


YGROUP EXERCISE™

Greenbrier Family YMCA
1033 Greenbrier Parkway
Chesapeake, VA 23320
757-547-9622

Summer 2010 Mind/Body

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
Early AM	Multi Level Yoga 7:45-8:30AM		Multi Level Yoga 7:45-8:30AM		Multi Level Yoga 7:45-8:30AM		
		Multi Level Y-Pilates 8:30-9:30AM			Multi Level Y- Pilates 8:35-9:35AM	Multi Level Yoga 8:30-9:30AM	
AM						Level I Y-Pilates 9:45-10:45AM	
	Multi Level Yoga 9:45-10:45AM	Multi Level Yoga 9:45-10:45AM	Multi Level Y-Pilates 9:45-10:45AM	Level I Yoga 9:45-10:45AM	Level I Yoga 9:45-10:45AM		
	Level I Y-Pilates 11:00-11:45AM					Multi Level Tai Chi (AA room) 10:00-11:30am	*Must attend Level I for 4 weeks before Level II
Lunch							
PM							
			Multi Level Y-Pilates 5:00-5:45PM				
		Multi Level Y-Pilates 5:30-6:30PM		Multi Level Y-Pilates 5:30-6:30PM	Level I Yoga 5:30-6:30PM		
	Multi Level Yoga 6:00-7:00PM		Multi Level Yoga 6:00-7:00PM	Level I Gentle Yoga 6:45-7:30PM			
<p>Each class includes a warm-up, work phase and cool-down. For your safety, if you arrive more than five minutes late, please refrain from entering the exercise room. The fitness room has diverse cardio equipment available during all operational hours of the facility.</p>							

Zumba Sign Up Procedures

Due to the popularity of Zumba and to ensure safety for our members, Greenbrier Family YMCA has implemented a registration process to monitor class attendance and prevent overcrowding for the following classes:

Tuesday @ 6:35pm, Thursday @ 6:35pm, and Saturday @ 10:45am

- Members may register for class in person or by phone one day prior to class day and time.
- Members may NOT register other participants, only themselves.
- Class size will be limited to the first registered **90** members for the Tuesday and Thursday classes and **55** members for the Saturday class. If the class is full the member may register for the following week's class only.
- Members must check in with the front desk before class starts and will receive a "chip". If he/she does not have a chip he/she will not be admitted to class. The instructor will collect chips prior to class starting.
- Members should call and cancel if they are unable to attend.
- Members are encouraged to arrive on time. No admittance will be allowed 10 minutes after start time.
- Attendees must be 13 years old or older and proper footwear is required.

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

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

Body Design strengthens and conditions the entire body using free weights, exercise tubing or other equipment.

Mini Boot challenges the body with a variety of cardio and strength training techniques through Calisthenics-type exercises.

Cardio Circuit alternates muscular strengthening exercises with cardiovascular 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 Yoga is a restorative class using postures and deep breathing to gently strengthen, lengthen and relax the body and mind. Blocks, straps and walls may be used for support.

Cycle and Strength Cycle and Strength combines a cardio workout on the bike with a strength workout focusing on upper body and core utilizing dumbbells, band and other equipment.

Low Impact is a cardiovascular workout that uses movements where one foot always remains on the floor, putting minimal stress on the joints. Class may include some muscle conditioning exercises.

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

Power Cut conditions the muscles of the entire body with repetitions set to music using plate-loaded bars, and may also include use of dumbbells, resistance tubing, bands and stability balls.

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

Stretch, Move and Bend is designed especially for active older adults and others who want to focus on increasing cardiovascular fitness, strength, balance and flexibility. Class includes low-impact movement performed at a lower intensity along with muscle conditioning and exercises for flexibility and balance.

Stroller Circuit takes place outdoors when weather permits. Enjoy a brisk walk with alternating segments of strength training. Bring your stroller or borrow one of ours, and network with other parents. Class meets in the lobby.

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

20/20/20 A total body workout, this class is 20 minutes of cardio, 20 minutes of strength, and 20 minutes of core exercises.

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.

AquaCombo Level I combines shallow water conditioning with resistance and deep water movement with a flotation belt.

Aquajog Level I challenges the upper and lower body while conditioning and toning at the same time. Should be comfortable in deep water wearing a flotation belt.

Group Cycling Please bring water and towel to class. Proper footwear required.

Zumba Gold A Latin inspired easy and effective basic dance fitness program designed for active older adults, beginners and special populations.