



YGROUP EXERCISE Greenbrier North YMCA

January 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
EARLY AM		<u>6 - 7am</u> Cycling Multi - Level	<u>6-7:00am</u> Y Boot Camp Multi Level		<u>6 - 7am</u> Cycling Multi - Level	
AM <i>Child Watch Open from 9am - 12pm</i>		<u>9 - 10am</u> Y - Pilates Multi - Level		<u>9 - 10am</u> Y - Pilates Starter		<u>8:30 - 9:30am</u> Y Bootcamp Multi- Level
	 <p>Y-Change is a new 6-week program designed to help you personally meet your fitness goals. We'll help you embrace a lifestyle of good habits, regular exercise, and the joyfulness of fellowship offered by our programs. Please visit Member Services or our website @ www.ymcashr.org for more information about Y-Change, list of dates and times, etc.</p>					<u>10:30 - 11:30am</u> Orientation to Group Exercise Intro <i>Class will be 3rd Friday</i>
LUNCH	<u>12:15 - 12:45pm</u> Strength & Tone Starter	<u>12:15 - 12:45pm</u> Cycling Multi - Level	<u>12:15 - 12:45pm</u> Strength & Tone Multi-Level	<u>12:15 - 12:45pm</u> Cycling Starter	<u>12:15 - 12:45pm</u> Abs Multi - Level	
PM <i>Child Watch & I - Zone Open from 5 - 8pm</i>				<u>5:45 - 6:15pm</u> Yoga Starter		
	<u>6 - 6:30pm</u> Strength & Tone Starter / Level I	<u>6:15—7:15pm</u> Hip Hop Multi - Level	<u>6:00—7:15pm</u> Martial Arts Multi - Level	<u>6:30 - 7:30pm</u> Zumba Multi - Level		
	<u>6:35 - 7:20pm</u> Cycling Multi - Level	<u>6:35 - 7:20pm</u> Cycling Starter	<u>6:30—7:30pm</u> Women on Weights Multi-Level	<u>6:35 - 7:20pm</u> Cycling Multi - Level	<u>6:30 - 7:30pm</u> Body Design Level I	
	<u>6:35 - 7:20pm</u> Martial Arts		<u>6:35 - 7:20pm</u> Cycling			
LATE PM	<u>7:25 - 7:45pm</u> Abs Multi - Level	<u>7:30 - 8:30pm</u> Latin Dance Multi - Level	<u>7:25 - 7:45pm</u> Abs Multi - Level	<u>7:25 - 7:45pm</u> Abs Multi - Level	 <p>Classes that consistently have fewer than <u>4 participants</u> are subject to cancellation.</p>	

Greenbrier North YMCA Wellness & Racquetball Center
We build strong kids, strong families, strong communities.
 2100 Old Greenbrier Road • Chesapeake, VA 23320 • (757) 366-9622 • 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 & III 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

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

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.

Cardio Circuit alternates muscular strengthening exercises with cardiovascular activities.

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

Hip Hop, a high energy cardiovascular class, incorporates hip hop dance steps set to the latest sounds in R&B and pop music.

Instructor Choice will be determined by the instructor and may change each class.

Kidfit I & III, for ages 3 to 5, & 9 to 12 combines interactive and fun games with lots of organized physical activity.

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

Martial Arts incorporates basic athletic movements that are adapted from boxing, kickboxing, tae kwon do and kung fu.

Orientation to Group Exercise (GEX) will teach you the basics: what to wear, what to bring, how to monitor your heart rate. Come dressed to sample a variety of class options.

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.

Strength & Tone conditions the entire body using resistance exercises to develop muscular strength and endurance. Hand weights, balls and more may be used during the class.

Stretch improves flexibility and muscle tone with a concentration on body awareness, breathing techniques and increased range of motion.

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.



Looking for that "mobile" Personal Trainer that can follow you wherever you go? Looking for a group cycle class to take but there is no class being held the time you come to workout at the YMCA?

Then, look no further because we have the answer! Introducing, the **FitP3**, brought to you in part by MyE Entertainment.

The goal of the FitP3 is simple. To provide motivating, convenient cardio exercise options to members, by downloading pre-designed music/instructor command programs from a Kiosk Station to the FitP3. Members have access to multiple exercise modes, genres, durations, & intensity levels to meet individual needs.

Cost: \$30 (\$37 to include armband)