



# Group Exercise

# Suffolk Family YMCA

## Winter Group Exercise Schedule

		Cycling Studio	Exercise Studio	Gymnasium	Childcare Studio			
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early AM	5:15am		Cardio Circuit	Y-Pilates	Cardio Circuit			
	5:30am	Cycling		Cycling		Cycling		
	6:30am		Y-Pilates 6:30-7:15		Y-Pilates 6:30-7:15			
AM	8:30am	Starter Cycle		Starter Cycle			Abs & More	
		Abs & More	Abs & More	Cardio Core	Abs & More	Boot Camp	20/20/20	
	9:15am	Zumba	20/20/20	Strength & Tone	ZumbaToning	Strength & Tone	Step Interval	
		Cycling	Cycling	Cycling	Cycling	Cycling	Cycling	
		Y-Pilates		Y-Pilates	Step	Yoga	Y-Pilates	
	10:30am	Cardio Circuit	Yoga		Yoga	Toddler Time 0-2 yrs 10:30-11:00	Zumba 10:30-11:30	Yoga 1:30-2:30
LUNCH	11:30am		Strength & Tone AOA 11:30-12:30		Strength & Tone AOA 11:45-12:45	Toddler Time 3-5 yrs 11:15-12:00	Yoga 10:30-11:15am	Cycling 3:00-4:00
	12:30pm					Yoga AOA 11:15-12:15	Starter Cycling*	Zumba 3:00-4:00
PM	4:15pm	ZumbaToning	Cycling	Zumba	Cycling			
	5:30pm	Abs & More	Abs & More	Abs & More	Zumba 4:15-5:15pm	Abs & More		
		Starter Cycling		Starter Cycling	Abs & More			
	6:15pm	Boot Camp	Step	Boot Camp	Cardio Circuit	Zumba Circuit		
		Cycling	Cycling	Cycling	Cycling	Cycling		
		Yoga	Y-Pilates	Yoga	Y-Pilates			
	7:30pm	Yoga		Yoga		Advanced Yoga * 7:00-8:30		AOA - Active Older Adults
			Zumba		20/20/20			*Speciality Classes may not be offered each week. See Member Services Desk for dates.
		Cycling		Cycling				



# Class Descriptions

## Levels

All classes are multi-level unless otherwise noted.

Starter Classes are geared toward the beginner exerciser.

## Classes

**AOA-** Classes designed for Active Older Adults 55 years and older.

**Abs and More-** This class focuses on strengthening the core which include; the abdominal and low back muscles. Additional exercises that incorporate the upper and lower body may be added.

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

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

**Cardio Core-** Cardiovascular activities along with strengthening the abdominals and lower back.

**Cycling/Starter Cycling-** This class combines a cardiovascular workout on the stationary bicycle, focusing on proper cycling techniques. Please arrive 15 minutes early for bike setup and bring a water bottle and a towel to class.

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

**Pilates/Intro Pilates/Intro Pop 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.

**Strength and Tone-** Exercises and stretches for the entire body. Free weights, resistance bands and fit balls are utilized.

**Yoga-** Concentrate on improving balance, flexibility, relaxation and breathing techniques. This is a great way to learn how to manage and relieve stress.

**Zumba -**A cardiovascular workout using Latin inspired dance moves set to international music. Ages 8 and up are welcome.

**Zumba Circuit-** Alternates muscular strengthening exercises with Zumba moves to create a dynamic cardio workout. Ages 8 and up are welcome.

**Zumba Toning-** Incorporates choreography light weights and fun throughout the workout for cardio and strength conditioning.

**20/20/20-** Is a total body workout and includes 20 minutes of cardiovascular conditioning, 20 minutes of strength training, and 20 minutes of core exercises and stretching.