



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Hilltop Family YMCA Starter Schedule

February 2012

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Stretch and Tone 7:00-8:15 Level I		Stretch and Tone 7:00-8:15 Level I		Stretch and Tone 7:00-8:15 Level I	<p>Have you met your FitQuest coach yet?</p> <p>Schedule a FitQuest appointment to meet with a certified personal trainer who will help you set up a workout routine.</p> <p>For Free!</p> <p>You can schedule online at ymcashr.org or visit the Membership Desk today.</p>	
	Water Arthritis 9:00-9:55		Zumba 9:00-9:30 Level I	*Gentle Yoga Flow Program 8:15-9:15 Must be registered to participate	Water Arthritis 9:00-9:55		
	*Cycling 9:00-9:55 Level I		Water Arthritis 9:00-9:55	Water Aerobics 9:00-9:55	Stretch and Tone 9:35-10:30 (meet in Gym) Starter		
	Zumba 9:30-10:15 Level I		Stretch and Tone 9:35-10:55 Starter	*Cycling 9:00-9:55 Multi-Level	Abs and More 10:30-11:00 (Meet in Gym) Starter		
	Water Aerobics 10:00-10:55	*Cycling 10:30-11:00 Starter	Water Aerobics 10:00-10:55		Water Aerobics 10:10-11:10		
	Stretch and Tone 10:20-10:55 Level I	Yoga 10:45-12:00 Level I	Ai Chi 11:00-11:55	*Cycling 10:30-11:00 Starter	Zumba Gold 11:00-11:30 Level I		
MID	Stretch, Move & Bend 11:00-11:55 Level I	Tai Chi 11:00-11:55 Multi-Level	Stretch, Move & Bend 11:00-11:55 Level I	Yoga 10:45-12:00 Level I	Sentara Aquafit 11:15-12:15		
	Sentara Aquafit 11:15-12:15	Kid Fit 4:45-5:15	Ball Yoga 12:00-12:55 3rd Wednesday of Month 12/21		Deep Water 11:20-12:20	<p>* Please register for Gentle Yoga and Cycle class at the Membership Desk.</p>	
PM	Yoga 12:00-1:15 Multi-Level	*Cycling 6:00-6:30 Starter	Stretch and Tone 4:30-5:25	Kid Fit 4:45-5:15	Stretch and Tone 11:30-11:55 Level I		
	Stretch and Tone 4:30-5:25 Level I	Pilates 6:30-6:45	*Cycling 5:30-6:25 Level I	Abs 7:00-7:15 Multi-Level	Stretch and Tone 4:30-5:25 Starter		
<p>Each class includes a warm-up, work phase and cool-down. For your safety, if you arrive more than five minutes late, please attend the next class.</p>							

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.

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.

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.

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.

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.