

YGROUP EXERCISE™

Outer Banks Family YMCA
March 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early AM	Cycle Level I 5:45-6:45 Walter		Cycle Level I 6:00-7:00 Mandy	Cycle Level I 6:00-7:00 Lisa	Cycle Level I 6:00-7:00 Mandy		
	Cycle Level I 7-8 Lisa	ABS Level II 7-8/Rm B Patti	Y Fusion Multi-Level 7-8:15/Rm A Anne		Yoga Level II 7-8:15/Rm B Marcia		
	Y-Pilates Multi-level 7:30-8:30/Rm B	Cycle-Silver Riders Level I 7:45-8:45		Cycle-Silver Riders Level I 7:45-8:45	Y-Pilates Multi-Level 7:30-8:30/Rm A		
	Yoga Level II 8-9:15/Rm A Anne	Body Design Level II 8:30-9:30/Rm B Jennifer	Cycle Level II 8:30-9:30 Kerry	Body Design Level II 8:30-9:30 Rm B Jennifer	Cycling Level II 8:30-9:45 Kerry	Yoga Level II 8:30-9:45/Rm A Amy	
AM	Strength & Tone Level II 8:30-9:30/Rm B Kerry	Cycle Level II 9:15-10:15 Kim		Cycle and Strength Level II 9:00-9:55 Kim	Powercut Level II 8:30-9:30/Rm B Jennifer	Stability Ball Level II 9:15-10:15/Rm B Natalie	
	ABS Multi-level 9:30-10:00/Rm B Kerry	Zumba Level I 9:30-10:30/Rm B Celeste	Sculpt Multi-Level 9:30-10:15/Rm B Kim	Y-Boot Camp Level II 9:30-10:30/Rm B Natalie		Yoga Multi-Level 10:30-11:45/Rm A Anne	
	Yoga Multi-level 9:30-10:45/Rm A Karen	Strength & Tone Multi-Level 10:30-11:15/Rm B Kim	ABS Multi-Level 10:15-10:45/Rm B Kim	Yoga Level I 10-11:15/Rm A Amy			
	Y Bootcamp Level II 10:15-11:15/Rm B Natalie	Yoga Level I 10:30-11:45/Rm A Marcia	Yoga Multi Level 10:30-11:45 Rm A Molly	Strength & Tone Multi-Level 10:30-11:15/Rm B Kim	Yoga Level II 10:30-11:30/Rm A Anne		
Lunch	Strength & Tone Level I 11:15-12:15/Rm B	Cycle Level I 12:00-1:00	ABS & More Level II 11:15-12:15 Rm B	Cycle Level I 12:00-1:00	Strength & Tone Level I 11:15-12:15/Rm B		
PM	Kickboxing Multi-level 4:30-5/Rm B Danielle	► Tae Kwon Do Paid Program 4-5/Rm A Scott	Body Design Level II 4:30-5:30/Rm B Amber	► Tae Kwon Do Paid Program 4-5/Rm A Scott			Cycle Level I 1:15-2:00 Mike
	Strength & Tone Level II 5-5:30/Rm B Danielle	Stability Ball Level II 4:30-5:30/Rm B Natalie	Zumba 5:30-6:30 Celeste	Cycle Level II 5:15-6:15 Valerie			
	Cardio Circuit Multi-level 5:30-6:30/Rm B Connie	Cycle Level II 5:15-6:15 Valerie	Cycle Starter Class 5:30-6:00 Moriah	Step & Strength & Tone Level II 5:30-6:30/Rm B Becky	Powercut Level II 5:30-6:30/Rm B Connie		
	Yoga Multi-level 5:30-6:45/Rm A Karen	Kickboxing Level II 5:30-6:30/Rm B Becky	Cycle Level II 6:00-6:30 Moriah				
	Y-Pilates Multi-level 6:30-7:30/Rm B Lisa	► Tae Kwon Do Paid Program 6:30-7:30/Rm A Scott	Y-Pilates Multi-Level 6:30-7:30/Rm B Lisa	► Tae Kwon Do Paid Program 6:30-7:30/Rm A Scott	Yoga Level I 6:15-7:30/Rm A Anne		
		Starter Step 6:30-7 Marcia	☺ ENERGIZE 6:45-7:45/Rm A	Step Starter Class 6:30-7/Rm B Marcia			
		Cycle Starter Class 7:00- Moriah		Strength & Tone Starter Class 7-7:30/Rm B Marcia			
		Y-Pilates Level 1 7:30-8:30/Rm B Sara					



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

- 30-minute class

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.

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, taekwondo 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, 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.