



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE CLASSES

## GREAT BRIDGE/HICKORY FAMILY YMCA

2017

Schedule modified Sept 26  
and is subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>Boot Camp X</b> 5:15-6:15am Level II Mary	<b>Boot Camp X</b> 5:15-6:15am Level II Laurie	<b>Tabata G</b> 5:15-5:45am Level II Lauren	<b>Boot Camp X</b> 5:15-6:15am Level II Leslie	<b>Intro to Yoga X</b> 8-8:15am Starter Andy	<b>Yoga X</b> 9-10am Multi-level Jayme
<b>Group Active X</b> 8:30-9:30am Multi-level Audrey	<b>Yoga X</b> 8-9am Multi-level Cathy	<b>Yoga X</b> 7-8am Multi-level Cathy	<b>Yoga X</b> 8-9am Multi-level Cathy	<b>Kickboxing X</b> 8:15-9:15am Multi-level Brandy	<b>Yoga X</b> 8:20-9:20am Multi-level Andy	<b>Yoga X</b> 11am-12pm Multi-level Felicia
	<b>Kettlebells G</b> 9:15-10:15am Level II Laurie	<b>HIIT X</b> 8:15-8:45am Level II Jason		<b>Kettlebells G</b> 8:30-9am Level II Laurie	<b>Zumba® X</b> 9:30-10:30am Multi-level Alice	
<b>Treading F</b> 8:45-9:15am Multi-level Christine	<b>Abs &amp; More X T</b> 9:30-10am Multi-level Kim	<b>Abs &amp; More X</b> 8:45-9am Level II Jason	<b>Group Power X</b> 9:15-10:15am Level II Cassie	<b>Treading F</b> 9:30-10am Multi-level Christine	<b>Group Power X T</b> 10:45-11:45am Level II Rotating Instructor	<b>Zumba® X</b> 2pm-3pm Multi-level Rotating Instructor
<b>Bootcamp G</b> 9:30-10:30am Level II Jason	<b>PiYo X</b> 10:15-11:15am Level II Corey	<b>Treading F</b> 8:45-9:15am Multi-level Christine	<b>Low Impact Bootcamp G</b> 10:30-11:30am Level I Audrey	<b>Body Design X T</b> 9:30-10:30am Multi-level Kim	<b>HIIT X</b> 12-12:30pm Level II Rotating Instructor	
<b>Body Design X T</b> 9:40-10:40am Multi-level Kim	<b>Low-Impact Boot Camp G</b> 10:30-11:30am Level I Audrey	<b>Body Design X T</b> 9:15-10:15am Level II Kim	<b>Yoga X</b> 10:30-11:30am Multi-level Felicia	<b>Bootcamp G</b> 9:30-10:15am Level II Katie Jo	<b>Group Core X</b> 12:30-1pm Level II Rotating Instructor	
<b>Zumba® G</b> 10:50-11:50am Multi-level Evette	<b>Yoga X</b> 11:30am-12:30pm Multi-level Jennifer	<b>Zumba® X</b> 10:30-11:30am Multi-level Sandra	<b>Step &amp; Tone X</b> 11:40-12:40pm Multi-level Lin	<b>Group Power X</b> 10:45-11:45am Level II Laurie		
<b>Group Power X T</b> 10:50-11:50am Level II Laurie	<b>Chair Exercise M</b> 11:45-12:45pm Kim	<b>Zumba Gold® X</b> 11:45-12:45pm Level I Sue	<b>Chair Exercise M</b> 11:45-12:45pm Kim	<b>Zumba® G</b> 11am-12pm Multi-level Ami		
<b>Yoga X</b> 12-1pm Level I Cathy	<b>*Gentle Yoga X</b> 12:45-1:45pm Starter Jennifer	<b>Group Active X</b> 1pm-2pm Multi-level Audrey	<b>Group Core® X</b> 1:00-1:30pm Multi-level Evette	<b>Chair Exercise M</b> 11am-12pm Level I Colleen		
		<b>*This class requires participants to bring 2 towels.</b>				
<b>Group Power X T</b> 4:15-5:15pm Level II Cassie	<b>Zumba® X</b> 4:15-5:15pm Multi-level Ivonne		<b>Zumba Toning® X</b> 4:15-5:15pm Level II Keren	<b>Zumba X</b> 4:30-5:30pm Multi-Level Sandra		
<b>Group Core X</b> 5:30-6pm Multi-level Cassie	<b>Boot Camp X</b> 5:30-6:30pm Level II Yana	<b>Tabata X</b> 5:30-6:00pm Level II Cassie	<b>Group Power X</b> 5:30-6:30pm Level II Sarah			
	<b>Yoga X</b> 6:45-7:45pm Multi-level	<b>Group Core X</b> 6-6:30pm Multi-level Cassie	<b>Zumba® X</b> 6:45-7:45pm Multi-level Ami			
<b>Yoga X</b> 6:20-7:20pm Level II Tim	<b>Beginners Ballroom X</b> 8-8:45pm Level I Ron	<b>Zumba® X</b> 6:45-7:45pm Multi-level Alice				
<b>Zumba® X</b> 7:30-8:30pm Multi-level Alice	<b>Intermediate Ballroom X</b> 8:45-9:30pm Level I Ron	<b>Yoga X</b> 8-9pm Multi-level Jayme				



Members must be at least 13 years old to participate in classes that use weights. A parent or guardian must also be present for participants ages 13-15.



Due to the popularity of some classes, a ticket is required to participate. One ticket will be issued per member. Tickets are available one hour before the start of class.

We can not guarantee that the instructor named on this schedule will be the same instructor that teaches your class.

### Class Location

**X** Group Exercise Room

**G** Gymnasium

**F** Fitness area

**M** Multipurpose Room

# CLASS INFORMATION

All classes include a warm-up, work phase and cool-down. For your safety, please do not enter a class more than five minutes after it has begun.

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

## AGE GUIDELINES

Ages 13+ may participate in Group Exercise classes without a parent or supervising guardian. If a class involves free weights, a parent or guardian must accompany 13-15 year olds.

Ages 8-12 may participate in Level I Group Exercise classes with a parent or supervising guardian. For their safety, children under the age of 13 may not participate in a Level II Group Exercise class.

Introductory, Starter and Multi-Level classes are considered Level I.

# CLASS DESCRIPTIONS

## LEVELS

Intro Classes are 30 minute classes designed to be attended one or more times. The basics of equipment usage, positions and techniques will be introduced.

Starter Classes are 30 minute classes geared towards the beginner exerciser.

Level I Classes are 15 - 60 minute classes geared towards the beginner to intermediate exerciser.

Level II Classes are 15 minute or longer classes geared towards the intermediate to advanced exerciser.

Multi-Level Classes are 15 minute or longer classes geared to accommodate the beginner to advanced exerciser. \*

\*Instructor will demonstrate modifications for each level and will model the intermediate level exerciser.

## CLASSES

Abs and More - This class focuses on strengthening the core, which includes the abdominal and low back muscles.

Beginners Ballroom - learn about the basics: connection with your partner, the role of the follow and lead, technique of each style, the basic patterns of each dance style and how to transition from one pattern to the next.

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

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

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 yoga class is performed in a chair for those who cannot get up and down from the floor. Enjoy breathing, stretching, strengthening and relaxation while using a chair for support.

Group Active® - A simple and athletic program drawing from all four elements of fitness- Cardio, strength, balance and flexibility. Uses weights, dumbbells, body weight and simple athletic movements.

Group Core® - An athletic and functional core strength workout that strengthens everything from your shoulders to your hips using body weight, weight plates, a towel and a platform.

Group Fight® - Tap into the hottest mixed martial arts movements, done at a rapid-fire pace to smash your cardio fitness!

Group Power® - Blast all your muscles with this high-rep weight training workout for all fitness levels ages 13 and up. Combines squats, lunges, presses and curls with functional integrated exercises.

HIIT - A high intensity interval training that will enhance athletic capacity and fat burning with bursts of high-energy exercise followed by active recovery to improve endurance and build strength.

Intermediate Ballroom - Learn more complicated patterns and how to add variations as well as styling.

Kettlebells - This dynamic functional workout uses kettlebells to perform full body movements that develop muscle power, endurance and strength.

Kickboxing - A cardiovascular class that incorporates martial arts, shadow boxing, kickboxing and sports drills.

Low-Impact Boot Camp - Incorporates all of the elements of a Y Boot Camp class, but is modified to be low-impact.

Pilates - A multi-level class designed to strengthen and lengthen the core muscles. Breathing control and flexibility exercises are used to improve posture and body alignment.

PiYo® - A fusion of Pilates and Yoga blending one move into another, the core work of Pilates with the balance and strength of yoga.

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

Step & Tone - A combination of basic step, calisthenics and resistance training that is sure to burn lots of calories and build lean muscle.

Tabata - An advanced, intense interval workout alternating cardio and strength segments with brief periods of rest for improved aerobic and muscular endurance.

Treading - A coach-led exercise session utilizing the treadmill.

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

Yoga & More - A vigorous class that includes challenging postures, sequences and breathing that build strength, stamina and flexibility while improving the mind-body connection.

Zumba® - A cardiovascular workout using Latin inspired dance moves set to international music.

Zumba Gold® - Designed to take into consideration the physical needs associated with older adults. Those just starting their journey to a fit and healthy lifestyle are also welcome. Zumba Gold® is not appropriate for children.

STRONG by Zumba® - A total workout combining all elements of fitness- cardio, muscle conditioning, balance and flexibility. Workout mixes low-intensity and high-intensity moves for an interval-style calorie-burning dance fitness class.

Zumba Toning® - This is a higher intensity Zumba® class that incorporates a calorie-burning, strength-training workout using lightweight maraca-like Toning Sticks to enhance rhythm and tone the body, including upper and lower body and core.

## GREAT BRIDGE/HICKORY FAMILY YMCA

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