



# Hilltop Family YMCA

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## February 2012

*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
<b>Early AM</b>	<b>Stretch and Tone</b> 7:00-8:15 Level I	<b>*Cycling</b> 6:30-7:25 Multi-Level	<b>Stretch and Tone</b> 7:00-8:15 Level I	<b>*Cycling</b> 6:30-7:25 Multi-Level	<b>Stretch and Tone</b> 7:00-8:15 Level I		<b>*Register for Cycle Class, Kettlebell and Gentle Yoga Programs at Membership Desk*</b>
<b>AM</b>	<b>Kickboxing</b> 9:00-9:25 Level II	<b>*Cycling</b> 9:00-9:55 Level II	<b>*Kettlebell Program</b> 9:00-9:30 (meet in Gym)	<b>*Gentle Yoga Flow Program</b> 8:15-9:15	<b>Zumba</b> 8:30-9:25 Multi-Level		
	<b>*Cycling</b> 9:00-9:55 Level I	<b>Y Boot Camp</b> 9:30-10:25 Level II	<b>Zumba</b> 9:00-9:30 Level I	<b>*Cycling</b> 9:00-9:55 Level I	<b>*Cycling</b> 9:00-9:55 Multi-Level	<b>*Cycling</b> 9:00-9:55 Multi-Level	
	<b>Zumba</b> 9:30-10:15 Level I		<b>*Cycling</b> 9:00-9:55 Multi-Level	<b>Body Design</b> 9:30-10:25 Multi-Level	<b>Yoga</b> 9:30-10:55 Multi-Level	<b>Power Cut</b> 9:30-10:25 Multi-Level	
	<b>Stretch and Tone</b> 10:20-10:55 Level I	<b>*Cycling</b> 10:30-11:00 Starter	<b>Stretch and Tone</b> 9:35-10:25 Starter	<b>*Cycling</b> 10:30-10:55 Starter	<b>Stretch and Tone</b> 9:35-10:30 (meet in Gym) Starter	<b>*Cycling</b> 10:30-11:25 Level I	<b>Cycling</b> 10:15-11:10 Level II
<b>NOON</b>	<b>Stretch, Move &amp; Bend</b> 11:00-11:55 Multi-Level	<b>Yoga</b> 10:45-12:00 <b>Stability Ball</b> 1st Tues of Month	<b>Abs and More</b> 10:30-11:00 Starter	<b>Yoga</b> 10:45-12:00 Level I	<b>Abs and More</b> 10:30-11:00 (Meet in Gym) Starter		<b>New classes!</b>  <b>Zumba</b> <b>Latin Dance</b> <b>Cycle</b>
	<b>Yoga</b> 12:00-1:15 Multi-Level	<b>Tai Chi</b> 11:00-11:55 Multi-Level	<b>Stretch, Move &amp; Bend</b> 11:00-11:55 Multi-Level		<b>Zumba Gold</b> 11:00-11:30 For Active Older		
			<b>Stability Ball</b> 12:00-12:55 3rd Wed of Month		<b>Stretch and Tone</b> 11:30-11:55 Level I		
<b>PM</b>	<b>Stretch and Tone</b> 4:30-5:25 Starter	<b>Kid Fit</b> 4:45-5:15	<b>Stretch and Tone</b> 4:30-5:25 Level I	<b>Kid Fit</b> 4:45-5:15	<b>Stretch and Tone</b> 4:30-5:25 Starter		
	<b>*Cycling</b> 5:30-6:25 Level II	<b>Step Interval</b> 5:30-6:25 Multi-Level	<b>*Cycling</b> 5:30-6:25 Level I	<b>Instructors Choice</b> 5:30-6:25 Multi-Level			
	<b>Power Cut</b> 5:30-6:25 Multi-Level	<b>*Cycling</b> 6:00-6:30 Starter	<b>Body Design</b> 5:30-6:25 Multi-Level	<b>*Cycling</b> 6:00-6:55 Level II			
	<b>Yoga</b> 6:30-7:40 Multi-Level	<b>*Cycling</b> 6:30-7:15 Multi-Level	<b>Abs</b> 6:30-6:45 Multi-Level	<b>*Kettlebell Program</b> 6:30-7:00 Must be registered to participate			
	<b>Y Pilates</b> 6:30-7:25 Multi-Level	<b>Latin Dance</b> 6:50-7:50 Multi-Level	<b>Abs</b> 7:00-7:15 Multi-Level			Classes that consistently have fewer than 4 participants are subject to cancellation.	

Each group exercise class includes a warm-up, work phase and cool-down. For your safety, if you arrive more than **five minutes late**, please wait for the next class. The Y-Change Program is here! Stop by Member Services or ask a FitQuest Coach to find out more. New classes start monthly. Take it for the first time or refresh your knowledge. Make a FitQuest appointment to enroll in the new FitQuest program.

**HILLTOP FAMILY YMCA**  
1536 Laskin Road  
Virginia Beach, VA 23451  
757-422-3805

# 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 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.

**Abs and More** – This class focuses on strengthening the core which include; the abdominal and low back muscles. Additional exercises that incorporate the upper and lower body may be added.

**Body Design** strengthens and conditions 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.

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

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

**KidFit** for ages 6 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.

**Latin Dance** – A cardiovascular workout using Latin inspired dance moves set to international music.

**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.

**Stability Ball** is a great total body conditioning class that enhances balance and strength with the use of a stability ball. Free weights and other equipment may be used.

**Step** – An aerobic class that utilizes choreography on a step platform throughout the workout. Class may include abdominal and muscle conditioning exercises.

**Step Interval** – Alternating high and low intensity activities such as step and hi/low combinations for a great cardiovascular workout.

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

**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.