



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

SOUTH NEIGHBORHOOD YMCA

Group Exercise Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
May 30 through July 31	5:30-6:00 *Cycling/Strength Training Amelie			5:15-6:15 *Cycling Chantal			
Summer 2011							
YMCA Mission: To put Christian principles into practice through programs that build a healthy Spirit, Mind and Body for all.	6:00-6:30 *Cycling/Strength Training Amelie			6:15-6:30 Just Abs Chantal		8:00-9:00 Running Club Kaci *meet in lobby	
	9:00-10:00 Bootcamp Janie	9:00-10:00 Mixed Up Janie	9:00-10:00 *Cycling Jennifer	9:00-10:00 Mixed Up Janie	9:00-10:00 FUNctional Training Jenny	9:00-10:00 *Cycling Staff	
		10:00-10:15 Just Abs Janie		10:00-10:15 Just Abs Janie	10:00-10:15 Just Abs Jenny		
							10:15-11:00 Zumba Debbie
*Please make a reservation by calling the front desk.	10:30-11:30 Power Yoga Keri	10:30-11:30 Pilates Mat Rachel	10:30-11:45 Yoga Jenny	10:30-11:30 Pilates Mat Rachel	10:30-11:30 Yoga Sarah/Ruth	11:00-11:30 Beat It Debbie	
						11:45-1:00 Open Sparring Tae Kwon Do	
	4:45-5:00 Just Abs Lisa D		4:45-5:00 Just Abs Lisa D				
	5:00-5:55 *Cycling Lisa D	6:00-6:30 Wolf Cubs Pre-K Tae Kwon Do	5:00-5:55 *Cycling Lisa D	5:30-6:25 Bootcamp Lisa D			
		6:30-7:30 Tae Kwon Do	6:00-7:00 Running Club Kaci *meet in lobby	6:30-7:30 Tae Kwon Do			



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CARDIO

Beat IT is an Italian-based pre-choreographed program in which boxing and kickboxing methods are used along with one fundamental element: accents in the music. These musical accents are sounds created to guide punches, kicks and maneuvers. It's for people of every age who want to lose weight, tone up, or just release stress. Previous experience in combat disciplines or martial arts is not required.

Bootcamp: Athletic-based, cardio-blast intervals combined with drills, plyometrics and weights.

Cycling: Indoor cycling is a group exercise class done on special stationary bikes. During the class, the instructor simulates an outdoor ride. Together, you travel on flat roads, climb hills, sprint & race! The beauty of indoor cycling is that you can do it even when it's raining outside. It is truly a fantastic cardiovascular workout for all.

Cycling/Strength Training: A combination of 15 minute intervals of Cardio on the bike and Strength Training off the bike.

FUNCTIONAL Training: A blend of cardio, athletic drills, and step-like training, using a variety of equipment to enhance cardio and strength fitness. Add some stability and abdominal training to top off this FUN & energizing workout. This class has it all!

Mixed Up: This class allows you to cross-train by mixing up your cardio options (kickboxing, step, hi/lo, Boot Camp) and add strength training and abdominal work. A fun, energetic, calorie-burning workout.

Zumba: A fusion of Latin and international dance rhythms that create a dynamic, effective fitness system. The routines feature aerobic, fitness and interval training with a combination of fast and slow rhythms that tone and sculpt the body. Dancing for fitness is where it's at!!!

MIND AND BODY

Pilates Mat: A system of specific exercises and physical movement coupled with focused breathing patterns designed to stretch, strengthen, and balance the body. Pilates yields many health benefits including strength, flexibility, and balance. **Bring your own Yoga/Pilates Mat to classes*

Power Yoga: Yoga that concentrates on more standing pose work and more flowing poses. Not recommended for the beginning yoga exerciser. **Bring your own Yoga/Pilates Mat to classes*

Yoga: Yoga is about creating balance, strength, and flexibility in the body through physical postures of poses while cultivating a sense of peace and well-being. All fitness levels welcome! **Bring your own Yoga/Pilates Mat to classes*

STRENGTH

Just Abs: Exercises focusing specifically on the abdominal and low back muscles.

SPECIALTY

Running Club: Work with a personal trainer and train to run a 5K race. Training will take place indoors and out, using weights, cardio equipment, and trail walking and running. At the end of the program, run with the group in the 5K Bedlam Run on July 30.

TIPS FOR A GREAT WORKOUT!

- Show up 10 minutes prior to class start
- Bring water bottle and a towel
- Turn off cell phones during class
- Stay for the cool-down and stretch, it's the best part of the class
- If you are making a reservation for a cycling class, reservations can be made beginning at 9:00 a.m. for the following day

South Neighborhood YMCA

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Revised
5/30/11