



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE CLASSES

GREENBRIER NORTH YMCA

FEBRUARY 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Early Morning</b>		Cycle 6-7am	Boot Camp 6 - 7am		Cycle 6-7am	
<b>Morning</b>	Starter Zumba 10:45 - 11:45am	Pilates 9 - 10am  Starter Cycle 10 - 10:30am	Zumba 10:30 - 11:30am	Starter Pilates 9 - 10am  Starter Cycle 10 - 10:30am		Level II Boot Camp 8:30 - 9:30am
<b>Lunch time Express</b>	Strength & Tone 12:15 - 1pm	Cycle 12: 15 - 1pm	Boot Camp 12:15 - 1pm	Cycle 12:15 - 1pm	Abs & More 12:15 - 1pm	
<b>Evening</b>	Strength & Tone 6 - 6:30pm  Starter Martial Arts Fitness 6:35 - 7:35pm  Cycle II 6:35 - 7:35pm  Abs & More 7:40 - 8:10pm	Starter Zumba 6:30 - 7:30pm	Martial Arts Fitness 6:35 - 7:35pm	Level II Zumba 6:30 - 7:30pm  Cycle 6:35 - 7:35pm  Abs & More 7:40 - 8:10pm	Ballroom Dance 6:30 - 7:30pm	

All classes are multi level unless indicated.

# CLASS INFORMATION

All classes are multi-level unless otherwise stated. Each class includes a warm-up, work phase and cool-down. For your safety, please do not enter a class more than five minutes after it has begun.

Classes that consistently have fewer than six participants are subject to cancellation.

## Cycling Classes

If you are new to Group Cycling classes, please arrive 15 minutes early for a bike fitting. Please bring a towel and a bottle of water to class.

## Age Guidelines

Ages 13+ may participate in all Group Exercise classes without a parent or supervising guardian.

Ages 8–12 may participate in Level I Group Exercise classes with a parent or supervising guardian.

For their safety, children ages 13 and younger may not participate in a Level II Group Exercise/Cycling class. In order to properly fit the bikes, the minimum height requirement is five feet.

# CLASS DESCRIPTIONS

**Starter classes are geared toward the beginner exerciser. There are no limits for attending Starter classes—feel free to attend as often as you wish.**

**Multi-Level** classes are geared to accommodate beginning to advanced exercisers. All of our classes are multi-level unless otherwise specified.

**Level II** classes are considered advanced. Members are expected to participate with limited instruction, format is high intensity.

## CLASSES

**Abs & More** focuses on strengthening the core muscles which include the abdominals and lower back. Additional exercises that incorporate the upper back may be included.

**Boot Camp** challenges you with a variety of cardio and strength training techniques through Callisthenic-type exercises.

**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. (A bike fitting is required before attending first

cycling class. Two slots are available 15 minutes before each class on a first-come, first-serve basis.)

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

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

**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.

**Zumba** is a cardiovascular workout that uses Latin-inspired dance moves set to international music. (Appropriate exercise or dance shoes are required for all participants.)

# WELLNESS PROGRAMS

## FITQUEST

Stay on track with web based fitness management software. Strength, cardio and nutritional modules help you hit your goals!



## Y CHANGE

Learn the latest on healthy food choices as well as creative exercise programming utilizing resistance and cardiovascular program design.

## GREENBRIER NORTH YMCA WELLNESS & RACQUETBALL CENTER

Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. • [www.ymcashr.org](http://www.ymcashr.org)