



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE CLASSES

Dominion Tower YMCA

MARCH 5 – JUNE 3, 2012

Monday	Tuesday	Wednesday	Thursday	Friday
Yoga 12:15-1pm	Y-Pilates 12:15-1pm	Yoga 12:15-1pm	Abs and More 12:15-1pm	Yoga 12:15-1pm
Cardio Circuit* 5:15-5:45pm	Body Design* 5:15-6:15pm	20/20/20* 5:15-6:15pm		
Abs and More* 5:45-6:15pm				

CLASS INFORMATION

All classes are multi-level unless otherwise stated. Each class includes a warm-up, work phase and cool-down. For your safety, please do not enter a class more than five minutes after it has begun.

Classes that consistently have fewer than five participants are subject to cancellation.

*Members only Group Exercise classes.

Interested in Joining?

\$32/month Individual Membership (DT Only)

\$63/month Individual or \$88/month Family Membership (All Access – 17 family centers)

Or, see your HR Department for special corporate rates, where applicable.

Questions?

Contact Christine DeBastiani at 622-9622 or at cdebastiani@ymcashr.org.

CLASS DESCRIPTIONS

LEVELS

Multi Level Classes are 15 minute or longer classes geared to accommodate the beginner to advanced exerciser.

Instructor will demonstrate modifications for each level and will model the intermediate level exerciser.

CLASSES

20/20/20 is a total body workout and includes 20 minutes of cardiovascular conditioning, 20 minutes of strength training and 20 minutes of core exercises and stretching.

Abs and More – This class focuses on strengthening the core which include; the abdominal and low back muscles. Additional exercises that incorporate the upper and lower body may be added.

Body Design – A non-aerobic class designed to strengthen and condition the entire body using free weights, exercise tubing, or other equipment.

Cardio Circuit – This class alternates muscular strength and cardiovascular activities.

Y-Pilates – A class designed to strengthen and lengthen the core muscles. Breathing control and flexibility exercises are used to improve posture, body alignment and overall strength.

Yoga – Concentrate on improving balance, flexibility, relaxation and breathing techniques. This is a great way to learn how to manage and relieve stress.



YMCA OF SOUTH HAMPTON ROADS

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