

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

North Family YMCA Winter 2 Session 2010 March 1st-April 18th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning Classes					
	BodyPump* 5:45-6:45am Jan	BodyFlow Express* 6:00-7:00am Jenn	BodyPump* 5:45-6:45am Jan	BodyFlow Express* 6:00-7:00am Jenn	
Step Express 9:00-9:45am Renee	Body Pump* 9:00-10:00 am Patrice	Step Express 9:00-9:45am Sharon	Body Pump* 9:00 -10:00 am Heather	Step Express 9:00-9:45am Renee	BodyFlow* 8:00-9:00am Staff
Bootcamp Fitness 9:00-10:00 am (gym) Amanda	Zumba 10:15-11:15am Patrice	Bootcamp Fitness 9:00-10:00 am (gym) Molly	Zumba 10:15-11:15am Beth	Bootcamp Fitness 9:00-10:00 am (gym) Brittany	Bootcamp Fitness 9:15-10:20 am (gym) Molly
Fit Over 50 - Strength/Core 9:50-10:35am Renee	Body Flow* 11:15-12:15 Tesi	Fit Over 50 - Strength/Core 9:50 -10:35am Sharon	Body Flow* 11:15-12:15 Tesi	Fit Over 50 - Strength/Core 9:50 -10:35am Renee	Zumba 9:15-10:10am Pauline
BodyFlow* 10:45 -11:45am Renee		Yoga-Basics 10:45 -11:45am Phyllis		Yoga-Gentle & Restorative 10:45 -11:45am Renee	BodyPump* 10:15-11:15am Martha
Evening Classes					Sunday
Body Pump* 5:15-6:15pm Martha	Tone & Chisel 4:30-5:30pm Chanda	Body Pump* 5:15-6:15pm Mary	Cardio Express 4:45-5:30pm Martha		Zumba 1:00-2:00pm Tammy
Body Flow* 6:30-7:25pm Phyllis	Zumba 5:45-6:30 pm Staff	Body Flow* 6:30-7:25pm Phyllis	Zumba 5:45-6:30 pm Patrice		
Kid's On the Move!*** 5:30-6:30pm GYM Staff	Bootcamp Fitness 5:30-6:30pm (gym) Molly		Kid's On the Move!*** 4:30-5:30pm GYM Staff	Childwatch Hours M & W 8:30am-Noon, 4-7:30pm T & Th 8:30am-12:30pm, 4-7:30pm Fridays 8:30 am - Noon Saturdays 9-Noon *requires punch card **requires registration and fee ***requires registration Schedule updated 2/22/10	
Little Tiger's** 6:00-6:30pm MPR A Ken Legendre			Triple Threat 6:40-7:40pm Chanda		
Tae Kwon Do** 6:40-7:55pm Gym Ken Legendre			Tae Kwon Do** 6:40-7:55pm Gym Ken Legendre		



North YMCA Group Exercise Class Descriptions



BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast! **Les Mills punch card required.**



BODYFLOW™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. **Les Mills punch card required.**

Yoga-Flow & Strength: A 60 minute Hatha style yoga class that is taught in the Yogafit three mountain theory. This class incorporates more strength postures and a flowing style of linking the poses together. This class is designed to stimulate and energize you!

Yoga-Gentle & Restorative: A 60 minute Hatha style class that is taught in the Yogafit three mountain theory. This class is designed as a gentle approach to yoga and with incorporate calming and restorative postures. You will walk away from this class feeling relaxed, stretched and stress free.

Boot Camp: This fun-filled, high intensity, no choreography skill and drills class is meant to get you in shape! Get your cardio and strength training workout by using a variety of equipment and your own body weight. Be prepared for anything! This class is designed for intermediate to advanced fitness levels.

Step Express - 45 minutes of non-stop step choreography! Come join us for a step work out with fun moves and great music. This class is appropriate for all levels.

Zumba: Are you ready to get your Latin groove on? Come join us for a great cardiovascular class that uses fun Latin dance moves and Latin music. This class is appropriate for all levels. No previous dance experience required. Just come ready to have some fun!

Fit Over Fifty-Strength and Core is a 45 minute class utilizing dumb bells, tubing, Gliding discs, weighted balls and stability balls. This class addresses the effects of aging and what happens to your body as you get older. This class is appropriate for active men and women who are interested in getting stronger, more flexible and increasing their energy.

Cardio Express: 45 minutes of hi/lo impact cardio conditioning. Easy to follow choreography makes this class appropriate for all levels.

Tone & Chisel: 60 minutes of strength training for the upper and lower body using hand weights, tubing, and gliding discs. Abdominal training is also emphasized using traditional core exercises. A total workout from head to toe to help you tone and chisel your way to a new you! This class is appropriate for all levels.

Triple Threat: Cardio vascular training, strength training and core conditioning all in one great package. You will utilize steps, kickboxing and athletic skills and drills to strengthen and tone. Plus, functional training to tone and firm the midsection in this all-inclusive class. Get a total workout in this fun and ever changing class! This class is appropriate for all levels.

Kids on the Move (6 yrs-13 yrs of age) This exhilarating program is offered to YMCA household Members and youth members for FREE!! Kids on the Move puts FUN in fitness for kids. The North Family YMCA staff will actively engage your child in structured fitness activities, while parent/guardians enjoy their activities at the Y! **Registration required.**