



# East Area Family YMCA Group Fitness Schedule April 21st - June 22nd, 2008



\*\*\*Schedule Subject to Change.\*\*\*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45	Cardio Circuit Challenge Suzanne	Y-Body Cuts Lee		Y-Body Cuts Kristie	Yoga Linda		
8:15						Core Training Bev	
8:30	Morning Movers Frank & Val  Yoga *Teen Center* Chris	Silver Sneakers® Muscular Strength Val	Resist-a-ball Kathy	NIA Chris	AOA Strength Training Frank/Val	Step Bev	Yoga Linda
9:15	Core Training Patty		Core Training Karen		Awesome Abs Patty	Total Body Conditioning Bev	
9:30	<b>Zumba Patty</b>	Y-Body Cuts Debbie	Step & Strength Karen	Total Body Conditioning Monika  Pilates *SACC* Karen	Step Interval Patty		<b>Instructor's Choice</b>
10:00						NIA Ellin	<b>*See reverse for list of instructors and classes.*</b>
10:30	Pilates Karen	NIA Ellin  Yoga *Teen Center* Kay	Bands, Bars & Balls Patty	<b>Interval Monika</b>  Healthy Back *Teen Center* Patty	NIA Kathleen		<b>Mind-Body Rotating Instructor</b>
11:30- 12:30pm				<b>Intro to Yoga Ellin Teen Center</b>		TurboKick™ Kristie	
12:10- 12:55pm	Yoga Shannon	Interval Monika	Pilates Shannon	Silver Sneakers® Muscular Strength Val	Mat Pilates Patty	<p>All fitness classes must maintain a minimum average of 8 participants per class in order for the class to remain on the schedule.</p> <p>All fitness classes are 55 min. in length, unless otherwise specified.</p> <p>All participants must be at least 8 years of age.</p>	
4:30	TurboKick™ Kristie	Yoga Jean	Step & Sculpt Korie	Yoga Linda	Y-Body Cuts Lee		
5:30	Y-Body Cuts Kristie	<b>NIA Ellin</b>	<b>Zumba™ Meredith</b>	<b>Cardio Craze Tracey</b>			
6:30	Step Interval Colleen	<b>Y-Body Cuts Michelle</b>	NIA Chris	<b>Y-Body Cuts Colleen</b>			
7:30- 8:30pm	Yoga Paula	<b>Pilates Colleen</b>	Yoga Chris	<b>Yoga'lates Chris</b>			

## **Sunday Class Rotation**

**4/27: 9:30am: Cardio Sculpt with Korie**  
**10:30am NIA with Marci**

**5/04: 9:30am: Interval with Suzanne**  
**10:30am: NIA with Marci**

**5/11: 9:30am: Cardio Sculpt with Korie**  
**10:30am: NIA with Michelle**

**5/18: 9:30am: NIA with Linda**  
**10:30am: Y Body Cuts with Lee**

**5/25: 9:30am: No Classes**  
**10:30am: No Classes**

**6/01 : 9:30am: Step with Beverly**  
**10:30am: Yoga'lates with Beverly**

**6/08: 9:30am: NIA with Linda**  
**10:30am: Y Body Cuts with Lee**

**6/15: 9:30am: Step with Beverly**  
**10:30am: Yoga'lates with Beverly**

**6/22/ 9:30am NIA with Linda**  
**10:30am Yoga with Kara**

## **Group Exercise Class Descriptions**

**AOA Strength Training** - This class utilizes various equipment, such as hand weights, resistance tubing, body bars, and stability balls for the Active Older Adult, or those just resuming exercise.

**Basic Yoga** - Slow, gentle postures and movements are combined with an emphasis on breathing, balance, strength, and flexibility. Ideal for new practitioners or those who prefer a lighter workout.

**Bands, Bars Balls** - Come try this new, invigorating combination class. Exercises from Pilates and Yoga will be fused with core and strength training moves, designed to eliminate any fitness plateau and build a healthy system from the inside out. Various pieces of equipment, such as stability and medicine balls will be utilized, making this the perfect workout to strengthen the core, cardiovascular and muscular systems, and to enhance flexibility and overall body awareness.

**Cardio Craze** — A high energy class that's fun & full of variety. Combines cardio and new innovative strength training ideas.

**Circuit Challenge** - This class rotates cardio and strength training stations, complete with warm-up and cool-down exercises. Designed for all fitness levels in mind, this class allows you to work at your own pace.

**Cardio Fusion**: This fabulous class begins with fun Hi/lo cardio intervals & choreography. Midway through class, target those muscles with strength and sculpting exercises, ending with core training and a stretch.

**Core Conditioning** - Complete core training workout, with an emphasis on the abdominals and low back. This class will give you absolute results!

**Healthy Back** - A class designed to improve the strength of the core muscles (abdominals, low back, and glutes), with an emphasis on body awareness, breathing, and low back strengthening exercises. Learn how to take care of your back by utilizing the exercises with everyday life tasks in this functional fitness class. A great class for all levels of fitness!

**Interval** - A power-packed, high energy workout that alternates cardiovascular intervals and patterns with strength and sculpting exercises. Eliminate any fitness plateau by shocking your body, all while having fun at the same time!

**Morning Movers** - Designed for the Active Older Adult (AOA) in mind, learn a variety of exercises that you can do anywhere! From cardiovascular and strengthening exercises to balance and flexibility, this class will surely keep you mindful of your body for many years to come!

**NIA** - This mind-body workout is designed for all fitness levels that fuses martial arts, dance, and Yoga movements. Come learn how to quiet the mind, enhance posture, body awareness, and cardiovascular fitness all while having fun!

**Pilates** - This mind-body workout focuses on strengthening the core muscles (abdominals, low back, and glutes), with an emphasis on the transverse abdominis and breathing during movement. A variety of exercises designed for beginner to advanced will enhance your own body awareness, posture, strength, and flexibility. Some classes may also utilize various sculpting equipment to tone your body from head to toe!

**Silver Sneakers® Muscular Strength (and Range of Movement)** - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**Stepping Strong** - A high-energy class for all fitness levels, complete with choreography patterns and cardiovascular intervals, designed to improve your cardiovascular fitness. Have a blast in this creative, fun class!

**Straight Step** - A high-energy step class with creative choreography and intense cardiovascular intervals that will take you to the next fitness level! Although this class is geared toward the intermediate to advanced stepper, all fitness levels are welcome!

**Step Interval** - This class is very similar to traditional interval, however, the cardiovascular intervals and patterns will be on the step!

**TurboKick™** - TurboKick™ is like NO other class! It is a unique combination of martial arts and dance grooves set to the HOTTEST music in the industry! You will be instantly "hooked" and "punching" for more in this high energy kickboxing workout!

**Step & Strength** - Check out this unique new class! Jump start your day with cardio on the Step for the first half of class, then finish with strength training, sculpting, core training, and flexibility! Work like a warrior during this class - a great jump start to your weekend!

There will be a 5 min. transition period from 9:10-9:15am for those who can only make one portion of the class.

**Total Body Conditioning**—Muscle Conditioning at its best. This class is jammed pack with conditioning exercises to work your whole body.

**Y-Body Cuts** - This class takes resistance training into the studio, focusing on strengthening all major muscle groups. Class members utilize Y body cuts equipment, barbells that may be adjusted from 5-100 lbs and dumbbells, allowing for appropriate weight selection for all participants.

**Yoga** - This class challenges the body and mind through strengthening, stretching, relaxing, and breathing. A gentle warm-up begins this class, easing into various postures with an emphasis on conscious breathing. Flexibility, strength, and muscle tone will continually improve as your mind, body, and spirit work together in harmony.

**Yoga'lates**— This mind body workout combines Pilates, Yoga, strength, and flexibility exercises.

**ZUMBA** - is a fusion of Latin and international music that creates a dynamic, exciting and effective, calorie burning workout that will blow you away.

