle tone, posture, provide flexibility, and balance. (M/H)

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)

SilverSneakers® I - (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)

Step&Sculpt: a total body workout, this class is a moderate to high intensity, low impact workout using the step to improve cardiovascular fitness with intervals of strength training incorporated throughout the class.

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. (All Levels)

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. (All Levels)

Zumba Basic: Teaches the foundations of Latin dancing including the Merengue, Salsa Cumbia, and others. This low-impact class offers a great cardio workout to all levels of participant. (All Levels)

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