

Y GROUP EXERCISE™

James L. Camp Jr. Family
(757) 562-3491 YMCA

Spring Schedule—2010

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

Indoor Pool

Cycling Studio

Group Ex Studio A

Group Ex Studio B

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early AM		Yoga 6:00—7:00		Yoga 6:00—7:00			
	Cycling 8:00—9:00	Pilates 8:00—9:00	Cycling 8:00—9:00	Pilates 8:00—9:00	Cycling 8:00—9:00		
AM	Body Design 9:00—10:00	Step Interval 9:00—10:00	Body Design 9:00—10:00	Step Interval 9:00—10:00	Body Design 9:00—10:00	Cycling 9:00—10:00	
	Water-Robics 9:00—10:00	Cycling 9:00—10:00	Water-Robics 9:00—10:00	Cycling 9:00—10:00	Water-Robics 9:00—10:00	Instructor's Choice 9:00—10:00	March Only!
	Beginner Step 9:00—10:00	Arthritis Water 9:00—10:00	ZUMBA® 9:00—10:00	Arthritis Water 9:00—10:00	Beginner Step 9:00—10:00	Arthritis Water 9:00—10:00	
		Stretch Move & Bend 9:30—10:30		Stretch Move & Bend 9:30—10:30			
	Arthritis Water 10:00—11:00	Abs & More 10:05—10:35	Arthritis Water 10:00—11:00	Abs & More 10:05—10:35	Arthritis Water 10:00—11:00		
	Yoga 10:15—11:15		Yoga 10:15—11:15		Yoga 10:15—11:15		
PM	20/20/15 5:30—6:30	Low Impact 5:30—6:30	20/20/15 5:30—6:30	ZUMBA® 5:30—6:30			
		Kickboxing 5:30—6:30				Class & Instructor Schedules are available at the Information Center.	
	Cycling 6:00—7:00	Cycling 6:00—7:00	Cycling 6:00—7:00	Cycling 6:00—7:00			
		Deep Water 6:00—6:45		Deep Water 6:00—6:45			
	Yoga 6:45—7:45	Yoga 6:45—7:45		Pilates / Stretch 7:00—8:00		Classes that consistently have fewer than 8 participants are subject to cancellation.	

Each class includes a warm-up, work phase and cool-down. Are you new to Cycling Classes? If so, please arrive 10 minutes early for a bike fitting.

Y | **ACTIVATE AMERICA**
YMCA



- Cardiovascular Workout



- Strength Training



- 30-minute class



- Great for Beginners

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Class Descriptions


Class Components


 Cardiovascular Workout




 Great for Beginners




 Strength Training



 30-Minutes Workout

Abs and More —focuses on strengthening the core muscles which include the abdominals and lower back. Additional exercises that incorporate the upper and lower back may be included. 


Arthritis Water Exercise—Offered in collaboration with the Arthritis Foundation, this class is geared toward alleviating pain and improving the life quality of those with arthritis. 




Beginner Step—Great for anyone just starting out. This class consists of basic step and pattern combinations. Strength components included.   


Body Design —strengthens and conditions the entire body using free weights, exercise tubing or other equipment.   


Cycling —is performed on a stationary bicycle, focusing on proper body alignment and cycling techniques. Please bring a towel and water. A bike fitting is required before attending your first class. Youth must be 13 years of age to attend cycling classes.  



Instructor Choice — will be determined by the instructor and may change each class. Held on Saturdays the months of January and February only.



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.   


Pilates Matwork—Begin your Pilates matwork training with a solid foundation of the Pilates techniques that provide the key to deriving the maximum benefit from the exercises. Develop of the Pilates principles of proper breathing, body posturing & alignment and concentration on the skills. Participants should provide their own Yoga/Pilates Mat. 



Pilates / Stretch—this class has two 30-minutes components. First half focuses on traditional Pilates matwork exercises followed by traditional stretching exercises for the entire body. 

Step Interval —combines alternating step aerobic combinations with strength training exercises for a total body workout.  

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.  

Water Fitness—Improves cardiovascular endurance and tones muscles by using the buoyancy and resistance of water. Hand-held floatation devices used.  

Yoga—concentrates on improving balance, flexibility, relaxation and breathing techniques. This is a great way to learn how to manage and relieve stress. Participants are required to bring their own Yoga Mats. Blocks and Straps are provided. 

Zumba—is a cardiovascular workout that uses Latin-inspired dance moves set to international music.  

20 / 20 / 15—this is a total body workout. Challenge yourself with 20 minutes of simple, non-choreographed aerobic conditioning, 20 minutes of strength conditioning and 15 minutes of core training. Excellent co-ed class in a basic boot camp format. 