

# Y GROUP EXERCISE™

Hilltop Family  
YMCA

March/April 2010

Mission: To put Judeo-Christian principles into practice through programs that build a healthy spirit, mind and body for all.

Intro Class

Starter Class

Level I Class

Level II Class

Multi-Level Class

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Early AM</b>	Stretch and Tone 7:00-8:15	Cycling 6:30-7:25	Stretch and Tone 7:00-8:15	Cycling 6:30-7:25	Stretch and Tone 7:00-8:15		*Check out Lunch Hour Cycling on Wed and 45 min. Cycling on Sunday!
<b>AM</b>	Instructors Choice 8:30-9:25	*Orientation to Group Exercise 8:30-9:00	Starter Abs 8:30-9:00		Kickboxing 8:30-9:25	Power Yoga 8:00-9:15am	
	Cycling 9:00-9:55	Cycling 9:00-9:55	Cardio Circuit 9:00-9:30	Cycling 9:00-9:55	Cycling 9:00-10:15	Cycling 9:00-9:55	
	Zumba 9:30-10:15	Y Boot Camp 9:30-10:25	Cycling 9:00-9:55	Body Design 9:30-10:25	Yoga 9:30-10:40	Power Cut 9:30-10:25	
	Cycling 10:00-10:55	Starter Cycling 10:30-11:00	Stretch and Tone 9:35-10:55	Starter Cycling 10:30-10:55		Cycling 10:30-11:25	Cycling 11:00-11:55
<b>Lunch</b>	Stretch and Tone 10:20-10:55	Yoga 10:45-12:00	Stretch, Move & Bend 11:00-11:55	Yoga 10:45-12:00	Stretch, Move & Bend 11:00-11:55		Tai Chi 12:30-1:30
	Stretch, Move & Bend 11:00-11:55	Starter Yoga 12:05-12:35	Core Yoga 12:00-1:10	*Orientation to Group Exercise 4:00-4:30	Y Pilates 12:10-1:20		
	Yoga 12:00-1:15	Kid Fit 4:45-5:15	<b>*Orientation to Group Exercise</b> Tues. March 2nd and April 6th at 8:30am and Thurs. March 25th and April 29th at 4:00pm			<b>Make a Fresh Start and Check out our new classes!</b>	
<b>PM</b>	Stretch and Tone 4:15-5:15	Hip Hop 5:30-6:25	Cycling 12:00-12:55	Kid Fit 4:45-5:15	Zumba 5:30-6:25	<b>* Kickboxing</b> <b>• Wed. Lunch Hour Cycling</b> <b>* Instructors Choice</b>	
	Power Cut 5:30-6:25	Starter Cycling 6:00-6:30	Stretch and Tone 4:15-5:15	Power Cut 5:30-6:25	Cycling 5:30-6:25		
	Cycling 5:30-6:45	Cycling 6:30-7:15	Kickboxing 5:30-6:25				
	Tai Chi 6:30-7:25	Yoga 6:30-7:45	Cycling 5:30-6:25	Cycling 6:00-6:55			
			Abs 6:30-6:45	Abs 7:00-7:15			

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 session. 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.



- Strength Training



- 30-minute class



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# 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** 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.

**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.

**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.

**Y-Fusion**, similar to PiYo, fuses Yoga and Pilates, blending the core work of Pilates with the strength of Yoga

**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.

### **Orientation to Group**

**Exercise** will teach you the basics: what to wear, what to bring, how to monitor your heart rate. Come dressed to sample a variety of class options.

**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.

**Power Yoga** challenges your Yoga practice with advanced techniques.

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

**Stretch** 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.

## **YGROUP EXERCISE™**

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