



GROUP CYCLING

Mount Trashmore Family YMCA
4441 South Boulevard
Virginia Beach, VA 23452

JANUARY 2012

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
Early AM	6:00-7:00 Multi-Level Cycle		6:00-7:00 Multi-Level Cycle		6:00-7:00 Multi-Level Cycle		
AM	10:00-10:30 Starter Cycle	9:15-10:30 Multi-Level Cycle & Strength	9:30-10:30 Multi-Level Cycle	9:15-10:30 Multi-Level Cycle & Strength	10:00-10:45 Multi-Level Cycle	9:00-10:00 Multi-Level Cycle	
							1:30-2:30 Multi-Level Cycle
Lunch	12:00-1:00 Multi-Level Cycle		12:00-1:00 Multi-Level Cycle		12:00-1:00 Multi-Level Cycle		
PM	5:50-6:20 Starter Cycle	5:25-6:25 Multi-Level Cycle	5:25-6:25 Multi-Level Cycle	5:50-6:20 Starter Cycle			
	6:30-7:30 Multi-Level Cycle	6:30-7:30 Multi-Level Cycle	6:30-7:30 Multi-Level Cycle	6:30-7:30 Multi-Level Cycle			

Don't forget your water bottle and your towel!

Please sign up beforehand.

Have a great ride!

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 our Expresso Bike or Cardio Theater.

Classes that consistently have fewer than 8 participants are subject to cancellation.

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.

Ballroom Dance teaches individual and partner dance steps such as Foxtrot, Swing, Cha-Cha and Waltz.

Belly Dancing focuses on core muscles and balance while having fun!

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.

Bosu Core Training is a combination of core strengthening, balance and sometimes cardio using the Bosu.

Cardio Ball is a low-impact class utilizing the ball to perform cardio activities. Body bars, dumbbells and tubing are also incorporated.

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.

Chair Yoga allows those who can not get up and down from the floor to enjoy the benefits of yoga breathing, stretching and relaxation while using a chair for support. Chair Yoga is great for beginners or for those with physical limitations.

Core Meditation combines basic abdominal and core exercises and stretching with traditional yoga poses and pilates exercises in a low impact soothing environment.

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.

Family Fitness is designed to bring families together through physical activities and games that get everyone moving and having fun together.

Fitness Walking is an indoor or outdoor class for all levels; proper technique and form are taught.

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

Hip Hop, a high energy cardiovascular class, incorporates hip hop dance steps set to the latest sounds in R&B and pop music.

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

Kidfit I, II and III, for ages 3 to 5, 6 to 8, and 9 to 12 respectively, 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 is a cardiovascular workout using Latin inspired dance moves set to international music.

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.

Martial Arts incorporates basic athletic movements that are adapted from boxing, kickboxing, tae kwon do and kung fu.

Mommy and Me is a low impact cardiovascular and strength training class for moms and their little ones ages 8 weeks to 12 months (or until walking). *Moms must get clearance from their physician to participate.*

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.

Pre/Postnatal Yoga is geared toward moms-to-be and new moms. *Moms must get clearance from their physician to participate.*

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.

Step Interval combines step aerobics and strength training for a total body workout.

Strength and Tone conditions the entire body using resistance exercises to develop muscular strength and endurance. Hand weights, balls and more may be used during the class.

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.

Stroller Circuit takes place outdoors when weather permits. Enjoy a brisk walk with alternating segments of strength training. Bring your stroller or borrow one of ours, and network with other parents. Class meets in the lobby.

Tai Chi is an ancient Chinese discipline focused on slow, fluid movements for balance, control, precision, strength and flexibility.

Treading is a coach-led exercise session utilizing the treadmill.

Women and Weights is a class held in the fitness center utilizing free weights and other equipment.

Yoga concentrates on improving balance,