



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

February Group Exercise Schedule

Dover Foundation YMCA

Pool						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Deep Water 08:15-09:10am Suzette	Deep Water 08:15-09:10am Rebecca S.	Deep Water 08:15-09:10am Virginia	Deep Water 08:15-09:10am Kyrin	Deep Water 08:15-09:10am Suzette	
	Basic Water 09:15-10:10am Suzette	Stretch & Tone Water 09:15-10:00am James	Basic Water 09:15-10:10am Pam S.	Stretch & Tone Water 09:15-10:00am James	Basic Water 09:15-10:10am Suzette	
						Basic Water 10:00-11:00am Staff
	Basic Water 07:00-08:00pm Julianne			Basic Water 07:00-08:00pm Rebecca S.		
Boardroom						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Yoga Express 06:25-06:45am Cindi		Yoga Express 06:25-06:45am Cindi			
	Stretch & Strengthen Yoga 05:30-07:00pm Cindi		Yogalates 05:30-07:00pm Cindi			
Cycle						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Cycle 05:30-06:15am Cindi	Cycle 05:30-06:15am Jennipher	Cycle 05:30-06:15am Cindi	Cycle 05:30-06:15am Jennipher	Cycle 05:30-06:15am Cindi	
						Cycle 08:30-09:25am Lindsay 4, Paul 11, Sherry 18, Krista 25
		Cycle 09:30-10:30am Pam B		Cycle 09:30-10:25am Connie	Cycle/Run 09:15-10:30am Krista	
		Cycle 04:30-05:30pm Sherry		Cycle 04:30-05:30pm Lindsay		
	Cycle 05:30-06:30pm Lacey	Techno Tuesday Cycle 05:30-06:25pm Paul	Cycle 05:30-06:30pm Paul	Cycle Circuit 05:30-06:30pm Paul		
Studio						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Cardio Kickbox 05:30-06:15am Melanie		Cardio Kickbox 05:30-06:15am Melanie		
	Step/Sculpt 06:00-06:45am Kimberly	Power Abs Express 06:20-06:35am Melanie	Step/Sculpt 06:00-06:45am Kimberly	Power Abs Express 06:20-06:35am Melanie	Step/Sculpt 06:00-06:45am Cathy	
		Rock Bottom		Rock Bottom		



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		06:35-07:30am Melanie		06:35-07:00am Melanie		
	Hi/Lo 09:00-10:00am Kyrin	Zumba 09:00-10:00am Selina	Circuit Breaker 09:00-09:40am Suzette	Zumba 09:00-10:00am Selina	Cardio Express 09:00-09:30am Debbie	Zumba 09:00-10:00am Juli



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Studio						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Pilates 09:45-10:15am Suzette		Sculpt/Yoga Fusion 09:30-10:00am Debbie	Cardio Kickbox 09:00-10:00am Pam B
		Yoga 10:00-11:00am Debbie	SilverSneakers Cardio Circuit 10:30-11:30am Debbie	Muscle Madness 10:00-10:45am Melanie	Yoga Stretch 10:00-10:30am Debbie	Yoga 10:00-11:30am Caroline 4 & 11, John 18, Cindi 25
					SilverSneakers MSROM 10:30-11:30am Debbie	
		Chair Yoga 11:15-12:00pm Debbie				
	SilverSneakers MSROM 01:30-02:30pm Linda					
					Zumba 04:30-05:30pm Sheila	
	Zumba 05:30-06:30pm Sheila	Cardio Kickbox 05:30-06:30pm Sherry		Basic Step 05:25-06:30pm Pam B		
	Cardio Circuit 06:30-07:30pm Pam B	Muscle Madness 06:30-07:30pm Paul	Zumba 06:30-07:30pm Sheila	Muscle Madness 06:30-07:00pm Paul		
				Power Abs 07:00-07:30pm Paul		

February 2012: Group Fitness Schedule

Group Exercise Class Descriptions

AQUATICS

Basic Water: Non impact workout that works multiple muscle groups at the same time. Good for those with joint problems. Uses water weights for resistance exercises.

Deep Water: Non impact workout that uses flotation belts so you can concentrate on your workout. Uses noodles and water weights for resistance, and core conditioning. Great for injured joints. You need a Dr's approval if you have a back injury. It is recommended that you be able to tread water to take this class.

Stretch and Tone Water: Non impact class that is great for those with arthritis. Gentle cardio combined with the benefit of the water for stretching and balance work.

CYCLING

Cycle/Techno Tuesday Cycle: High Intensity, calorie burning class. The instructor will lead you on a journey yet you control the intensity. Adaptable for all levels. Space is limited so come early!

Cycle Circuit: The same great cycle workout you are used to with the added benefit of sculpting while still on the bike.

Cycle/Run: This class is designed for either the beginner runner or someone training to compete in a triathlon. After starting in the cycle room and completing a 30 minute ride you choose to continue with either shorter drills and distances designed to build endurance for running or go outside and complete a 3 mile run!

MIND/BODY

Yoga Express: Get all the benefits from yoga in half of the time! This class is a great addition to your workout routine and can be used as a warm up or a cool down.

Chair Yoga: A gentle yoga class that is designed for people who have difficulty getting on the floor. This class will help increase range of motion, balance, and flexibility

Yoga: Here it's "Y"oga! Strength training, stretching, abdominal work and relaxation for terrific all around toning.

Yogalates: This class integrates Yoga & Pilates while focusing on your core. Join us for a fantastic core workout.

Pilates: Gain Flexible strength for the entire body, especially the core muscles of the abs and back. All levels but may be difficult for those with back problems.

Sculpt /Yoga Fusion: Integrate traditional sculpting exercises with Yoga and reshape your body!

Stretch & Strengthen Yoga: Join us for a unique Yoga class that puts an emphasis on stretching while practicing the skills of Yoga.

Yoga Stretch: This class is designed for you to enjoy the Yoga experience, improve your flexibility, maximizing your workout in minimal time.

STUDIO

Basic Step: Using a classic step platform, you will experience a challenging and fun workout. The class includes choreographed combinations that will be sure to keep you motivated.

Circuit Breaker /Cardio Circuit: Challenge yourself with this intense workout that combines cardio with intervals of strength training for a complete workout.

Cardio Express: This high energy cardio class is designed to give you maximum cardio work in minimal time.

Cardio Kickbox: A great calorie burner! This class is a cardio workout that uses punches and kicking drills for added intensity. Not recommended for those with muscular or joint injuries, inflammations or other limitations.

Cardio Mix: A high energy calorie burning class filled with athletic skills, drills and a variety of cardio activities as well as sculpting.

Hi/Lo: This high cardio class will bring your heart rate up & down in a safe manner. Great for beginners or if you are advanced and want a challenge.

Muscle Madness: This challenging total body workout uses a variety of equipment to strengthen and tone your entire body (Some classes may not be the full hour).

Power Abs: Great workout focusing on the core and also the entire body to increase strength and stamina with weights, fit balls and more.

Power Abs Express: Tone that six pack with this power packed 15 minute core class.

Rock Bottom: Get your rear in gear during this half hour lower body toning class! Strengthen your legs and hips with this workout that incorporates the use of dumb bells, bands, exercise balls, and more!

SilverSneakers MSROM (Muscle Strength & Range of Movement): Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand held weights, elastic tubing, and a ball are used for resistance, and a chair is used for seated and/or standing support.

SilverSneakers Cardio Circuit: Combine fun & fitness to increase your cardiovascular endurance power with a standing circuit workout. Upper body strength work using hand held weights, elastic tubing, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head to toe stretching and complete relaxation in a comfortable position.

Step/Sculpt: This class combines all the elements of Step with Sculpt thrown in as a bonus. If you need a great workout in a short amount of time, this is your class!

Zumba: This is a new innovative way to get fit, and is fun, fun, fun! Come dance your way to fit. You will learn dances such as the Mambo and Salsa, working up to eight dances per class, with new ones being introduced as you move forward.

Classes are for ages 13 & up. Children ages 10-12 may attend with a parent.

We suggest that everyone, especially children start with beginner and intro level classes. Please inform the instructor if you are new and of any medications or medical conditions that might affect your ability to exercise. Those with muscular or joint injuries, inflammations or other limitations should check with their physician and an instructor to find an appropriate class.