



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

# GROUP EXERCISE CLASSES

## GREAT BRIDGE/HICKORY FAMILY YMCA

WINTER 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>NEW!</b> begins Feb. 7	<b>ZUMBA</b> 6:00-7:00am level 2	<b>Y BOOT CAMP</b> 5:30-6:30am level 2 - in gym	<b>YOGA</b> 5:45-6:45am multi-level	<b>Y BOOT CAMP</b> 5:30-6:30am level 2 - in gym		
<b>STEP</b> 8:30-9:30am level 1	<b>YOGA</b> 8:00-9:00am multi-level	<b>Y PILATES</b> 8:15-9:00am level 2	<b>YOGA</b> 8:00-9:00am multi-level		<b>INTRO to YOGA</b> 8:00-8:25am	
<b>TREADING</b> 8:45-9:15am multi-level	<b>Y BOOT CAMP</b> 9:00-10:00am level 2 - in gym	<b>TREADING</b> 8:45-9:15am multi-level	<b>STEP</b> 9:10-10:10am level 2	<b>STEP &amp; TONE</b> 8:30-9:15am level 2	<b>YOGA</b> 8:30-9:20am multi-level	
<b>BODY DESIGN</b> <b>T</b> 9:40-10:40am level 2	<b>20-20-20</b> 9:05-10:05am level 2	<b>BODY DESIGN</b> <b>T</b> 9:15-10:15am level 2		<b>BODY DESIGN</b> <b>T</b> 9:30-10:30am level 2	<b>ZUMBA</b> 9:30-10:30am level 2	
<b>Y BOOT CAMP</b> 9:45-10:30am level 2 - in gym	<b>Y PILATES</b> 10:15-11:10am level 2	<b>ZUMBA</b> 10:30-11:30am level 2	<b>Y PILATES</b> 10:15-11:15am level 2	<b>Y BOOT CAMP</b> 9:45-10:45am level 2 - in gym	<b>BODY DESIGN</b> 10:45-11:45am level 2	
<b>ZUMBA</b> 10:50-11:50am level 2	<b>STEP &amp; TONE</b> 11:20-12:20pm level 2	<b>ZUMBA GOLD</b> <b>NEW!</b> 11:45-12:45pm older adults/beginners	<b>ZUMBA</b> 11:30-12:30pm level 2	<b>ZUMBA</b> 11:00-12:00pm level 2		<b>YOGA</b> 11:30-12:30pm level 2
	<b>CHAIR EXERCISE</b> 11:30-12:15pm beginner	Chair Exercise held in MultiPurpose Room	<b>CHAIR EXERCISE</b> 11:30-12:15pm beginner		<b>20-20-20</b> 12:00-1:00pm level 2	<b>ZUMBA</b> 12:45-1:30pm level 2
<b>KARDIO KIDS</b> <b>NEW!</b> 4:00-4:30pm for ages 5 - 9	<b>ZUMBA</b> 12:30-1:30pm level 2	<b>20-20-20</b> 1:00-2:00pm level 2	<b>MODERN MOVEMENT</b> 12:45-2:00pm level 2			<b>ZUMBA</b> 1:45-2:45pm level 2
<b>TABATA</b> <b>NEW!</b> 4:45-5:15pm level 2 - advanced	<b>ZUMBA</b> 4:15-5:15pm level 2	<b>Y PILATES</b> 4:15-5:15pm level 2	<b>ZUMBA</b> 4:30-5:25pm level 2	<b>STEP II</b> 4:30-5:30pm level 2		
<b>STEP</b> 5:30-6:25pm level 1	<b>BODY DESIGN</b> <b>T</b> 5:30-6:25pm level 2	<b>BODY DESIGN</b> 5:30-6:30pm level 2	<b>BODY DESIGN</b> 5:40-6:30pm level 2			
<b>YOGA</b> 6:30-7:25pm level 2	<b>YOGA</b> 6:45-7:45pm level 2	<b>ZUMBA</b> 6:45-7:45pm level 2	<b>YOGA</b> 6:45-7:45pm level 2			
<b>ZUMBA</b> 7:35-8:35pm level 2	<b>BALLROOM DANCE</b> 8:00-9:30pm level 1	<b>YOGA</b> 8:00-9:00pm level 2	<b>INTRO TO MEDITATION</b> 7:55-8:25pm			
<b>BALLROOM DANCE</b> 8:45-9:45pm level 2 - advanced	(A new dance step is taught each month. Beginner steps taught 8:00-8:45 followed by open dance with instruction.)					

**EACH CLASS INCLUDES A WARM-UP, WORK PHASE AND COOL-DOWN.**

This symbol notes that small weights are used in class. Members must be at least 13 years old to participate in classes that use weights.

**T** Due to the popularity of Body Design, some classes require a ticket to participate. One ticket will be issued per member. Tickets are available one hour before the start of class.

### AGE GUIDELINES

Ages 13+ may participate in Group Exercise classes without a parent or supervising guardian. Exceptions to this rule are classes using free weights, during which a parent or guardian must be present.

Ages 8 - 12 may participate in level 1 Group Exercise classes with a parent or supervising guardian. Please note that introductory and starter classes are considered level 1 classes.

CLASSES THAT CONSISTENTLY HAVE FEWER THAN 8 PARTICIPANTS ARE SUBJECT TO CANCELLATION.

For more information about Group Exercise, contact Health & Fitness Director, Linda Reiske at 546-9622 or lreiske@ymcashr.org

**REMINDER:** When Chesapeake Public Schools are not in session, Group Exercise classes regularly held in the gymnasium will not occur.

updated  
Jan. 24

# CLASS DESCRIPTIONS

**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 1 classes** are 15 to 60 minutes, geared toward the beginner to intermediate exerciser.

**Level 2 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.

**BALLROOM DANCE** is a low-impact dance to enjoy at any age, and teaches individual and partner dance steps such as Foxtrot, Swing, Cha-Cha, Waltz and the Hustle.

- **Level 1** is designed for people new to ballroom dancing. No prior knowledge of ballroom is required. Beginner steps are taught during the first 45 minutes of class, followed by another 45 minutes when dancers can build upon what they have learned with open dance time.
- **Level 2** is for ballroom dancers familiar with the basics. It is recommended to attend the Ballroom Level 1 class before attending Level 2.

**BODY DESIGN** strengthens and conditions the entire body using free weights, exercise tubing or other equipment.  
(Certain class times may require a ticket. See reverse side for details.)

**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. Class is held in the MultiPurpose Room.

**INTRODUCTION TO MEDITATION** will focus on a different meditation technique each month. Practice consciously stilling the mind while heightening awareness and increasing the ability to process information. Reduce stress associated with restless thought patterns and behavior.

**KARDIO KIDS** keeps children active for 30 minutes with age-appropriate aerobic games, releasing energy through fun and funky movements in a non-competitive atmosphere.

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

**MOVEMENT MOVEMENT** begins by waking up muscles with floor exercises, followed by ballet-based contemporary dance choreography, and ends with deep stretching. Socks are the recommended footwear for greatest agility.

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

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

**STEP & TONE** is a combination of basic step, calisthenics and resistance training that is sure to burn lots of calories and build lean muscle.

**TABATA** training incorporates a circuit comprised of strength and cardio exercises. The basic Tabata concept is to exercise at a high intensity for 20 seconds, followed by 10 seconds of rest. This process is repeated for a total of 8 times, all to be completed in 20 minutes. Class begins with a 5-minute warm up and ends with a 5-minute cool down.

**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** builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms to Latin-inspired dance moves set to international music.

**ZUMBA GOLD** takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Zumba Gold is not a class for children.