



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE CLASSES

BLOCKER NORFOLK FAMILY YMCA

January 2-June 3

All classes are multi-level unless otherwise stated. Please do not enter class more than 5 minutes after it has begun.

☉ indicates either a 30-minute class or a class that is suitable for starters.

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

Cycling Classes Studio 501

If you are new to Cycling classes, please arrive 10 minutes early to class for a bike fitting & orientation.

Age Guidelines

Ages 13+ may participate in all Group Exercise classes without a parent or supervising guardian.

Ages 8-12 may participate in Starter, Level I and Multi-level Group Exercise classes with a parent or supervising guardian upon completion of KidQuest Orientation.

For their safety, children ages 12 and younger may not participate in Cycling or Level II Group Exercise classes. In order to properly fit the Cycling bikes, the minimum height is 5 feet.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Abs & More Level II 5:30-6:30am #201	Body Design 6-6:50am #201	Abs & More Level II 5:30-6:30am #201	Body Design 6-6:50am #201	Abs & More Level II 5:30-6:30am #201		
	Cycling 6-6:45am		Cycling 6-6:45am		Cycling 6-6:45am		
	Low Impact 8:15-9:15am #201	Body Design 8:15-9:15am #201	Low Impact 8:15-9:15am #201	Body Design 8:15-9:15am #201	Low Impact 8:15-9:15am #201	Hap Ki Do 8-9:30am #202	Step 10:15-11:15am #201
	Cycling 9:15-10:15am	Zumba® 9:30-10:30am #201	Cycling 9:15-10:15am	20/20/20 9:30-10:30am #201	Zumba® Level I 9-10am ☉ #301	Step 10:15-9:10am #201	Cycling 10:15-11:15am
	Step 9:30-10:15am #201	Cycling 9:30-10:15am			Cycling 9:15-10:15am	Cycling 9:15-10:15am	Abs 11:15-11:30am #201 ☉
					Cardio Circuit 9:30-10:30am #201	Body Design 9:15-10:15am #201	Starter Cycling 11:15-11:45am 3rd Sunday Only ☉
	Abs & More 10:15-10:45am #201	Abs 10:30-10:45am #201 ☉	Zumba® 10:15-11:15am #201		Abs 10:30-10:45am #201 ☉	Starter Cycling ☉ 10:15-10:45am 1st Saturday Only	
	Zumba® 12:15-1:15pm #201	Body Design 12:15-1:15pm #201	Y-Boot Camp 12:15-1:15pm #201	Cardio Circuit 12:15-1:15pm #201		Step Level II 10:30-11:30am #201	
	Cycling 12:15-1:15pm		Cycling 12:15-1:15pm			Strength & Tone 11:30am-12:00pm #201	
			Abs 1:15-1:30pm #201			Zumba® 12:15-1:15pm #201	
	Cardio Circuit 4:30-5:25pm #201	Cycling 4:30-5:15pm	Body Design 4-5:15pm #201	Cycling 4:30-5:15pm		Family Karate 2:45-4:15pm #202	
	Step Interval 5:30-6:30pm #201	Body Design 5:30-6:30pm #301	Zumba® 5:30-6:30pm #201	Body Design 5:30-6:30pm #301	Zumba® 5:25-6:25pm Gymnasium		Zumba® 4-5pm #201
	Cycling 5:30-6:30pm	Step 5:30-6:30pm #201	Cycling 5:30-6:30pm	Step Level II 5:30-6:30pm #201	Cycling 5:30-6:30pm		Cycling 5-6pm
		Cycling 5:30-6:30pm		Cycling 5:30-6:30pm			
	Belly Dancing 6-7pm #301	Abs 6:30-6:45pm ☉ #301	Step Level I 6-6:30pm ☉ #301	Strength & Tone 6:30-7pm #201			
	Abs & More 6:30-6:55pm ☉ #201	Hap Ki Do 6:30-8pm #202	Strength & Tone Level I 6:30-7pm ☉ #201	Hap Ki Do 6:30-8pm #202			
	Cycling 6:45-7:45pm						
	Hip Hop 7-8pm #201	Kickboxing 7-7:45pm #201	Zumba® 7-8pm #201	Ballroom Dance 7:15-8:15pm #201			
		Abs & More ☉ 7:45-8pm #201					



Attention Parents:

Stay & Play closes at 6:30pm on Friday nights. Please allow enough time to pick-up your child and/or children before closing time. Thank you for your cooperation.



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All Mind/Body classes are held in Mind/Body Studio, 6th Floor unless otherwise stated.

Age Guidelines:
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Ages 8-12 may participate in Starter, Level I and Multi-level Group Exercise classes with a parent or supervising guardian upon completion of KidQuest Orientation.

For their safety, children ages 12 and younger may not participate in Cycling or Level II Group Exercise classes. In order to properly fit the Cycling bikes, the minimum height is 5 feet.

Attention Parents: Stay & Play closes at 6:30pm on Friday nights. Please allow enough time to pick-up your child and/or children before closing time. Thank you for your cooperation.

MIND/BODY CLASSES

Mind/Body Studio (6th Floor)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Yoga 6-7am		Y-Pilates 6:30-7:30am			
Stretch 7:30-8:30am		Y-Fusion 7:30-8:30am		Stretch 7:30-8:30am	Yoga - Classic 8:30-10am	Y-Pilates 10:30-11:30am
	Yoga 9:30-10:45am		Yoga 9:30-10:45am		Y-Pilates Level II 10:15-11:30am	
	Chair Yoga 9:30-10:15am Y-Change Studio		Chair Exercise 9:30-10:15am Y-Change Studio			
Yoga - Classic 10:15-11:30am		Y-Pilates 10:15-11:15am		Y-Pilates Level I 10:15-11:15am ☺		
Y-Pilates 12:15-1pm					Tai Chi Level I ☺ 11:45am-12:45pm	
	Y-Pilates 4:30-5:30pm		Y-Pilates 4:30-5:30pm		Tai Chi Level II 12:45-1:45pm	Yoga 4:30-5:45pm
Yoga 5:45-6:45pm	Y-Pilates Level II 5:40-6:50pm	Yoga 5:45-6:45pm	Yoga 5:45-6:45pm	Yoga 5:15-6:30pm		
Yoga Level I 7-8pm ☺	Yoga 7-8pm		Y-Pilates Level I 7-7:45pm ☺			



WATER EXERCISE CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Exercise 8-9am	Water Exercise 8-9am	Water Exercise 8-9am	Water Exercise 8-9am	Water Exercise 8-9am		
		Water Exercise 9:30-10:30am				
	Water Exercise 6:15-7:15pm		Water Exercise 6:15-7:15pm			
		Water Boot Camp 7-8pm				

Water Exercise classes will be provided three lap lanes of the pool if there are 17 or more participants in the class prior to class start time. All other times, Water Exercise will benefit from use of two lap lanes for class.

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.

CLASSES

20/20/20 – A total body workout, this class includes **20** minutes of cardiovascular conditioning, **20** minutes of strength training, and **20** minutes of core exercises.

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 & 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.

Ballroom Dance – This class teaches individual and partner dance steps such as Foxtrot, Two Step, Tango and Hustle. Beginner steps are taught during the first 30 minutes of class and participants build upon what they have learned with open dance time during the last 30 minutes of class. (Smooth-soled shoes are highly recommended; dance shoes preferred.)

Belly Dancing – This workout focuses on your core muscles and balance while having fun. All levels welcome.

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

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

Chair Exercise – This class is designed 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 – This class is a gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support.

Cycling – This cardiovascular workout is performed on a stationary bicycle, focusing on proper body alignment and proper cycling techniques. Please bring a water bottle.

- **If you are new to Cycling classes, please arrive 10 minutes early to class for a bike fitting & orientation or attend Starter Cycling.**

Family Karate – Enjoy a healthier life through Martial Arts. This class will teach you the positive benefits of Martial Arts, focus, awareness, coordination, fitness and self defense. Classes are open to all ages and abilities. Join us in learning lifelong skills while having fun. Students may begin at anytime.

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.

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.

Step – An aerobic class that utilizes choreography on a step platform throughout the workout. Class may include abdominal and muscle conditioning exercises.

Step Interval – This class alternates high and low intensity activities such as step and hi/low combinations for a great cardiovascular workout. May also include some strength training to provide a total body workout.

Strength & Tone – This strength workout is designed to condition the entire body using resistance exercises to develop muscular strength. Plate-loaded bars, hand weights, balls and more may be used during the class.

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

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

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.

Y-Fusion (similar to PiYo) – a fusion of Pilates and Yoga blending one move into the other; the core work of Pilates with the balance and strength of Yoga.

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.

Yoga – This class concentrates on improving balance, flexibility, relaxation and breathing techniques. This is a great way to learn how to manage and relieve stress.

Yoga - Classic – 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.

Zumba® – A cardiovascular workout using Latin inspired dance moves set to international music. (Dance shoes recommended. These shoes have multi-directional support and little tread on the sole. They are lightweight and make it easy to pivot and glide across the floor.)

WATER CLASSES

Water Exercise – This 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.

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