





















Y STARTER CLASSES™

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		Aquatics Class	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
AM	Stretch and Tone 7:00-8:15		Stretch and Tone 7:00-8:15		Stretch and Tone 7:00-8:15	 <p>Y-Change Creating Healthy Habits and Nutritional Goals Every Day</p> <p><i>Need some extra help? Check out our Y Change Program. Y Change is a 6 week confidence building journey towards a healthier lifestyle. See the front desk for more details.</i></p>		
	Water Arthritis 9:00-9:55 	*Orientation to Group Exercise 8:30-9:00	Starter Abs 8:30-9:00		Kickboxing 8:30-9:25			
	Cycling 9:00-9:55 	Ai-Chi 8:00-8:55	Water Arthritis 9:00-9:55	Water Aerobics 9:00-9:55 	Water Arthritis 9:00-9:55 			
		Water Aerobics 9:00-9:55 	Cardio Circuit 9:00-9:55	Cycling 9:00-9:55				
	Water Aerobics 10:00-10:55 		Stretch and Tone 9:35-10:55		Water Aerobics 10:00-10:55 			
	Cycling 10:00-10:55 	Starter Cycling 10:30-11:00 	Water Aerobics 10:00-10:55 	Starter Cycling 10:30-11:00				
Lunch	Stretch and Tone 10:20-10:55	Yoga 10:45-12:00	Ai Chi 11:00-11:55	Yoga 10:45-12:00				<p><u>*Orientation to Group Exercise</u></p> <p>Tuesdays: March 2nd and April 6th at 8:30am</p> <p>Thursdays: March 25th and April 29th at 4:00pm</p> <p>Classes that consistently have fewer than 4 participants are subject to cancellation.</p>
	Yoga 12:00-1:15 	Starter Yoga 12:05-12:35 		*Orientation to Group Exercise 4:00-4:30				
PM	Stretch and Tone 4:14-5:15	Kid Fit 4:45-5:15	Stretch and Tone 4:14-5:15	Kid Fit 4:45-5:15 	Stretch and Tone 4:15-5:15			
		Starter Cycling 6:00-6:30 	Cycling 5:30-6:25 		Zumba 5:30-6:25 			
				Abs 7:20-7:35	Abs 7:00-7:15			

 - Cardiovascular Workout  - Strength Training  - 30-minute class
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 Fit Quest Coach to get started.



We build strong kids, strong families, strong communities. · www.ymcashr.org

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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