

YGROUP EXERCISE™

Blocker Norfolk Family YMCA
312 West Bute Street
Norfolk, Virginia 23505
757-622-9622

Winter 2010

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
Early AM	Abs & More II 5:30 - 6:30 #301		Abs & More II 5:30 - 6:30 #301		Abs & More II 5:30 - 6:30 #301	M/L = Multi-Level Class = 15-30 Minute Class	
	Step M/L 6:00 - 6:50am #201	Body Design M/L 6:00 - 6:50am #201	Boot Camp M/L 6:00 - 6:50am #201	Body Design M/L 6:00 - 6:50am #201		Hap Ki Do M/L 8:00 - 9:30am #202	
AM	Low Impact I 8:15 - 9:15am #201	Power Cut M/L 8:15 - 9:15am #201	Low Impact I 8:15 - 9:15am #201	Power Cut M/L 8:15 - 9:15am #201	Low Impact I 8:15 - 9:15am #201	Body Design M/L 9:00 - 10:00am #201	
			Step I 9:15 - 10:00am #301		Zumba I 9:15 - 10:00am #301	Cardio Circuit M/L 9:00 - 10:00am #301	
	Step M/L 9:30 - 10:15am #201	Cardio Circuit M/L 9:30 - 10:30am #201		Step M/L 9:30 - 10:15am #201	Cardio Circuit M/L 9:30 - 10:30am #201	Step II 10:15 - 11:15am #201	
	Abs & More M/L 10:15 - 10:45am #201		Zumba M/L 10:30 - 11:30am #201	Abs & More M/L 10:15 - 10:45am #201		Abs & More M/L 11:15 - 11:45am #201	Step M/L 10:15 - 11:15am #201
Lunch	Zumba M/L 12:15 - 1:15pm #201	Body Design M/L 12:15 - 1:15pm #201	Y Boot Camp M/L 12:15 - 1:15pm #201	Step Interval M/L 12:15 - 1:15pm #201			Abs M/L 11:15 - 11:30am #201
			Abs M/L 1:15-1:30pm #201	Body Design M/L 12:15 - 1:15pm #301			
PM	Cardio Circuit M/L 4:15 - 5:15pm #201		Body Design M/L 4:00 - 5:15pm #201				
		Body Design M/L 5:30-6:30pm #301	Y Boot Camp II 1st & 3rd week Step II All other weeks	Body Design M/L 5:30-6:30pm #301			
	Step II 5:30 - 6:30pm #201	Step II 5:30 - 6:30pm #201	5:30 - 6:30pm #201	Step II 5:30 - 6:30pm #201	Zumba M/L 5:30 - 6:30pm #201	Family Karate 2:30 - 4:30pm #202	
	Abs M/L 6:30 - 6:45pm #201	Abs M/L 6:30 - 6:45pm #201	Abs M/L 6:30 - 6:45pm #201	Body Design M/L 6:30 - 7:00pm #201			
	Low Impact I 6:00 - 6:30pm #301	Hap Ki Do M/L 6:30 - 8:00pm #202	Step I 6:00 - 6:30pm #301	Hap Ki Do M/L 6:30-8:00pm #202			
	Body Design I 6:30 - 7:00pm #301	Kickboxing M/L 7:00 - 7:45pm #201	Body Design I 6:30 - 7:00pm #301				
	Hip Hop M/L 7:30 - 8:30pm #201	Abs & More M/L 7:45 - 8:15pm #201	Zumba M/L 7:15 - 8:15pm #201				Classes that consistently have fewer than 8 participants are subject to cancellation.

Class Descriptions

Levels

Starter Classes are classes geared towards the beginner exerciser. The basics of equipment usage, positions and techniques may be introduced.

Level I Classes are 15 to 60 minute classes geared towards the beginner to intermediate exerciser.

Level II Classes are 15 minutes or longer classes geared towards the intermediate to advanced exerciser.

Multi Level Classes are 15 minutes or longer classes geared to accommodate the beginner to advanced exerciser.

Land Classes

Abs - This class focuses on exercises that strengthen and tone the mid-section or 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 lower back muscles. Additional exercises that incorporate the upper and lower body may be added.

Body Design - A non-aerobic class designed to strengthen and condition the entire body using free weights, exercise tubing, or other equipment.

Y-Boot Camp - this class challenges the body with a variety of cardio and strength training techniques. Calisthenics type exercises are an integral part of this program.

Cardio Circuit - This class alternates muscular strength and cardiovascular activities.

Cycling - This cardiovascular workout is performed on a stationary bicycle, focusing on proper body alignment and proper cycling techniques.. Please bring a water bottle. **Starter class is required for proper seat setup and basic cycling techniques.**

Hap Ki Do - Improve your self-confidence, self-respect and respect for others, discipline, coordination and physical conditioning while practicing skills that would help you overcome a variety of difficult situations.

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

Instructor Choice - The format will be determined by the instructor and may change each class. **Formats to include; Boot Camp, Traditional Step, Double Step, and Kickboxing.**

Kickboxing - A cardiovascular workout that incorporates martial arts, shadow boxing, kick boxing, and sports drills.

Low Impact - This is a cardiovascular workout using movements where one foot always remains on the floor, putting minimal stress on the joints. Class may include some muscle conditioning exercises.

Y-Pilates - A class designed to strengthen and lengthen the core muscles. Breathing, control, and flexibility exercises are used to improve posture, body alignment and overall strength.

Power Cut - Muscle conditioning for the entire body with repetitions set to music using plate-loaded bars. Dumbbells, bands, and body bars may also be incorporated.

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 - Improve your flexibility and muscle tone with a concentration on body awareness, breathing techniques and increased range of motion.

Turbo Kick - This class is a combination of intense kickboxing moves as well as dance moves all perfectly choreographed to high energy and motivating music.

Tai Chi - 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.

- **Classic Yoga** - A traditional yoga class which includes a variety of postures that improves balance, flexibility, strength and relaxation while focusing on breath. Class may include sequences and/or postures.
- **Flow Yoga** - An invigorating class that focuses on coordinating movements with breath while moving smoothly from one posture to the next to improve endurance, strength, flexibility and balance.

Zumba - A cardiovascular workout using Latin inspired dance moves set to international music.

Water Classes

20/20/20 - This 60-minute class focuses on 20 minutes of traditional water exercises, 20 minutes of another type of cardio (kickboxing, cardio with the noodle or buoyancy bars, etc), and 20 minutes of strength training using a variety of resistance equipment. This class is designed for participants wanting a challenge but is appropriate for all levels of fitness.

Half & Half - This 60 minute class focuses on cardio/strength training exercises in the shallow end of the pool as well as the deep water, (5 fee). The deep water portion of the class is not appropriate for non-swimmers.

Instructor's Choice - May include any of our water exercise class formats. This class is designed for participants wanting a challenging workout but is appropriate for all fitness levels.

Water Blast - A 60 minute water exercise class for those participants who want more intensity. Instructor may work in shallow water or deep water using suspended or power moves. This class is designed for participants wanting a challenging workout but is appropriate for all fitness levels. This class will incorporate strength training for muscle conditioning.

Water Fitness - This 60 minute class is performed with minimal impact on the joints, this class is designed for all fitness levels. The instructor will incorporate various cardiovascular training techniques and may use a variety of resistance equipment.