

Y STARTER CLASSES™

Great Bridge/Hickory
Family YMCA

FALL 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						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 Starter Cycle						
LUNCH		11:30 - 12:15 Chair Exercise <i>MultiPurpose Room</i>		11:30 - 12:15 Chair Exercise <i>MultiPurpose Room</i>			
	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 - 12:45 Intro to Zumba <i>1st Saturday of each month only</i>	
PM	3:45 - 4:15 Kardio Kids <i>for ages 5 - 9</i>						
	4:30 - 5:20 Stability Ball						2:15 - 2:45 Intro to Cycle
	5:30 - 6:25 Step						<i>updated Nov. 15</i>
	6:30 - 7:25 PiYo					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, 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.

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.

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.

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.