



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE - STUDIO B

VICTORY FAMILY YMCA

February-2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Boot Camp (FF) (Gym and Studio B) 8:10 am - 9:10 am Kristen
		Pilates 2(★) 9:00 am - 9:55 am Mande		Pilates 2(★) 9:00 am - 9:55 am Mande		
	Gentle Yoga(L) 9:45 am - 11:00 am Piary		Pilates(M) 9:45 am - 10:45 am Dawn	Zumba(★) 10:00 am - 10:45 am Stacey	TuboKick(M) 10:00 am - 10:55 am Mande	Fit Yoga(★) 9:30 am - 10:45 am Rotation
	Pilates 1(M) 11:05 am - 12:00 pm Brenda	SilverSneakers(L) Muscular Strength 11:15 am - 12:00 pm Shirley	Chair Yoga(L) 11:00 am - 12:45 pm Lois	SilverSneakers(L) Muscular Strength 11:15 am - 12:00 pm Debra	PIYo(★) 11:00 am - 12:00 pm Mande	
	Chair Yoga(L) 12:15 pm - 1:00 pm Lisa		Power Yoga (M) 12:00 pm - 12:55 pm Judy	TurboKick(M) 12:05 pm - 1:00 pm Mande		
Fit Yoga(★) 3:30 pm - 4:30 pm Jess/Heidi		Zumba(★) 4:05 pm - 4:55pm Karen	KidZ Fit(L) 5:00 pm - 5:45 pm Kristina	Pilates 1(L) 4:30 pm - 5:15 pm Dawn		
	Fit Yoga(★) 5:15 pm - 6:15 pm Judy	Gentle Yoga(L) 5:00 pm - 5:55 pm Jess	Gentle Yoga(L) 6:00 pm - 6:55 pm Jess	Abs Blast(★) 5:30 pm - 5:55 pm Jen	Beginner Line Dancing(L) 6:00 pm - 6:55 pm Vanessa	
	PIYo(★) 7:00 pm - 7:55 pm Mande					
<p>(★) All intensity levels (L) Low (M) Medium (H) High ALL GROUP EXERCISE CLASSES ARE SUBJECT TO CHANGE. CYCLE CLASSES - Participants are required to reserve a bike at the Welcome Center prior to class. Registration will begin 30 minutes before each class. Please bring water and a towel and arrive 10 minutes early to set up the bike. 101 Long Green Boulevard, Yorktown VA 23693 757 867 3300</p>						

Class Descriptions on next page.



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CLASS DESCRIPTIONS

Abs Blast - Toning class working the abdominals using a variety of exercises. Intensity Level = All Fitness Level
Beginner Line Dancing - This is a fun activity for your mind, body and spirit. Participants will learn basic dance steps and dances to progress to different levels of Line Dancing. Wear comfy shoes with rubber soles. Intensity Level = Low
Bootcamp - Action packed class combining strength training, cardiovascular exercises, balance, and coordination as well as a variety of other exercises that emphasizes improving your overall cardiovascular health, the body's natural fat burning mechanism. These incredible sports conditioning moves that will absolutely wear you out and help you get in the best shape of your life. Class consists of a variety of circuit drills and stations ranging from running, plyometrics, power/explosion moves, jumping jacks, push-ups, squats and sit-ups. This class is ideal for teens and adults, and is a non-choreographed class. Intensity Level = Moderate to High
Kidz Fit - A fun filled active class that offers a variety of low impact movements, conditioning with a stability ball, obstacle course and athletic challenge for ages 8-12 years. Intensity Level = Low
Zumba - a 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.
Pilates 1 - Participants focus on learning the basic Pilates core exercises to improve stability, energy and strength, set against a background of music and possibly a darkened room. Intensity Level = All Fitness Levels
Pilates 2 - Using the Pilates method of exercise, this class is designed to strengthen and tone muscles, improve posture, promote flexibility and increase balance. Intensity Level = All Fitness Levels
PIYo - This class combines Pilates and basic yoga poses. It will help to strengthen and tone muscles, improve posture, provide flexibility and balance, unite body and mind, and create a more streamlined shape. Pilates or Yoga mats are suggested. Intensity Level = Moderate
SilverSneakers@ 1 - Muscular Strength & Range of Movement. Have fun and move to the music 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. Intensity Level = Low
TurboKick - Martial art and traditional Group Exercise movement patterns 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. Intensity Level = Moderate
Fit Yoga - 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. - All fitness Levels
Gentle Yoga - This is a traditional Hatha Yoga class. The focus of this yoga class is to increase flexibility, connect with the mind, and improve relaxation. Intensity Level - All fitness Levels
Power Yoga - 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. Intensity Level = Moderate to High

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A branch of Peninsula Metropolitan YMCA

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1/25/2012