

Y GROUP EXERCISE™

Effingham Family YMCA

September 2010

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
Early AM							
AM	9:00-10:00 Level 1 Low Impact	9:30-10:30 Level 1 Yoga	9:00-10:00 Level 1 Low Impact		9:00-10:00 Level 1 Low Impact	11:15-12:15 Multi-Level Zumba	
Lunch	12:00-12:45 Multi-Level Cycling	12:00-12:45 Multi-Level Cycling	12:00-12:45 Multi-Level Body Design (begins 9/8)	12:00-12:45 Multi-Level Cycling			
	12:45-1:00 Multi-Level Abs (begins 9/13)		12:45-1:00 Multi-Level Abs (begins 9/8)				
PM		5:30-5:45 Multi-Level Abs	6:00-7:00 Multi-Level Body Design	5:30-5:45 Multi-Level Abs	5:00-6:00 Multi-Level Yoga		
	6:00-7:00 Multi-Level Cycling	6:00-7:00 Level 1 Belly Dance	6:00-7:00 Multi-Level Cycling	6:00-7:00 Multi-Level Cycling	6:00-7:00 Multi-Level Y-Pilates		
	7:00-8:00 Multi-Level Zumba	7:00-8:00 Multi-Level Zumba		6:00-7:00 Multi-Level Zumba	6:00-7:00 Multi-Level Cycling (begins 9/10)		
				7:00-8:00 Multi-level Belly Dance			
						Classes that consistently have fewer than 3 participants are subject to cancellation.	

Each class includes a warm-up, work phase and cool-down. For your safety, if you arrive more than **five minutes late**, a good alternative is to use the Fitness Center. Stop by Member Services or ask a FitQuest Coach to help you get started.



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

Abs focuses on exercises that strengthen and tone the mid-section (core) of the body which includes the abdominals and lower back muscles.

Belly Dancing focuses on core muscles and balance while having fun!

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 challenges the body with a variety of cardio and strength training techniques through Calisthenics-type exercises.

Cycling is performed on a stationary bicycle, focusing on proper body alignment and cycling techniques. Please bring a towel and water.

Kickboxing combines shadow boxing, kick boxing and sports drills to involve the whole body.

Low Impact is a cardiovascular workout that uses movements where one foot always remains on the floor, putting minimal stress on the

joints. Class may include some muscle conditioning exercises.

Step is an aerobic class that utilizes a step platform throughout the workout.

Water Aerobics improves cardiovascular endurance and tones muscles by using the resistance of the water. The class includes cardio, muscular conditioning and stretching.

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

Y-Pilates strengthens and lengthens core muscles. Breathing control and flexibility exercises are used to improve posture, body alignment and overall strength.

Zumba – A cardiovascular workout using Latin inspired dance moves set to international music.