

YGROUP EXERCISE™

Great Bridge/Hickory
Family YMCA

WINTER 2010

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

Intro Class

Starter Class

Level I Class

Level II Class

Multi-Level Class

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	5:45 - 6:45 Yoga	5:45 - 6:45 Yoga		5:45 - 6:45 Yoga	5:45 - 6:45 Y Boot Camp		
	5:45 - 6:45 Y Boot Camp	↔ in gymnasium ↔		5:45 - 6:45 Y Boot Camp		Classes that consistently have fewer than 8 participants are subject to cancellation.	
			6:00 - 7:00 Tai Chi				
	8:30 - 9:30 Step	8:00 - 9:00 Yoga	8:15 - 9:00 Y-Pilates	8:00 - 9:00 Yoga	8:15 - 9:15 Kickboxing	8:00 - 8:25 Intro to Yoga	
	in gymnasium →	9:00 - 9:45 Y Boot Camp	8:30 - 9:00 Treading		8:45 - 9:15 Treading	8:30 - 9:20 Yoga	
	8:45 - 9:15 Treading	9:05 - 10:05 Step Interval		9:10-10:10 Step			
	9:40 - 10:40 Body Design		9:15-10:15 Body Design		9:30 - 10:30 Body Design		
	9:30-10:30 Y Boot Camp	← in gymnasium ←		in gymnasium →	9:30-10:30 Y Boot Camp	9:30 - 10:30 20, 20, 20	
10:50 - 11:50 Zumba	10:15 - 11:10 Y Pilates	10:30 - 11:30 Zumba	10:15 - 11:10 Y Pilates		10:45 - 11:45 Zumba		
Lunch	12:00 - 1:00 Tai Chi	11:30 - 12:15 Chair Exercise	11:45 - 12:45 Belly Dancing	11:30 - 12:15 Chair Exercise	11:00 - 12:00 Belly Dancing		11:30-12:30 Yoga
		12:30 - 1:30 Belly Dancing	1:00 - 1:30 Mini-Boot	12:30 - 1:30 Zumba	12:15 - 1:15 Zumba		12:45 - 1:30 Zumba
			1:30 - 1:45 Ab Add-On				1:45 - 2:30 Zumba
PM	4:30 - 5:20 Stability Ball	4:15 - 5:15 Zumba	4:30 - 5:15 ZumbAtomic	4:30 - 5:25 Step Interval	4:30 - 5:30 Step II		
	5:30 - 6:25 Step	5:30 - 6:25 Body Design	5:30 - 6:30 Body Design	5:30 - 6:30 Body Design	6:00 - 7:00 Teen Yoga	1st Friday every month only	
	6:30 - 7:25 PiYo	6:30 - 7:20 Y Pilates	6:45 - 7:45 Zumba	6:45 - 7:45 Y Pilates			
	7:35 - 8:35 Yoga	7:30 - 8:30 Yoga	8:00 - 9:00 Belly Dancing	8:00 - 9:00 Yoga			
		8:45 - 9:45 Ballroom Dance	Ballroom returns March 2		A new dance step is introduced each month. Plan on attending the 1st or 2nd Tuesday of the month to familiarize yourself with the steps.		



Each class includes a warm-up, work phase and cool-down.

Strength Training

30-minute class

updated Feb. 15

We build strong kids, strong families, strong communities.

www.ymcashr.org

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

20, 20, 20 focuses on overall shaping and toning with 20 minutes of cardio, 20 minutes of weights and 20 minutes of flexibility.

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

Ballroom Dance teaches individual and partner dance steps such as Foxtrot, Swing, Cha-Cha, Waltz & the Hustle.

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

Body Design strengthens and conditions 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.

Chair Exercise is perfect for the active older adult and is primarily performed in a chair (although some standing exercises may be incorporated). Tubing and other equipment may be used to improve strength, flexibility and balance.

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

Mini-Boot is a condensed 30-minute version of Y-Boot Camp.

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

PiYo is a unique athletic blend of Pilates and yoga in one class.

Stability Ball is a great total body conditioning class that enhances balance and strength with the use of a stability ball. Free weights and other equipment may be used.

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

Step Interval combines step aerobics and strength training for a total body workout.

Tai Chi is an ancient Chinese discipline focused on slow, fluid movements for balance, control, precision, strength and flexibility.

Teen Yoga is designed specifically for ages 13 - 17 and follows the teachings of a traditional yoga class. Classes include a variety of postures that improve balance, flexibility, strength and relaxation while focusing on breathing. Sorry parents - this class is for teens only.

Treading is a coach-led exercise session utilizing the treadmill.

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

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

ZumbAtomic is for children ages 7 - 13 and is based on the same elements as an adult Zumba class. This class is an exciting way for kids to exercise and have fun while learning to dance.