

Y STARTER CLASSES™

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

WINTER 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
Early AM		Level I Body Design 8:30-9:00AM		Level I Cardio Circuit 8:30-9:00AM mind & body rm.	Level I Yoga 7:45-8:30AM	Level I Step 8:30-9:25AM	
AM		Level I Abs & More 9:05-9:25AM		Level I Abs & More 9:05-9:25AM		Level I Y-Pilates 9:30-10:30 AM	
			Level I Mini Boot 10:00-10:30AM	Level I Yoga 9:45-10:45AM	Level I Gentle Yoga 9:45-10:45AM	Starter Cycling 9:45-10:15AM	
	Level I Stretch, Move and Bend 10:00-11:00AM	Level I Stretch, Move and Bend 10:00-11:00AM	Level I Stretch, Move and Bend 10:00-11:00AM	Level I Stretch, Move and Bend 10:00-11:00AM	Level I Stretch, Move and Bend 10:00-11:00AM	Level I Tai Chi 10:45-11:45AM MP Room	
	Level I Y-Pilates 11:00-11:45 AM		Level I Abs & More 10:35-10:55AM				
Lunch	Level I Chair Exercise 11:15-12:00PM		Intro to Yoga 11:00-12:00PM	Starter Low Impact 11:00-11:30AM			
	Level I WaterFit 11:30-12:30PM		Level I Chair Exercise 11:15-12:00pm	Starter Body Design 11:30-12:00PM	Level I Chair Exercise 11:15-12:00PM		
			Level I WaterFit Deep and Shallow 11:30-12:30PM		Level I WaterFit Deep and Shallow 11:30-12:30PM		
PM				Level I Mini Boot 5:30-6:00PM	Level I Yoga 5:30-6:30PM		
			Level I Cardio Circuit 6:05-6:50PM	Level I Abs & More 6:05-6:25PM			
		Level I Body Design 6:35-7:05PM		Level I Gentle Yoga 6:45-7:30PM			
	Level I Body Design 7:05-8:05PM	Starter Step 7:05-7:35PM	Starter Cycling 7:00-7:30PM				

Each class includes a warm-up, work phase and cool-down. For your safety, if you arrive more than **five minutes late**, a good alternative is to try a FitP3 activity. Music and an instructor will guide you through a workout on a piece of cardio equipment. Stop by Member Services or ask a FitQuest Coach to get started.



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.

Cycle and Strength

combines a cardiovascular workout on the stationary bike followed by a strength workout focusing on the upper body and core utilizing dumbbells, bands and other equipment.

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.

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

Kidfit II for ages 6 to 8, combines interactive and fun games with lots of organized physical activity.

Kids Yoga II for ages 6 to 8, is an interactive class to improve balance and flexibility.

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.

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.

Starter Water Classes

(See Aquatics schedule for other classes)

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.