



FOR YOUTH DEVELOPMENT  
**FOR HEALTHY LIVING**  
 FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE

Fall 2011

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early AM		6:05-6:50AM <b>Cycling</b> Multi-Level		6:05-6:50AM <b>Cycling</b> Multi-Level			
AM	7:50-9:00AM <b>Power Cut</b> Multi-Level		8:00-9:00AM <b>Yoga</b> Multi-Level		8:00-9:00AM <b>Power Cut</b> Multi-Level	8:05-9:05AM <b>Cycling</b> Multi-Level	
	9:05-10:15AM <b>Kick Boxing</b> Multi-Level	9:05-10:05AM <b>Stretch</b> Multi-Level	9:05-10:15AM <b>Kick Boxing</b> Multi-Level	9:05-10:05AM <b>Stretch</b> Multi-Level	9:05-10:15AM <b>Kick Boxing</b> Multi-Level	9:15-10:45 <b>Power Cut</b> Multi-Level *offered 2nd & 4th Sat.	
	10:30-11:30AM <b>Y Pilates</b> Level I	10:10-11:00AM <b>Cycling</b> Level I	10:30-11:30AM <b>Y Pilates</b> Multi-Level	10:15-11:00AM <b>Cycling</b> Level I		9:10-10:10 <b>PIYO</b> Multi-Level *offered 1st & 3rd Sat	
Lunch		11:20-12:20PM <b>PIYO</b> Multi-Level		11:20-12:20PM <b>PIYO</b> Multi-Level			
		12:30-1:30 PM <b>Stretch, Move &amp; Bend (SENIORS)</b>		12:30-1:30 PM <b>Senior Fitness (SENIORS)</b>			
PM	4:30-4:55PM <b>Abs and More</b> Multi-Level						
	5:00-5:30PM <b>Step</b> Level I	5:05-5:35PM <b>Step</b> Level II	5:00-5:30PM <b>Abs and More</b> Multi-Level	5:05-5:35PM <b>Step</b> Level II			
	5:35-6:35PM <b>Cycling</b> Multi-Level	5:40-6:55PM <b>Power Cut</b> Multi-Level	5:35-6:35PM <b>Zumba</b> Multi-Level	5:40-6:55PM <b>Power Cut</b> Multi-Level			
			6:35-7:25PM <b>Pilates</b>		6:00-7:30PM <b>Yoga</b>		

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# Class Descriptions

## Levels

**Starter Classes** are classes geared towards the beginner exerciser. The basics of equipment usage, positions and techniques may be introduced.

**Level I Classes** are 15 to 60 minute classes geared towards the beginner to intermediate exerciser.

**Level II Classes** are 15 minutes or longer classes geared towards the intermediate to advanced exerciser.

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

## Land Classes

**20/20/20** - A total body workout, this class includes **20** minutes of cardiovascular conditioning, **20** minutes of strength training, and **20** minutes of core exercises.

**Abs** - This class focuses on exercises that strengthen and tone the mid-section or core of the body which includes the abdominals and lower back muscles.

**Abs and More** - This class focuses on strengthening the core which include the abdominal and lower 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.

**Y-Boot Camp** - this class challenges the body with a variety of cardio and strength training techniques. Calisthenics type exercises are an integral part of this program.

**Cardio Circuit** - This class alternates muscular strength and cardiovascular activities.

**Chair yoga** - This class is a gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support.

**Cycling** - This cardiovascular workout is performed on a stationary bicycle, focusing on proper body alignment and proper cycling techniques.. Please bring a water bottle.

- **Starter class is required for proper seat setup and basic cycling techniques.**
- **The cycling room has a small designated "No Floor Fan" zone. This excludes oscillating fans!**

**Hap Ki Do** - Improve your self-confidence, self-respect and respect for others, discipline, coordination and

physical conditioning while practicing skills that would help you overcome a variety of difficult situations.

**Hip Hop** - This is a high energy cardiovascular class that incorporates hip hop dance steps set to the latest sounds in R&B and pop music.

**Kickboxing** - A cardiovascular workout that incorporates martial arts, shadow boxing, kick boxing, and sports drills.

**Low Impact** - This is a cardiovascular workout using movements where one foot always remains on the floor, putting minimal stress on the joints. Class may include some muscle conditioning exercises.

**Orientation to Group Exercise** - Let us teach you the basics of participating in Group Exercise classes; what to wear, how to monitor your heart rate and come dressed ready to sample several types of class options. Held the 1st & 3rd Saturday of the month.

**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.

**Power Cut** - Muscle conditioning for the entire body with repetitions set to music using plate-loaded bars. Dumbbells, bands, and body bars may also be incorporated.

**Stability Ball** - This class is a total body conditioning class that enhances balance, strength and improves range of motion using a stability ball. Free weights and other equipment may be used.

**Step** - An aerobic class that utilizes choreography on a step platform throughout the workout. Class may include abdominal and muscle conditioning exercises.

**Step Interval** - Alternating high & low intensity activities such as step and hi/low cardiovascular workout. This class may also include muscle conditioning exercises.

**Stretch** - Improve your flexibility and muscle tone with a concentration on body awareness, breathing techniques and increased range of motion.

**Tai Chi** - An ancient Chinese discipline focused on slow fluid movements for balance, control, precision, strength, and flexibility

**Yoga** - This class concentrates on improving balance, flexibility, relaxation and breathing techniques. This is a great

way to learn how to manage and relieve stress.

- **Classic Yoga** - A traditional yoga class which includes a variety of postures that improves balance, flexibility, strength and relaxation while focusing on breath. Class may include sequences and/or postures.
- **Flow Yoga** - An invigorating class that focuses on coordinating movements with breath while moving smoothly from one posture to the next to improve endurance, strength, flexibility and balance.

\* **Zumba** - A cardiovascular workout using Latin inspired dance moves set to international music.

**Zumba Tone** - Blend body-sculpting techniques and specific Zumba moves into one calorie-burning, strength-training class.

\* **Dance fitness shoes recommended. These shoes have multi-directional support and little tread on the sole. They are lightweight and make it easy to pivot and glide across the floor.**

## Water Classes

**20/20/20** - This 60-minute class focuses on 20 minutes of traditional water exercises, 20 minutes of another type of cardio (kickboxing, cardio with the noodle or buoyancy bars, etc), and 20 minutes of strength training using a variety of resistance equipment. This class is designed for participants wanting a challenge but is appropriate for all levels of fitness.

**Aqua Zumba** - This 60 minute class is the "pool party" workout for all ages. Enjoy a fun & challenging cardiovascular water based workout using Latin inspired dance moves set to international music.

**Water Blast** - A 60 minute water exercise class for those participants who want more intensity. Instructor may work in shallow water or deep water using suspended or power moves. This class is designed for participants wanting a challenging workout but is appropriate for all fitness levels. This class will incorporate strength training for muscle conditioning.

**Water Fitness** - This 60 minute class is performed with minimal impact on the joints, this class is designed for all fitness levels. The instructor will incorporate various cardiovascular training techniques and may use a variety of resistance equipment.