



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

# GROUP EXERCISE

Effingham Street Family YMCA

February 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Zumba® Toning 9:15 - 10:15am		Cardio Circuit 9:15 - 10:15am		Zumba® Gold 9:15- 10:15am Ⓢ	February Special Classes 9:15-10:15am 4th Cycling 11th Body Design 18th Cardio Circuit 25th 20/20/20	Classes that consistently have fewer than 8 participants are subject to cancellation.
	Cycling 10:15 - 11am						
Lunch	Cycling 12 - 12:45pm	Cycling 12 - 12:45pm		Cycling 12 - 12:45pm		Zumba® 10:30am - 11:30am	
PM	Cycling 6 - 7pm	Cycling 6 - 7pm	Cycling 6 - 7pm	Cardio Circuit 6 - 7pm	Yoga 5 - 6pm	Children ages 8-12 may participate in Starter, Level I and Multi-level Group Exercise classes with a parent or super- vising guardian upon completion of KidQuest Orientation.  For their safety, children ages 12 and younger may not participate in Cycling or Level II Group Exercise classes. In order to properly fit the Cycling bikes, the minimum height is five feet.	
	Zumba® 6 - 7pm				Y-Pilates 6 - 7pm		
	Abs & More 7 - 7:30pm Ⓢ	Zumba® 7 - 8pm	Strength & Tone 7 - 7:30pm Ⓢ	Abs & More 7 - 7:30pm Ⓢ			

\*All classes are multi-level unless otherwise stated. Please do not enter class more than 5 minutes after it has begun.

Ⓢ Indicates either a 30-minute or a class that is suitable for starters.

## Class Descriptions

### Level

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

**20/20/20** - A total body workout, this class includes **20** minutes or cardiovascular conditioning, **20** minutes of strength training and **20** minutes of exercises for your core (abs & back muscles).

**Abs & 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.

**Cardio Circuit** - This class alternates muscular strengthening exercises with cardiovascular activities.

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

- **Please arrive 10 minutes prior to class start time for seat set-up and basic cycling techniques instruction.**

**Strength & Tone** - This strength workout is designed to condition the entire body using resistance exercises to develop muscular strength. Plate-loaded bars, hand weights, balls and more may be used during the class.

**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** - This class concentrates on improving balance, flexibility, relaxation and breathing techniques. This is a great way to learn how to manage and relieve stress.

**Zumba®** - A cardiovascular workout using Latin inspired dance moves set to international music. (Dance 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.)

**Zumba® Gold** - A Zumba® class designed for active older adults and others who desire a lower-intensity Zumba® class.

**Zumba® Toning** - A higher-intensity Zumba® class that incorporates a calorie-burning, strength-training workout using lightweight, maraca-like Toning Sticks to enhance rhythm and tone the body, including upper and lower body and core.