

Y STARTER CLASSES TM Taylor Bend Family YMCA

(757) 638-9622

Winter Schedule • Effective Jan. 4, 2010

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

	INDOOR POOL	GROUP CYCLING STUDIO	GROUP EXERCISE STUDIO	SPIRIT•MIND•BODY STUDIO				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Early AM	Stretch, Move & Bend 8:00-9:00		Stretch, Move & Bend 8:00-9:00		Stretch, Move & Bend 8:15-9:00	Water Exercise 8:05-8:55 NO OPEN SWIM		
AM	Abs & More 8:30-9:00	Abs & More 8:30-9:00	Abs & More 8:30-9:00	Abs & More 8:30-9:00	Abs & More 8:30-9:00	Abs & More 8:30-9:00		
	Aqua Volleyball 9:00-10:00	Aqua Blast 9:00-10:00	Aqua Volleyball 9:00-10:00	Aqua Aerobics 9:00-10:00	Weight Free 9:00-10:00	Starter Y-Pilates 9:00-9:30		
	Adapted Aquatics 10:00-11:00	Aqua Tai Chi 10:00-11:00 This is a "community" group class.	Adapted Aquatics 10:00-11:00	Aqua Tai Chi 10:00-11:00 This is a "community" group class and may be led by a volunteer or instructor.	Adapted Aquatics 10:00-11:00	Starter Cycling 9:15-9:45 13	1 st SAT. ONLY	
	- NO OPEN SWIM DURING AQUA CLASSES -							
			ZUMBA 10:30-11:30	Starter Step 10:30-11:00	ZUMBA 10:30-11:30	Starter Kickboxing 10:30-11:00	Starter Yoga 9:35-10:20	
						ZUMBA 10:30-11:30	1 st , 3 rd & 5 th SAT. ONLY	
	Abs & More 11:05-11:30					Hip Hop 10:30-11:30	2 nd & 4 th SAT. ONLY	
Lunch	Chair Yoga 11:45-12:30		Chair Exercise 11:45-12:30		Chair Yoga 11:45-12:30	Orientation to Group Exercise 11:35-12:15 (begins February)	1 st SAT. ONLY	
PM								
	JAN, FEB & MAR ONLY	Bike Fittings for Starter Cycling 5:15-5:25	ZUMBA 4:15-5:15					
		Starter Cycling 5:15-6:00 13						
		Abs & More 5:30-6:00	Abs & More 5:30-6:00		Abs & More 5:50-6:10	Family Yoga 5:15-6:00		
		Water Exercise 7:00-8:00 NO OPEN SWIM	Aqua 50/50 7:00-8:00 NO OPEN SWIM		Aqua Volleyball 7:00-8:00 NO OPEN SWIM			
		Starter Body Design 7:15-7:45	ZUMBA 7:15-8:15	ZUMBA 7:15-8:15				
		Starter Step 7:50-8:20						

Are You New to Cycling Classes?
If so, please arrive 15 minutes early for a bike fitting.

13 Participants must be 13 years or older to take classes marked with this symbol.

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



Class Descriptions

Starter Classes are geared toward the beginner exerciser. *There are no limits for attending Starter classes—feel free to attend as often as you wish.*

LAND CLASSES

Abs and More focuses on strengthening the core muscles which include the abdominals and lower back. Additional exercises that incorporate the upper back may be included.

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, and yoga movements to improve flexibility and balance.

Chair Yoga will help you gain strength, flexibility, relaxation and balance through Yoga movements done utilizing a chair. This class is a great way to introduce yourself to the wonderful world of Yoga.

Family Yoga is our regular Yoga class designed with families in mind. Children ages 6+ are welcome with a parent.

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

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.

Starter Body Design is geared toward the beginner exerciser, and helps strengthen and condition the entire body using free weights, exercise tubing or other equipment.

Starter Cycling is performed on a stationary bicycle, focusing on proper body alignment and cycling techniques. Please bring a towel and water. *(A full orientation is provided as part of this class. Please arrive 15 minutes early to get*

properly fitted to a bike.) **There are no limits on attending this class - feel free to attend as often as you wish.**

Starter Kickboxing combines shadow boxing, kickboxing and sports drills to involve the whole body.

Starter Step is an aerobic class that utilizes a step platform throughout the workout. Class may include abdominal and muscle conditioning exercises.

Starter Y-Pilates strengthens and lengthens core muscles. Breathing control and flexibility exercises are used to improve posture, body alignment and overall strength.

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

Stretch, Move & 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.

ZUMBA is a cardiovascular workout that uses Latin-inspired dance moves set to international music.

AQUA CLASSES

Aqua 50/50 focuses on strength training using a variety of resistance equipment in the shallow end of the pool to strengthen and tone all muscle groups, as well as cardio exercises in the deep end.

Adapted Aquatics is appropriate for those suffering from arthritis, fibromyalgia, multiple sclerosis, as well as those recovering from joint injury or surgery. The main goal of this class is to strengthen muscles and improve joint flexibility and range of motion.

Aqua Aerobics is designed for all fitness levels and has minimal impact on the joints. Instructors incorporate various cardiovascular training techniques and may use a variety of resistance equipment.

Aqua Blast is aqua aerobics for those who want more intensity! The instructor may work out in deep or shallow water using suspended or power moves. This class is designed for participants wanting a challenge but is appropriate for all levels of fitness.

Aqua Tai Chi provides instruction and performance of specific moves and conditioning exercises geared to improve ones ability to breathe, focus the mind, improve strength, flexibility, balance and coordination during movement. Aqua Tai Chi is a combination of the principles of water fitness and the graceful flowing movements of Tai Chi Chan. **Please note: This is a "community" group class and may or may not be led by a volunteer or instructor.**

Aqua Volleyball is an ideal class for those looking for a great workout while having fun! This participant-led class uses a beach ball and net in the shallow end of the pool.

Water Exercise is a water exercise class that may incorporate deep water and shallow water cardiovascular exercises, resistance training and flexibility training for a well-rounded workout.

Weight Free is an ideal class for those desiring no impact or rehabilitating an injury, although an excellent cardiovascular workout is guaranteed. Using buoyancy belts, participants exercise using various movements while suspended to improve cardiovascular fitness as well as muscular strength.

