

Y STARTER CLASSES™

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.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM			6:00 - 7:00 Tai Chi			8:00 - 8:25 Intro to Yoga	
						8:15 - 8:45 Gentle Progressive Aquatics	
	9:00 - 9:45 Gentle Progressive Aquatics	9:00 - 9:45 Gentle Progressive Aquatics	9:00 - 9:45 Gentle Progressive Aquatics	9:00 - 9:45 Gentle Progressive Aquatics	9:00 - 9:45 Gentle Progressive Aquatics		
	10:30 - 11:15 Level 1 Cycle				10:30 - 11:15 Starter Cycle		
		11:30 - 12:15 Chair Exercise		11:30 - 12:15 Chair Exercise			
LUNCH	12:00 - 1:00 Gentle Progressive Aquatics	12:00 - 1:00 Aqua Combo	12:00 - 1:00 Gentle Progressive Aquatics	12:00 - 1:00 Aqua Combo	12:00 - 1:00 Gentle Progressive Aquatics		
	12:00 - 1:00 Tai Chi						12:45-1:30pm Zumba
PM	4:30 - 5:20 Stability Ball						3:15 - 3:45 Intro to Cycle
	5:30 - 6:25 Step						
	6:30 - 7:25 PiYo		4:30 - 5:15 ZumbAtomic ages 7 - 13			Classes that consistently have fewer than 8 participants are subject to cancellation.	

Starter classes are geared toward the beginner exerciser. These classes are a great way to explore our Group Exercise program and find which classes best suit your needs.

Many of our Multi-Level classes, found on our Group Exercise schedule in orange, are also accommodating to beginners.

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



We build strong kids, strong families, strong communities.

www.ymcashr.org

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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

Aqua Combo gives you the benefits of strength training along with range of motion exercises. Train in the water to enhance mobility necessary for performing daily activities.

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.

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

Gentle Progressive Aquatics is a class based on the principles of the Arthritis Foundation, in which you use the water to improve joint flexibility and muscle strength. This class is held in the heated therapeutic pool.

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.

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

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.