







# Y GROUP EXERCISE™

We build strong kids, strong families, strong communities.

James L. Camp Jr. Family  
(757) 562-3491

## SATURDAY JULY SCHEDULE

| DATE    | CLASS           | INSTRUCTOR   |
|---------|-----------------|--|
| July 3  | No class        | Happy 4th of July  |
| July 10 | Step/Kick/Flex* | Tina   |
| July 17 | Zumba           | Tonya   |
| July 24 | Step/Kick/Flex* | Tina   |
| July 31 | Zumba           | Tonya   |

Each class includes a warm-up, work phase and cool-down.

# Class is at 9:00 am

\* Tina will offer 30-minute extended weight workout following step/kickbox



# ACTIVATE AMERICA®



- Cardiovascular Workout



- Strength Training

Mission: To put Judeo-Christian principles into practice through programs that build a healthy spirit, mind and body

We build strong kids, strong families, strong communities. · [www.ymcashr.org](http://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.

**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, 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.