



# GROUP EXERCISE

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

## JANUARY 2012 Mind/Body/Spirit

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Early AM</b>	<b>Multi Level Yoga</b> 7:45-8:30AM		<b>Multi Level Yoga</b> 7:45-8:30AM		<b>Multi Level Yoga</b> 7:45-8:30AM	
		<b>Multi Level Y-Pilates</b> 8:30-9:30AM			<b>Multi Level Y- Pilates</b> 8:35-9:35AM	<b>Multi Level Yoga</b> 8:30-9:30AM
<b>AM</b>						<b>Level I Y-Pilates</b> 9:45-10:45AM
	<b>Multi Level Yoga</b> 9:45-10:45AM	<b>Level I Yoga</b> 9:45-10:45AM	<b>Multi Level Y-Pilates</b> 9:45-10:45AM	<b>Multi Level Yoga</b> 9:45-10:45AM	<b>Level I Yoga</b> 9:45-10:45AM	
	<b>Level I Y-Pilates</b> 11:00-11:45AM	<b>Level I / AOA Chair Yoga</b> 11:15-12:00PM		<b>Level I / AOA Chair Yoga</b> 11:15-12:00PM		
<b>Lunch</b>		<b>Level I Yoga</b> 12:10-1:00PM		<b>Level I Yoga</b> 12:10-1:00PM		<b>Sunday</b>
<b>PM</b>				<b>Level I Yoga</b> 4:30-5:30pm		<b>Level I Yoga</b> 11:15-12:15pm <i>Starts 1/15/2012</i>
		<b>Level I Y-Pilates</b> 5:30-6:30PM		<b>Level I Y-Pilates</b> 5:30-6:30PM	<b>Level I Yoga</b> 5:45-6:45PM	
	<b>Multi Level Yoga</b> 6:00-7:00PM		<b>Multi Level Yoga</b> 6:00-7:00PM			
Each class includes a warm-up, work phase and cool-down. For your safety, if you arrive more than <b>five minutes late</b> , please refrain from entering the exercise room. The fitness room has diverse cardio equipment available during all operational hours of the facility.						<b>ACTIVATE AMERICA</b>

### 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 @ 6:50pm

- 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 (in Gym). 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 "pass". If he/she does not have a pass he/she will not be admitted to class. The instructor will collect passes 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.

## Levels

**Intro Classes** are 30 minutes, designed to be attended one or more times. Basics of equipment usage, positions and techniques 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

**20/20/20** is a total body workout. This class is 20 minutes of cardio, 20 minutes of strength, and 20 minutes of core exercises.

**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** a non-aerobic class designed to strengthen and condition the entire body using free weights, exercise tubing or other equipment.

**Y Boot Camp** 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.

**Chair Yoga** allows those who can not get up and down from the floor to enjoy the benefits of yoga breathing, stretching and relaxation while using a chair for support. Chair Yoga is great for beginners or for those with physical limitations.

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

**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.

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

**Kid Fit II** Interactive physical activities and games that are FUN for children ages 3 to 5 years of age.

**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.

**Y-Fusion** combines both yoga and pilates in this exciting class.

**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. Class size will be limited to the first 35 participants.

**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.

**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.

**Guidelines for Group Exercise Classes are now posted across from vending machine at GBF Y**

**Ages 13+ may participate in group exercise class without Parent or Guardian EXCEPT Level 2 Classes.**

**Cycle class- MUST be minimum 5 feet tall**

**Ages 8-12 may participate in Level 1 Classes with Parent or Guardian.**