

Group Ex Schedule August 2017

YGROUP EXERCISE™

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 - 6:00 am Gut Busters Marya	5:00 - 6:00 am Group Cycling Jen	5:45 - 6:00 am Gut Busters Marya	5:00 - 6:00 am Group Cycling Austin	5:45 - 6:00 am Gut Busters Marya	
6:00 - 6:45 am Cardio X-Treme Marya	6:05 - 7:05 am Core Camp Heidi	6:00 - 6:45 am Cardio X-Treme Marya	6:05 - 7:05 am Core Camp Heidi	6:00 - 6:45 am Cardio X-Treme Marya	
	8:00 - 8:55 am Easy Does It Toning - Vikki	7:30 - 8:00 am Qigong Genie	8:00 - 8:55 am Easy Does It Toning - Vikki		
8:00 - 8:55 am Easy Does It Aerobics - Michelle	8:00 - 8:45 am Continuing Tai Chi Jerry	8:00 - 8:55 am Easy Does It Step Michelle	8:00 - 8:45 am Continuing Tai Chi Jerry	8:00 - 8:55 am Easy Aerobics Vikki/Patty	
8:30 - 9:25 am Boot Camp Stacy	8:45 - 9:30 am Beginning Tai Chi Jerry	8:30 - 9:25 am Boot Camp Stacy	8:45 - 9:30 am Beginning Tai Chi Jerry	8:30 - 9:25 am Boot Camp Stacy	
9:00 - 10:00 am Moving For Better Balance	9:00 - 9:30 am Circuit Training Ellen	9:00 - 10:00 am Moving For Better Balance	9:00 - 9:30 am Circuit Training Ellen	9:00 - 9:55 am Strong Ellen	9:05 - 10:00 am Core Camp Heidi
9:00 - 9:55 am Step - N - Groove Michelle	9:30 - 10:15 am Power Up Jerry	9:00 - 9:55 am Step - N - Groove Jo Ann		9:00 - 10:30 am Yoga Tricia	
9:00 - 10:30 am Yoga Tricia	9:45 - 11:00 am Yoga Tricia	9:00 - 10:30 am Yoga Tricia	9:45 - 11:00 am Yoga Tricia		9:30 - 10:45 am Yoga Shasta/Jo Ann
9:35 - 10:30 am ZUMBA Paula		9:35 - 10:30 am ZUMBA Ellen		10:00 - 11:00 am Easy Aerobics Vikki/Patty	
	10:00 - 10:55 am ZUMBA Gold Ellen	10:00 - 11:00 am Easy Does It Aerobics - Michelle	10:00 - 10:55 am ZUMBA Gold Paula		
		10:45 - 11:30 am Women with Weights - Jessie			
12:10 - 1:15 pm Power Hour Cycling - Jeni	12:10 - 1:00 pm Core and More Jeni	12:10 - 12:55 pm Group Cycling Heidi	12:10 - 1:00 pm Core and More Jeni	12:10 - 12:55 pm Group Cycling Austin	
		12:15 - 12:45 pm Qigong Genie			
	2:00 - 3:00 pm Core and More Jeni	2:00 - 3:00 pm Easy Movement Laura	2:00 - 3:00 pm Core and More Jeni	3:30 - 5:00 pm Restorative Yoga Tricia	
	5:15 - 6:30 pm Yoga Tom		5:15 - 6:30 pm Yoga Nancy		
5:30 - 6:25 pm Pilates Jo Ann	5:30 - 6:30 pm ZUMBA Armando	5:30 - 6:30 pm Yoga Tone Nancy	5:30 - 6:30 pm ZUMBA Ellen		
	5:30 - 6:45 pm TRX Adam		5:30 - 6:45 pm TRX Adam		
6:30 - 7:30 pm Strong Ellen	6:45 - 8:15 pm Capoeira Joe				

Kids' Classes

Mon, Wed and Fri
8:30 - 10:30 am
Sumer PE (ages 6 - 12)

Tues 11:15 - 11:45 am
Movement and Music
(ages 1-5)

Thurs 11:15 - 11:45 am
Tumble Tots (ages 1-5)



Beginning Tai Chi

Introduction to the 2,000 year old Chinese martial art that uses slow rhythmic movements that build balance and strength to enhance overall health. Time and attention are given as the moves are taught at an individualized pace. Meets **in the Mind Body Room.**

Boot Camp (ages 13+)

Want to get into the best shape of your life? Join us for an intense fitness experience designed to give you amazing results. Class includes drills, core conditioning, muscle endurance and strengthening exercises. Boot camps are co-ed and meets **in the Gym.**

Capoeira

Capoeira is a Brazilian martial art that combines elements of dance and music. It is known for quick and complex moves, using mainly power, speed and leverage for leg sweeps. In this class you will learn some Brazilian-Portuguese language, play instruments, dance samba and maculele, sweat and have fun. All ages welcome. Meets **in the Aerobic Studio.**

Cardio X-Treme

A combination of step, floor, interval training and kick boxing. Guarantees a great start for the rest of your day! All fitness levels welcome. Meets **in the Aerobic Studio.**

Circuit Training

Let us guide you in a total body circuit training workout that will help you reach your fitness goals in just 30 minutes. Circuit training keeps you moving throughout the entire workout, sustaining your heart rate above a resting level. For exercisers of all ages and any fitness level. Meets **in the Circuit and Stretch Room.**

Continuing Tai Chi

For students who have learned the basics of the Beginning Tai Chi class. The focus of this class is continuing and improving the movements. Meets **in the Mind Body Room.**

Core and More

You will see results quickly with this intense workout. We use various fitness modalities to strengthen your core abdominal and lower back muscles. You will also perform exercises to strengthen your entire body including squats, lunges, push-ups and plyometric exercises. Meets **in the Aerobic Studio.**

Core Camp

This class is a cross between Boot Camp and Core and More. You will work on strength, endurance and cardio. Meets **in the Aerobic Studio.**

Easy Does It Aerobics

All fitness levels welcome and encouraged to work at their own pace using moderate and uncomplicated routines. 30 minutes of low impact exercises, 20 minutes of abs, stretching, and circuit training exercises add the perfect balance of intensity for all participants. Meets **in the Aerobic Studio.**

Easy Does It Step

A low-impact, slower paced step class especially for beginners. You will learn the basic moves and proper form of step aerobics. Meets **in the Aerobic Studio.**

Easy Does It Toning

Progressive exercises that stretch and strengthen all major muscle groups while promoting balance. Participants will be ready to graduate to the Fitness Center for more advanced circuit training exercises after taking this class. Meets **in the Aerobic Studio.**

Easy Movement

Join us to learn gentle movement practices for releasing muscle and joint pain as well as chronic tension in your body. You will learn breathing techniques, progressive muscle relaxation and meditation techniques to calm anxiety. Meets at **Starting Strong across from the YMCA.**

Group Cycling / Power Hour Cycling

These classes are designed to burn calories and motivate you to reach your fitness goals. Group Cycling combines music and cycling to elevate your heart rate and make you sweat! Power Hour is an hour long extended class. Meets **in the Aerobic Studio.**

Gut Busters (15 min class)

Develop a solid core by strengthening your lower back and abdominal muscles. You will learn proper techniques, a modification for every exercise and effective stretching. Meets **in the Aerobic Studio.**

Moving for Better Balance (ages 60+)

This program enhances traditional Tai Chi by transforming the movements into therapeutic training for balance and daily functioning. Class is designed for older adults. Meets **in the Youth Center.**

Pilates

Through a series of precise movements and focused breathing you will lengthen, strengthen and tone muscles. You will also reduce stress and work toward improved posture and a longer, leaner body. Meets **in the Mind Body Room.**

Power Up

Would you like to become more familiar with the fitness equipment, learn new exercises and proper form? Join us in the fitness center for this fun, interactive class taught by a certified personal trainer. Meets **in the Fitness Center.**

Qigong

Come as you are for this no-sweat, ancient Chinese practice of meditative, energy producing movement. Movements can be done sitting or standing. Meets **in the Mind Body Room.**

Restorative Yoga

Restorative yoga is a gentle style of yoga ideal for older adults, persons recovering from injury and athletes needing increased mobility. Using poses that are designed to free up stiff joints and muscles, this is a great way to end your week. Meets **in the Mind Body Room.**

Strong

Strong by Zumba is a challenging, high intensity interval training workout. This class will push you past your plateaus to help you reach your fitness goals faster. Using your own bodyweight you will gain muscular endurance, tone, and definition and you will experience an increased after burn. Meets **in the Aerobic Studio and Gym.**

Step

This program focuses on cardiovascular and muscular endurance. You will learn the basic step moves as they are blended into choreographed routines. All fitness levels welcome. Meets **in the Aerobic Studio.**

Step - N - Groove

Join the fun in this high energy step class that will get you dancing, moving and grooving. The complex choreography will keep you mentally and physically challenged as you burn calories and get a great cardio workout. The last few minutes of class include core work and stretching. Meets **in the Aerobic Studio.**

TRX Suspension Training (ages 13+)

TRX develops balance, flexibility and core stability. TRX Suspension Trainers use multiple planes of motion plus TRX is fun, different and gets results. Meets **in the Aerobic Studio.**

Yoga

Using the Anusara principles of alignment and biomechanical principles along with the Pilates method of core work, you will work your body deeply toward strength and healing. Meets **in the Mind Body Room.**

Yoga Tone

This class is the perfect blend of yoga, pilates and toning with a focus on core work and deep stretching. Meets **in the Mind Body Room.**

Women with Weights

Would you like to become more familiar with the fitness equipment, learn new exercises and make new friends? Join us in the fitness center for this fun, interactive class for women taught by a certified personal trainer. Meets **in the Fitness Center.**

ZUMBA

Ditch the Workout – Join The Party! ZUMBA has easy to follow dance moves and routines. ZUMBA features interval training sessions where fast and slow rhythms are combined to tone your body while burning fat. Add some Latin flavor and international zest into the mix and you've got ZUMBA! Meets **in the Gym.**

ZUMBA Gold

ZUMBA Gold is easier than ZUMBA but just as much fun. The moves have been carefully designed to be safe and easy to follow by individuals of any size or age. This program is designed for beginners, individuals that have physical limitations or older adults. Meets **in the Aerobic Studio.**

Kids' Classes

Movement and Music (ages 1-5)

Join us for singing, dancing, stories, rhymes and music making. Parents required to attend. Meets **in the Aerobic Studio.**

Tumble Tots (ages 1-5)

Children will playfully leap, skip, somersault and climb their way to better coordination, balance and self confidence. Parents required to attend. Meets **in the Climbing Gym.**

Summer PE (ages 6-12) Last class meets on August 25th

Join us for a variety of fitness based activities to keep your kids busy while you are exercising here at the YMCA. Meets **in the Climbing Gym.**