

# YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

**YMCA**  
**Healthy Living Center**  
**Fitness Class schedules**  
**Revised September 5th, 2010**

## AEROBIC CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Cardio Circuit 5:15 – 6:00 Jennifer	Abs and Back 5:05-5:30 am Jana	KickBox 5:15 – 5:55 am Gwyn	Abs and Back 5:05-5:30 am Step Interval 5:30 – 6:15 am Jana	Cardio Circuit 5:15 – 6:00 Jennifer	
	Abs and Back 6:05 – 6:30 am Jan	Step 5:30 – 6:15 am Jana	Y- Pump 6:00 – 6:45 am Gwyn		Y- Pump 6:00 – 6:45 am Kim	
	Y- Pump 8:30 – 9:15 am Jennifer	Y-Pump 8:30 – 9:15 Abby	TUBE 8:30 – 9:10 am Penny	Y- Pump 8:30 – 9:15am Nikki	Y – Pump 8:30 – 9:15 am Penny	
	Cardio Circuit 9:20 – 10:10 am Michelle	Turbo Kick 9:20 – 10:20 am Karen	Step Interval 9:20 – 10:10 am Penny	Kickbox 9:20 – 10:10 am Karen	Step 9:20 -10:20 Step Becky	Kickbox 9:00 – 9:45 am Lynette
		Senior Aerobics 10:30 – 11:15 am Gwyn	Bosu Ball Training 10:20 – 10:55 am Alyson	Sculpt 10:20 – 11:10 am Deann	Senior Aerobics 10:30 – 11:15 am Lisa	Abs and Back 9:45 – 10:00 am Lynette
	40 Forever 12:05 – 12:50 am Kitty	Y- Pump 12:05 – 12:55 pm Penny	Zumba 12:05 – 12:55 pm Kristin	Y- Pump 12:05 – 12:55 pm Lynette		Tube 10:05 – 10:45 am Lynette
	Kickbox 4:45 – 5:35 pm Heather		Bosu 4:45 pm – 5:25 pm Lisa			Plyo Interval training 11:00 – 11:45 am Nick
	Step Circuit 5:45 – 6:40 pm Ann	Zumba 5:30 – 6:30 pm Kelly	Turbo Kick 5:45 – 6:30 pm Chantelle	Zumba 5:30 – 6:10 pm Ildiko		
	Abs and Back 6:45 – 7:15 pm Ann		Y- Pump 6:35 – 7:20 pm Chantelle	Kickbox 6:15- 6:45 pm Lynette		
			Plyo Interval Training 7:30 – 8:15 pm Nick			



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**40 FOREVER:** This low impact class incorporates many aerobic moves using the large stability ball as well as the small ball. Appropriate for all ages and sizes.

**ABS AND BACK:** You guessed it. This class concentrates solely on your core region. A great complement to any workout.

**BOSU BALL TRAINING:** This class is an awesome attempt at utilizing functional training in positive ways to help shape and impact your body. While this class focuses on strength, it does have a cardiovascular component also for a total body workout.

**CARDIO CIRCUIT:** A combination of cardio and intense muscle work. Cardio work is choreography free using hurdles, ladders, cones and jump ropes. Guaranteed to give you a total body workout.

**KICKBOX:** This class incorporates bag work along with aerobically for a total body workout.

**MARTIAL SPIRIT** is an innovative body-mind class that develops core skills that are common across the martial arts.

**PLYO INTERVAL TRAINING** This **high intensity** class is designed to challenge the body in new ways. Interval training has slowly been replacing standard cardio because of its proven effectiveness to get results faster and in less time. Incorporating plyometric (jump training), for athletic performance, and core cardio moves, this class will get your heart rate up and make you sweat! The idea is to challenge the body to keep your heart rate up for longer periods of time and test your body in ways you never thought possible. Jump higher, run faster, and dig deeper. Caution this class is not for beginners!

**STEP:** A great low impact and moderate intensity workout that combines patterns on and around the step. May include muscle conditioning and stretching.

**STEP INTERVAL:** Step aerobics interspersed with intense cardio segments and followed by a recovery period. A great class to improve cardio conditioning. Beginners can use the interval period as a rest.

**T.U.B.E.:** Change up your strength training routine with a challenging total body resistance workout using only resistance bands. This class is held in the Multipurpose room. Come prepared to work!

**TURBO KICK™** Turn up the heat! This fast paced kick box class is a great aerobic workout that utilizes the core muscles through choreographed moves to tone the upper and lower body with punches, jabs, hooks, uppercuts, and kicks!

**Y-PUMP:** Take a break from the weight room and get into this class. It is a muscle endurance class focusing on primary upper and lower body muscle groups using a variety of equipment such as dumbbells, body bars, and resistance bands. A great addition to any fitness routine.

**ZUMBA:** Get ready to dance. This is a Latin inspired fitness class. Zumba uses specific Latin moves to give you the ultimate dance workout.



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## CYCLING CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Group Cycle Advanced 5:15 – 6:00 am Jan	Cycle for Triathletes 5:15 – 6:30 am Jason	Group Cycle 5:15 – 6:00 am Jim	Group Cycle 5:15 -6:00 am <b>Penny</b>	Beg. Cycle 5:15 - 6:00 am Kim	Group Cycle 7:00 – 8:00 am Loran
	Group Cycle 6:10 – 7:00 am Jon					
	Group Cycle 9:20 – 10:10 am Deann	Group Cycle 9:20 – 10:10 Michelle	Group Cycle 9:20 – 10:10 am Rami	Group Cycle 9:20 – 10:10 am Deann	Group Cycle 9:20 – 10:10 Penny	Group Cycle 9:00 – 9:55 am Justin
	Group Cycle 12:10 – 12:55 pm Jed	Group Cycle 12:10 – 12:55 pm Karla	Group Cycle 12:10 – 12:55 pm Bob	Group Cycle 12:10 – 12:55 pm Karla	Group Cycle 12:10 – 12:55 pm Bob	
		Group Cycle 4:30 – 5:15 pm Dustin		Group Cycle 4:15 – 5:00 pm Tom		
	Group Cycle 5:30- 6:30 pm Jim	Group Cycle 5:30 – 6:30 pm Sue	Group Cycle 5:45 – 6:45 pm Justin	Group Cycle 5:15- 6:00 pm Ken		
			Livestrong Cycle 6:55 pm – 7:40 pm Dr. Deming			

**CYCLING:** Get ready to sweat! This class offers a combination of strength and endurance training through his climbs, sprints and athletic drills. Bike shorts and a water bottle are highly recommended. New participants should arrive 10 minutes early to get properly fitted on the bike.

**ADVANCED CYCLING:** This class is designed for those familiar and well skilled at cycling. An added challenge for those who can't get enough cycling.

**CYCLE FOR TRIATHLETES:** This class is for those training for triathlons either in season or not..

**TEEN CYCLE:** This class is just for teens!

**LIVESTRONG CYCLE:** This class for any individual currently enrolled in our Livestrong at the YMCA program. Taught by Dr. Deming, from the Mercy Cancer Center.



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## MIND/BODY CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Morning Yoga 7:30 – 8:30 am Ben	Morning Yoga 5:15 – 6:15 am Nikki	Morning Yoga 7:30 – 8:30 Ben		Yoga 7:30 – 8:30 am Nikki
	Tai Chi 9:00 – 10:00 am Sherry	Abs back and core 9:20 – 10:10 am Trudy	Yoga for pain mgmt 9:20 – 10:10 am Lynette	Yoga 9:20 – 10:10 am Deniece	Tai Chi 9:00 – 10:00 am Sherry	
	Basic Yoga 10:30 – 11:30 am Deann	Pi-Yo 10:30 – 11:30 am Cynthia	Yoga 10:30 – 11:30 am Lisa	Gentle Yoga 10:15 – 11:00 am Deniece	Yoga 10:30 – 11:30am Deann	
	Yoga 12:00 – 12:45 pm Maddie	Yoga 12:00 – 12:45 pm Lynette	Yoga 12:00 – 12:45 pm Madeline	Martial Spirit 12:00- 1:00 pm Lance	Stott Pilates 12:00 – 12:50pm Katie	
	Restorative Yoga 1:00 – 2:00 pm Lance		Active Relaxation 1:00- 2:00 pm Lance			
Yoga 4:00 – 5:00 pm Lynette				Healthy Steps 4:30 – 5:25pm		
	Stott Pilates 5:30 – 6:20 pm Katie	Gentle Yoga 5:30 – 6:30 pm Tracy	Stott Pilates 5:30 – 6:30 pm Katie	Power Yoga 5:30 – 6:30 pm Karen		
	Yoga 7:00 – 8:00 pm Ben	Yoga for Kids 6:35 – 7:20 pm Nikki	Livestrong Yoga 6:30 – 7:30 pm Tomoko	Stott Pilates 6:30 – 7:30 pm Katie		

## Class and Program Descriptions

**STOTT PILATES:** A formal pilates method to help build stronger, leaner muscles, flatter abdominals and better core stability and body balance.

**PIYO:** This unique class combines principles of Pilates with yoga. Great for increasing flexibility and core strength.

**TAI CHI:** Tai Chi is a century old system of health and self-defense. It is thought of as "new age dance." Through a series of postures you will learn how to relax and move towards optimal health in addition to life protection benefits.

**YOGA:** You will learn all the fundamentals of asana yoga: how to breathe, move, stretch and relax. End results show gains in flexibility and strength.

**GENTLE YOGA:** This class is designed for those with no experience in yoga or that want to move at a slower pace during their practice. Beginner friendly and ideal for seniors and special populations.

**Healthy Steps-Moving to Better Health with the Lebed Method** This is a therapeutic, medically designed Gentle and Low impact Aerobics incorporating some Yoga and Stretch movements that provides fun music to help attendees thrive. The program improves overall wellness, range of motion, balance, strength, assists in decreasing scar tissue, improves lymphatic drainage as well as emotional well being and self image. Taught by Mercy Lymphedema Certified Occupational Therapist.

**LIVESTRONG Yoga:** This class for any individual currently enrolled in our Livestrong at the YMCA program.

**GENTLE ACTIVE RELAXATION** Active Relaxation is a body-mind class that combines wellness components from qigong, tai chi, and restorative yoga. These are gentle physical activities that promote wellness and restorative healing and cultivate a state of relaxation. Breathing, flowing body movement, and poses that relax muscles and feel restful while strengthening connective tissue are key elements.

**GENTLE RESTORATIVE YOGA** This is "gentle gentle" yoga. This is a good place to begin a program of exercise as well as an addition to high performance training. Balance and stretching muscles that people often find difficult in yoga are largely absent. Yoga poses [*asanas*] are "amped-down" to be "restorative" and to create a place of rest and meditation.

**MARTIAL SPIRIT** is an innovative body-mind class that develops core skills that are common across the martial arts.



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