

Group Ex Schedule November 2017

YGROUP EXERCISE™

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 - 6:45 am Core and Cardio Gym	5:00 - 6:00 am Group Cycling Starting Strong	5:45 - 6:45 am Core and Cardio Gym	5:00 - 6:00 am Group Cycling Starting Strong	5:45 - 6:45 am Core and Cardio Gym	
	6:05 - 7:05 am Core Camp Gym	7:30 - 8:00 am Qigong Mind Body Room	6:05 - 7:05 am Core Camp Gym		
8:00 - 8:55 am EDI Aerobics Mind Body Room	8:00 - 8:55 am EDI Toning Church	8:00 - 8:55 am EDI Aerobics Mind Body Room	8:00 - 8:55 am EDI Toning Church	8:00 - 8:55 am EDI Aerobics Mind Body Room	8:05 - 9:00 am Step Gym
8:30 - 9:30 am Boot Camp Gym	8:00 - 8:45 am Continuing Tai Chi Mind Body Room	8:30 - 9:30 am Boot Camp Gym	8:00 - 8:45 am Continuing Tai Chi Mind Body Room	8:30 - 9:30 am Boot Camp Gym	
9:00 - 10:00 am Moving For Better Youth Center	8:45 - 9:30 am Beginning Tai Chi Mind Body Room	9:00 - 10:00 am Moving For Better Youth Center	8:00 - 8:45 am Continuing Tai Chi Mind Body Room		
	9:00 - 9:30 am Circuit Training Circuit Room		9:00 - 9:30 am Circuit Training Circuit Room		9:05 - 10:00 am Core Camp Gym
9:00 - 10:30 am Yoga Mind Body Room	9:30 - 10:15 am Power Up Fitness Center	9:00 - 10:30 am Yoga Mind Body Room	9:30 - 10:30 am Power Up Fitness Center	9:00 - 10:30 am Yoga Mind Body Room	
	9:45 - 11:00 am Yoga Mind Body Room		9:45 - 11:00 am Yoga Mind Body Room	9:30 - 10:30 am Strong Gym	9:30 - 10:45 am Yoga Mind Body Room
9:30 - 10:30 am ZUMBA Gym		9:35 - 10:30 am ZUMBA Gym			
10:00 - 11:00 am EDI Aerobics Church		10:00 - 11:00 am EDI Aerobics Church		10:00 - 11:00 am EDI Aerobics Church	
	11:35 am - 12:30 pm Aqua ZUMBA Pool		11:35 am - 12:30 pm Aqua ZUMBA Pool		
12:10 - 1:15 pm Cycling Starting Strong	12:10 - 1:00 pm Core and More Circuit Room	12:10 - 12:55 pm Group Cycling Starting Strong	12:10 - 1:00 pm Core and More Circuit Room	12:10 - 12:55 pm Group Cycling Starting Strong	
		12:15 - 12:45 pm Qigong Mind Body Room	1:30 - 2:30 pm Easy Movement Youth Center		
	2:00 - 3:00 pm Core and More Circuit Room		2:00 - 3:00 pm Core and More Circuit Room	3:30 - 5:00 pm Restorative Yoga Mind Body Room	
	5:15 - 6:30 pm Yoga Mind Body Room				
5:30 - 6:25 pm Pilates Mind Body Room	5:30 - 6:30 pm ZUMBA Gym	5:30 - 6:30 pm Yoga Tone Mind Body Room	5:30 - 6:30 pm ZUMBA Gym		
6:30 - 7:30 pm Strong Fitness Center	5:30 - 6:30 pm TRX Pavilion	6:35 - 8:00 pm Belly Dance Mind Body Room	5:30 - 6:30 pm TRX Pavilion		
		Aerobic Studio closed for remodeling			

Kids' Classes
Tues 11:15-11:45 am:
 Movement and Music
 (ages 1-5)
Thurs 11:15-11:45 am:
 Tumble Tots (ages 1-5)
Tues & Thurs 2-3 pm:
 PE (ages 3-5 & 6-12)
Tues & Thurs 3-4 pm:
 PE (ages 13-17)



Aqua ZUMBA

Aqua ZUMBA brings the passion, music and Latin dance steps of ZUMBA to the water. It is an energetic, low impact workout that is easy on the joints. Meets **in the pool**.

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**.

Belly Dance

A fun and energetic exercise class with an emphasis on improved posture, flexibility, and enjoyment. You will learn new dance moves set to beautiful Arabic music. For all ages and dance abilities. 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**.

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 Circuit and Stretch Room**.

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 Gym**.

Easy Does It Aerobics (M W F 8:00 to 9:00am)

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 Mind Body Room**.

Easy Does It Aerobics (M W F 10:00 to 11:00am)

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 **at the First Presbyterian Church**.

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 **at the First Presbyterian Church**.

Easy Movement for Pain

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 **in the Youth Center**.

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 **at the Starting Strong Building across from the YMCA**.

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 Gym or Fitness Center**.

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**.

TRX Suspension Training

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

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**.

Cardio and Core

A combination of step, floor aerobics, interval training and kick boxing helps start your day off right. You will also develop a solid core by strengthening your lower back and abdominal muscles. All fitness levels welcome. Meets **in the Gym**.

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**.

Kids' Classes

Physical Education (ages 3-17) Class begins September 12

This program focuses on building physical fitness and enhancing skill development with age appropriate games & activities. Meets **in the Gym**.

Movement and Music (ages 1-5)

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

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**.