



Albemarle Family YMCA Starter Schedule

FEBRUARY 2012

Mission: To put Judeo-Christian principles into practice through programs that build a healthy spirit, mind and body for all.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
		9:15-10:00 Stretch, Bend & Move <i>Cycling room</i>		9:15-10:00 Stretch, Bend & Move <i>Cycling room</i>			
		10:00-10:30 Starter Step					
	11:00-11:40 Intro to Cycling <i>2nd Mon.</i>	10:30-11:30 Arthritis class <i>Cycling room</i>		10:30-11:30 Arthritis class <i>Cycling room</i>			
PM							3:30-4:00 Starter Yoga <i>1st Sunday</i>
			4:05-4:30 Starter Pilates <i>3rd Wed of the Month</i>				
		6:30-7:10 Intro to Cycle <i>1st Tues. of the Month</i>					
						Classes that consistently have fewer than 6 participants are subject to cancellation.	

Each class includes a warm-up, work phase and cool-down. For your safety, if you arrive after the warm up has been completed, please wait for the next class.

Class Descriptions

Levels

Intro Classes are 30 minutes, designed to be attended one or more times. Basics of equipment usage, positions and techniques of various class types will be introduced.

Starter Classes are 30 minutes, geared toward the beginner exerciser.

Level I Classes are 15 to

60 minutes, geared toward the beginner to intermediate exerciser.

Level II Classes are 15 minutes or longer, geared toward the intermediate to advanced exerciser.

Multi Level Classes are 15 minutes or longer, geared to accommodate the beginner to advanced exerciser.

Classes

Arthritis Foundation Exercise Program Take control with exercise, an arthritis foundation exercise program designed for those with arthritis and related diseases. It is an hour class with health education, exercises, movement activities and relaxation. The three main types of exercises are: range of motion, strengthening, and endurance. These are designed to keep the joints moving, the muscles around the joints strong and the bones healthy.

Intro to Group Exercise will teach you the basics: what to wear, what to bring, how to monitor your heart rate. Come dressed to sample a variety of class options.

Stretch, Move and Bend is designed especially for active older adults and others who want to focus on increasing cardiovascular fitness, strength, balance and flexibility. Class includes low-impact movement performed at a lower intensity along with muscle conditioning and exercises for flexibility and balance.

Starter classes are geared toward the beginner exercise. These classes are a great way to explore our Group Exercise Program and find which classes best suit your needs.

Many of our Multi-Level classes, found on our Group Exercise Schedule in orange, are also accommodating to beginners.