



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE

Maximize your Y membership with group classes.

Begins 12/27/10	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00am	Cardio Step	Zumba	Cardio Strength	Cardio Kickboxing	Cardio Strength	
9:30am						Cardio Plyometrics
10:00am	Basic Fitness	Cardio Cycling	Basic Fitness	Cardio Cycling	Basic Fitness	
10:30am						Pilates/Yoga
11:00am	Line Dance	SilverSneakers	Basic Cycling (30 min)	SilverSneakers	Yoga	



5:00pm		Cardio Cycling		Cardio Cycling	
5:30pm					
6:00pm	Cardio Step	Strength	Cardio Interval	Strength	
6:30pm					Zumba
7:00pm	Cardio Cycling	Zumba	Cardio Cycling	Yoga	

Schedule Key

- Strength
- Cardio
- Combination
- Active Older Adults
- Spirit, Mind & Body

All Classes are 45 minutes in length

GROUP CLASS DESCRIPTIONS

Exercise with a friend or family for maximum Y enjoyment.

The color-coded schedule will help you choose a variety of classes to participate in. Check out the guide for descriptions of each individual class. All classes are 45 minutes in length unless otherwise noted

PURPLE: SPIRIT, MIND & BODY

Pilates/Yoga

A form of exercise which emphasizes the balanced development of the body through core strength, flexibility and awareness in order to support efficient, easy movement. Breathing control and flexibility exercises are incorporated to improve posture and alignment.



ORANGE: ACTIVE OLDER ADULTS

Silver Sneakers®

A customized exercise class designed to increase strength, flexibility, balance, range of motion and endurance. Hand weights, elastic tubing and a ball are offered for resistance. A chair is an optional tool used for seating and standing support. Have fun, meet new friends and move to the music!



YELLOW: CARDIO CLASSES

Cardio Cycling/Basic Cycling

This class is performed on a stationary bicycle. Instructors will guide you through an all-terrain ride while focusing on proper body alignment, heart rate and proper cycling techniques.

Cardio Kickboxing

Sport specific techniques of boxing and martial arts are incorporated in this interval-based workout. This class incorporates both upper and lower body combination movements. Punch and kick your way into shape.

Cardio Interval

These classes follow an interval training format alternating cardio based land and step exercises modified to your current fitness level.

Cardio Step

Using the Step as the primary tool, basic through advanced moves are demonstrated. You will improve your cardiovascular system while boosting metabolism, developing balance and coordination.

Line Dance

Swing to the rhythm and move to the beat with authentic nationally recognized country line dances for all ages. Dance to the tunes of the Electric Slide, Boot Scootin' Boogie, Elvira, San Antonio Stroll, Rhubarb Pie, Alley Cat and more.

Zumba

Fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. You will want to want to work out, love working out, and get hooked to this class. Achieve long-term benefits while experiencing an absolute blast in one exhilarating class of caloric-burning, body-energizing, awe-inspiring movements.



BLUE: COMBINATION CLASSES

Cardio-Strength

A combination program with exercising concentrating on developing muscular strength and increasing endurance for the entire body.

Basic Fitness

This low intensity combination class incorporates both cardio and strength training exercises. A variety of exercises with aerobic moves, hand weights, small balls and bands. A slower pace workout while you have fun and make new friends.

Cardio Plyometrics

A cardio workout utilizing techniques for power play increasing your vertical and lateral fitness abilities. Expect to burn calories, increase you heart rate and leave reener-

RED: STRENGTHENING CLASSES

Strength

A conditioning program to tone and firm the entire body. The class uses resistance exercises to develop muscle strength and endurance, barbells, hand weights, stability balls and a step bench may be utilized during class. Developing lean body mass significantly increases metabolism.

Abs/Core

This 15 minute class focuses on the abdominal core stabilizing muscles. Good core strength improves balance and overall fitness and stability.

