

AEROBICS

YOGA PILATES TAI CHI NIA DISCIPLINES

SPIN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00-6:55AM A.M. PUMP (Alex) 1-3	5:30-6:30AM BOOT CAMP (Joann) In the gym 2-3	6:00-6:55AM A.M. PUMP (Pam) 1-3		8:00-8:55AM PUMP (Greg) 2-3
9:00-9:55AM TOTAL BODY TRAINING (Wendy) 1-3	9:00-9:55AM BOOT CAMP (Wendy) In the gym 2-3	8:30-9:45AM SPIN, RUN CHALLENGE (Stephanie) IN THE SPIN STUDIO 2-3	9:00-9:55AM BOOT CAMP (Pam) In the gym 2-3	9:00-9:55AM TOTAL BODY TRAINING (Wendy) 1-3	8:00-9:00AM ULTIMATE CHALLENGE (Justin & Heather) ON THE CARDIO DECK 2-3
9:00-9:55AM Light n' Lively (Natasha) 1-2	9:00-9:55AM Light n' Lively (Jacqui) 1-2	9:00-9:55AM ZUMBA (Lisa) 1-3	9:00-9:55AM Light n' Lively (Natasha) 1-2	9:00-9:55 NIA/ KALUSION MULTIPURPOSE ROOM (Kaluwa) 1-2	9:00-9:55AM Latin-Cardio Dance (Luz) 1-3
10:00-10:55AM Cardio Kick (Kim) 1-3	10:00-10:55AM ZUMBA (Paula) 1-3	9:00-9:55AM NIA/ KALUSION MULTIPURPOSE RM. (Kaluwa) 1-2	10:00-10:55AM Latin-Cardio Dance (Heather) 1-3	10:15-11:15AM Cardio Deck Circuit Class (Wendy) 2-3	CARDIO DECK
10:15-11:00AM SilverSneakers® Muscular Strength (Stephanie) 1-2	10:00-10:55AM Bosu Cardio Conditioning (Jacqui) 2-3		10:00-10:55AM Bosu Cardio Conditioning (Wendy) 2-3	10:00-10:55AM SilverSneakers® Muscular Strength (GH) 1-2	10:00-11:00AM BODYCOMBAT (Heather/ Eddie) 2-3
11:10-11:55PM Balance & Strength (Maria) 1	11:15-12:00PM SilverSneakers® CARDIO Circuit (Stephanie) 1-2	11:10-11:55PM Balance & Strength (Heather) 1	11:15-12:00PM SilverSneakers® CARDIO Circuit (Stephanie) 1-2		
12:30-1:30PM Bone Density Strength (Karen) 1-2	12:10-12:55PM Balance & Strength (Maria) 1	12:30-1:30PM Bone Density Strength (Stephanie) 1-2	12:10-12:55PM Balance & Strength (Maria) 1	11:10-11:55AM Balance & Strength (Maria) 1	
1:45-2:30PM SilverSneakers® CARDIO Circuit (Karen) 1-2	1:30-2:30PM SilverSneakers® Muscular Strength (Myrna) 1-2	1:45-2:30PM SilverSneakers® CARDIO Circuit (Natasha) 1-2	1:30-2:30PM SilverSneakers® Muscular Strength (Karen) 1-2	12:00-12:55PM Bone Density Strength (Karen) 1-2	SUNDAY ZUMBA (Bahiya) 1-3
5:00-5:55PM Core & More (Gail) 2-3		5:00-5:55PM Core & More (Gail) 2-3		5:30-6:25PM BODYCOMBAT (Alex & Eddie) 2-3	
6:00-6:55PM Latin-Cardio Dance (Heather) 1-3 *WRISTBAND NEEDED	6:30-7:25PM PUMP (Heather/ John Ta) 2-3 *WRISTBAND NEEDED		6:30-7:25PM PUMP (Greg) 2-3 *WRISTBAND NEEDED	6:30-7:25PM ZUMBA (Paula) 1-3	
7:00-8:00PM BODYCOMBAT (Heather & Eddie) 2-3 *WRISTBAND NEEDED		6:00-6:55PM BODYCOMBAT (Heather & Eddie) 2-3 *WRISTBAND NEEDED			
CARDIO DECK	7:30-8:30PM ULTIMATE CHALLENGE (Justin & Heather) *WRISTBAND NEEDED 2-3	7:00-7:55PM STEP CIRCUIT (Coralette) 1-3	7:30-8:30PM ULTIMATE CHALLENGE (Justin & John Ta) 2-3 *WRISTBAND NEEDED	CARDIO DECK	

*WRISTBANDS AVAILABLE ON THE CARDIO DECK.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
		6:00-6:55AM YOGA (Jeff) 2-3		6:00-6:55AM YOGA (Jeff) 2-3	
7:50-8:55 YOGA (Jeff) 2-3	7:50-8:55 YOUNGEVITY YOGA (Yoga Rick) 1-2	7:50-8:55 YOGA (Maria) 1-3	7:50-8:55 YOGA (Jeff) 2-3	7:50-8:55 YOGA (Linn) 1-3	
		8:00-8:55 Tai Chi (Jeff) 1-2		8:00-8:55 Tai Chi (Jeff) 1-2	8:30-10:00 Yoga MULTIPURPOSE ROOM (Jeff) 2-3
	8:55-9:30 PILATES (Judy) 1-3	9:00-9:55 NIA/ KALUSION MULTIPURPOSE ROOM (Kaluwa) 1-2	8:55-9:30 PILATES (Judy) 1-3	9:00-9:55 NIA/ KALUSION MULTIPURPOSE ROOM (Kaluwa) 1-2	10:05-11:15 PowerYoga (Kelly) STUDIO 4 (2-3)
		10:00-10:55 YOGA ON THE BALL (Linn) 1-3			10:00-10:55 FAMILY YOGA MULTIPURPOSE ROOM (Jeff) 1-2
11:00-12:15 Classical PILATES w/ Arms (Jan) 1-3	11:10-12:15 Restorative YOGA (Gail) 1-2	11:00-12:15 Classical PILATES w/ Arms (Jan) 1-3	11:10-12:15 Restorative YOGA (Gail) 1-2	11:00-11:55 Classical PILATES w/ Arms (Jan) 1-3	11:15-12:15 PILATES (Stephanie) 2-3
12:30-1:15 Yoga/Stretch (Maria) 1	12:30-1:15 SilverSneakers® Yoga/Stretch (Karen) 1	12:30-1:15 Yoga/Stretch (Maria) 1	12:30-1:15 SilverSneakers® Yoga/Stretch (Karen) 1	12:00-12:15 PILATES w/arms (Jan) 1-3	
				12:30-1:15 Yoga/Stretch (Maria) 1	SUNDAY
					1:00-2:00 TAI CHI (Bob) 1-2
4:00-4:55 IYENGAR YOGA FOR ALL (Anastasia) 1-2	4:15-5:25 YOGA (Jeff) 2-3	4:00-4:55 IYENGAR YOGA FOR ALL (Anastasia) 1-2	4:15-5:25 YOGA (Jeff) 2-3		4:00-5:15 IYENGAR YOGA (Anastasia) 1-2
	5:30-6:25 PILATES (Stephanie) 2-3		5:30-6:25 YOGILATES (Diane) 1-3		
6:00-6:55 YOUNGEVITY YOGA (Yoga Rick) 1-2					
7:00-7:55 YOGILATES (Diane) 1-3	7:30-8:45 YOGA (Anastasia) 2-3		7:30-8:45 GENTLE YOGA (Erin) 1-2		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
6:00am-6:55 Wake Up & Cycle (Eileen) 1-3	6:00am-6:55 TRI SPIN (Jessica) 1-3	6:00am-6:55 Wake Up & Cycle (Eileen) 1-3	6:00am-6:55 TRI SPIN (Jessica) 1-3		
		7:00am-7:55 Cycle Jam (Pam) 1-3			
8:15am-9:00 Spin Xpress (Pam) 1-3	8:15am-9:30 Spinalates -Spin & Pilates- (Judy) 1-3	8:30am-9:45 SPIN, RUN CHALLENGE (Stephanie) 2-3	8:15am-9:30 Spinalates -Spin & Pilates- (Judy) 1-3	8:15am-9:00 Spin Xpress (Stephanie) 1-3	8:00am-8:55 CYCLE JAM (Pam) 1-3
9:15am-10:10 CYCLE POWER (Stephanie) 2-3	9:30am-10:15 Spin eXpress (Vanessa) 1-3	9:15am-10:10 CYCLE JAM (Judy) 1-3	9:30am-10:15 Spin eXpress (Vanessa) 1-3	9:15am-10:10 CYCLE POWER (Jacqui) 1-3	9:15am-10:30 SPIN, RUN CHALLENGE (Judy) 2-3
11:00-11:55 PEDAL & PUMP (Pam) 1-3		11:00-11:55 PEDAL & PUMP (Pam) 1-3			10:20am-10:30 Beginner's Bike Set-Up
4:00pm-4:55 Super Cycle (Gail) 1-3	4:00pm-4:55 CYCLE POWER (Stephanie) 1-3	4:00pm-4:55 Super Cycle (Gail) 1-3	4:00pm-4:55 CYCLE POWER (Diane) 1-3	4:00pm-4:55 Free Style Spin (Karen) 1-3	10:30am-11:00 Sleep-In Spin (Stephanie) 1-3
5:00pm-5:55 Cycle Jam (Wendy) 1-3	5:15pm-6:15 PEDAL & PUMP (Patrice) 1-3	5:00pm-5:55 Cycle Power (Patrice) 1-3	5:15pm-6:15 CYCLE JAM (Pam) 1-3	5:00pm-5:55 HAPPY HOUR SPIN (Wendy) 1-3	11:10am-12:10pm CYCLE POWER (Pam) 1-3
6:15pm-7:10 CYCLE JAM (Sarah) 2-3	6:30pm-7:25 Heart Rate Training (Judy) 1-3	6:15pm-7:10 CYCLE JAM (Sarah) 2-3	6:30pm-7:25 Heart Rate Training (Judy) 1-3		SUNDAY 3:00pm-3:55 CYCLE POWER (Diane) 1-3
7:15pm-8:10 CYCLE POWER (Pam) 1-3					

SPIN PARTICIPANTS-- YMCA Spin classes are first come first serve. Spin bikes are not to be reserved and participants are not allowed to attend consecutive classes.

SCHEDULES KEY

FITNESS LEVELS
 1= Beginner
 2= Intermediate
 3= Advanced

Beginner's Welcome!
Please arrive 10 minutes early

STUDIOS: Dark Boxes = Studio 1. All other classes are in Studio 3.

(FF) = Family Friendly. Kids ages 8+ welcome.

AEROBICS & STRENGTH TRAINING CLASSES

***ULTIMATE CHALLENGE CLASS** It is an intense interval class that combines cardio and strength training drills to help members test their skills, gain endurance, increase muscle definition, and burn mega calories. Are you up to the challenge? Limited to 18 participants. Wrist bands required. Pick up 15 minutes prior to class on the Cardio Deck.

CORE & MORE Builds core strength, flexibility & focuses on the abs, glutes, thighs, lower back, shoulders & arms. Tone, strengthen & shape your core. Finish with yoga stretching.

BALANCE & STRENGTH Chair-based class designed for seniors to help improve sense of well-being through exercises designed to improve posture, core strength and balance.

***BODY COMBAT** Les Mills class; fiercely energetic program inspired by the martial arts that will help you burn mega calories, tone and shape key muscle groups, and much, much more!

BONE DENSITY STRENGTH TRAINING This class increases bone density through strength training that incorporates slow motion exercises utilizing a variety of equipment.

BOOT CAMP Lunges, squats, sprints, ladder work, and more mixed in with strength training segments will really work you out!

BOSU CARDIO CONDITIONING Cardio on the bosu mixed with lunges, squats, core and upper body work for an awesome fat burning and core strengthening workout!

CARDIO DECK CIRCUIT CLASS Combination cardio and strength training class designed to maximize calorie burn and training effect that utilizes all of the equipment on the cardio deck!

CARDIO KICK Kick, punch, and jab your way to fitness. Tai Bo style, fast, fun, class for people looking to jump start their fitness routine.

TOTAL BODY TRAINING Strength training emphasis on the abs, glutes, thighs, & lower back. This class utilizes BOSU, resist-a-ball, hand weights, body bar, tubing and more!

STEP CIRCUIT Take weight lifting combined with cardio & you get an intense total body training class.

LIGHT AND LIVELY Revitalize with a combination of low impact aerobics, strength training, resist-a-ball, and a lot of fun!

***PUMP** This class has energy packed jump roping, hand weights, body bar, push ups, & more!

ZUMBA/ LATIN CARDIO DANCE Latin based aerobics class that will have you smiling & working hard through the final cool down and stretch.

*Wristbands needed for this class. Wristband available on the Cardio Deck.

SILVERSNEAKERS CLASSES

SILVERSNEAKERS® MUSCULAR STRENGTH This class is designed to increase muscular strength, range of movement, & activity for daily living skills.

SILVERSNEAKERS® CARDIO CIRCUIT Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head to toe stretching, and complete relaxation in a comfortable position.

YOGA, TAI CHI, NIA, & PILATES

CLASSICAL PILATES this pilates class stays true to the classic pilates form designed by Joseph Pilates

FAMILY YOGA Music, song, story tale adventure and play are combined with basic yoga poses to create a fun and unique experience. Adults and children ages 6 and up.

GENTLE YOGA Gentle Yoga is a great class for beginners or for those needing a less strenuous workout than typical Yoga classes.

IYENGAR Yoga practice that emphasizes body alignment, spinal extension, and balanced development of muscular flexibility, strength and stamina.

NIA NIA draws from dance arts, martial arts, and healing arts. NIA is a movement practice that achieves mind, body, and spirit fitness.

OSTEO PILATES This class is designed to incorporate safe Pilates exercises into your bone building program. Exercises are modified, incorporating sound physical therapy principles to build the bones of the most vulnerable areas of the hip and spinal vertebrae.

PILATES A core strength-training program that will streamline your body and increase your flexibility.

RESTORATIVE YOGA Integrate mind/body/spirit connection through a gentle flow of postures, breath, sound vibration & meditation. Increases strength, flexibility & body awareness.

SILVERSNEAKERS® YOGA STRETCH This class is incorporates a variety of simple and safe yoga exercises that you'll do at your own pace. Using a chair for support, you'll increase flexibility, build endurance and learn how to relax and think more clearly.

TAI CHI Lower your blood pressure, reduce stress, and improve balance and coordination through ancient Tai Chi.

YOGA All fitness levels. Learn breath awareness, tone the body, lengthen contracted muscles, & increase stamina while building strength and flexibility.

YOGILATES YOGILATES is a fusion class combing the core concepts of both yoga and pilates.

YOGA ON THE BALL Yoga & exercise balls, light hand weights, and exercise bands for rapid gains in strength, flexibility, and deep muscle release. Meditation Focus. Beginners welcome.

YOUNGEVITY YOGA Youngevity Yoga has been used to successfully treat chronic neck back and pain. The routine improves flexibility and balance as well as athletic performance.

SPIN CLASS

CYCLE JAM Fast paced challenging cardio workout with top 40, pop, R&B and hip-hop music to get you going. Includes intervals, racing, hills and jumps for great 45 minute ride.

CYCLE POWER Each class gives you a wide variety of intensity with sprints, hills, flat road races, and even core conditioning work.

FREE STYLE SPIN Anything goes, fun mix of music and a variety of spin workouts.

HEART RATE TRAINING This spin class is designed to help you to train more effectively using heart rate zones.

SPIN/RUN CHALLENGE 30 minutes of spinning followed by a treadmill workout on the Cardio Deck with a core conditioning wrap up - Whew what a workout!

PEDAL & PUMP Make the most of your lunch hour with this total body workout - 30 min spin class followed by 15 minutes of core and strength training will energize you for the rest of the day!

SPINALATES 45 minutes of Spin followed by 30 minutes of Pilates core conditioning.

SUPER CYCLE Get a super workout with a variety of intensity and recovery segments that include hills, jumps, and flat roads. This class is followed by Core & More in Studio 3.

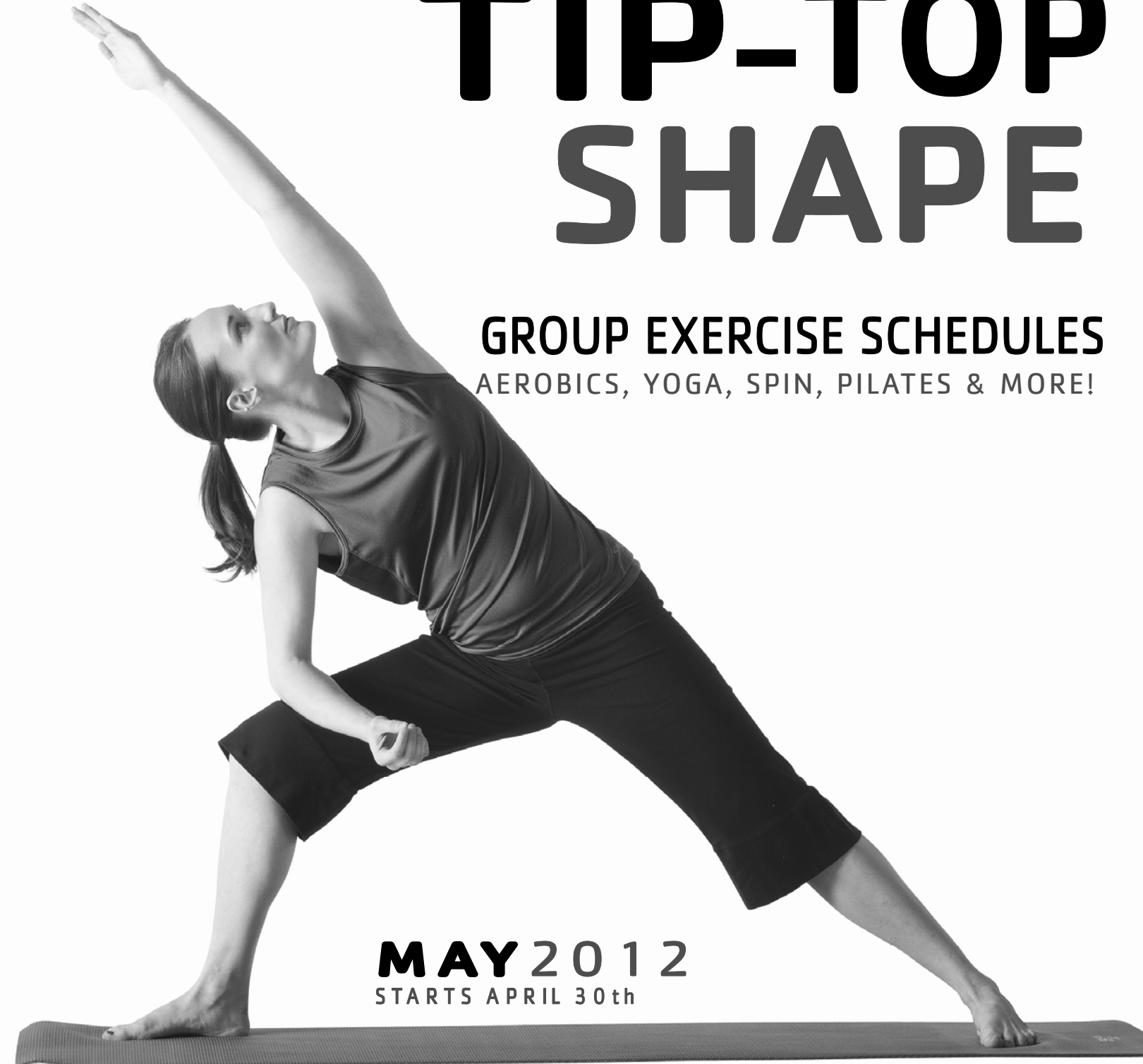
TRI SPIN Interval training for tri-athletes and athletes looking to maximize cycling fitness in minimal time. Focus is on form, efficiency, and effectiveness! After 50+ min class, there is an optional run workout (either drills, treadmill, outside) forming what tri-athletes call a "Brick" workout. All fitness levels welcome.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TIP-TOP SHAPE

GROUP EXERCISE SCHEDULES
AEROBICS, YOGA, SPIN, PILATES & MORE!



MAY 2012
STARTS APRIL 30th