

February 2012

Group Exercise Schedule

Sun	Monday	Tuesday	Wednesday			Saturday
			1 5:15 Cycle - Cathy 9:15 Cycle – Crystal 10:30 Zumba Gold - Brittney 5:30 Yoga - Christina 6:30 Cycle – Melissa 7:00 Thermal Fussion-Dantai	2 5:15 Cycle - Bruce 9:15 SilverSneakers® MSROM –Kelly 10:15 Pilates - Katie 5:30 Intensity - Buddy 6:30 Zumba - Meagan	3 11:00 Gentle Yoga – Christina 12:08 Real Rides Express Cycle - Daron	4 9:15 Zumba Meagan 10:15 Pilates Katie
5	6 9:15 Cycle – Crystal 10:30 Zumba Gold -Brittney 5:30 Cycle - Paul 6:30 Yoga - Christina 7:00 Thermal Fusion-Dantai	7 5:15 Cycle - Bruce 9:15 SilverSneakers® MSROM -Kelly 5:30 Step – Renita 6:30 Pilates – Katie * 6:30 Kick&Sculpt - Pam	8 5:15 Cycle - Cathy 9:15 Cycle – Crystal 10:30 Zumba Gold - Brittney 5:30 Yoga - Christina 6:30 Cycle – Melissa 7:00 Thermal Fusion-Dantai	9 5:15 Cycle - Bruce 9:15 SilverSneakers® MSROM –Kelly 10:15 Pilates - Katie 5:30 Intensity - Buddy 6:30 Zumba - Meagan	10 9:30 BodyRock Pam 11:00 Power Yoga - Christina	11 8:15 Hot Yoga Christina 9:15 Step Renita 10:15 Cycle Melissa
12	13 9:15 Cycle – Crystal 10:30 Zumba Gold -Brittney 5:30 Cycle - Paul 6:30 Yoga - Christina 7:00 Thermal Fusion-Dantai	14 5:15 Cycle - Bruce 9:15 SilverSneakers® MSROM –Kelly 10:30 Killer Abs - Taylor 5:30 Step – Renita 6:30 Pilates – Katie* 6:30 Kick&Sculpt - Pam	15 5:15 Cycle - Cathy 9:15 Cycle – Crystal 10:30 Zumba Gold - Brittney 5:30 Yoga - Christina 6:30 Cycle - Melissa 7:00 Thermal Fusion-Dantai	16 5:15 Cycle - Bruce 9:15 SilverSneakers® MSROM –Kelly 10:15 Pilates - Katie 5:30 Intensity - Buddy 6:30 Zumba - Meagan	17 11:00 Gentle Yoga – Christina 12:08 Real Rides Express Cycle - Daron	18 9:15 Kick and Sculpt Pam 10:15 Cycle Melissa
19	20 9:15 Cycle – Crystal 10:30 Zumba Gold -Brittney 5:30 Cycle - Paul 6:30 Yoga - Christina 7:00 Thermal Fusion-Dantai	21 5:15 Cycle - Bruce 9:15 SilverSneakers® MSROM –Kelly 10:30 Killer Abs - Taylor 5:30 Step - Renita 6:30 Kick&Sculpt - Pam	22 5:15 Cycle - Cathy 9:15 Cycle – Crystal 10:30 Zumba Gold - Brittney 5:30 Yoga - Christina 6:30 Cycle – Melissa 7:00 Thermal Fusion-Dantai	23 5:15 Cycle - Bruce 9:15 SilverSneakers® MSROM –Kelly 10:15 Pilates - Katie 5:30 Intensity - Buddy 6:30 Zumba - Meagan	24 9:30 BodyRock Pam 11:00 Power Yoga - Christina	25 8:15 Step Renita 9:15 ZumbaGold Brittney 10:15 Pilates Katie
26	27 9:15 Cycle – Crystal 10:30 Zumba Gold -Brittney 5:30 Cycle - Paul 6:30 Yoga - Christina 7:00 Thermal Fusion-Dantai	28 5:15 Cycle - Bruce 9:15 SilverSneakers® MSROM –Kelly 10:30 Killer Abs - Taylor 5:30 Step – Renita 6:30 Pilates – Katie* 6:30 Kick&Sculpt - Pam	29 5:15 Cycle - Cathy 9:15 Cycle – Crystal 10:30 Zumba Gold - Brittney 5:30 Yoga - Christina 6:30 Cycle – Melissa 7:00Thermal Fusion-Dantai	<p>*Tuesday 6:30 Pilates will meet in the Library!</p> <p>Get Ready for BODYPUMP coming in March!</p>		

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, inflammation, chronic illnesses, or other limitations should check with the instructor to find an appropriate class and to discuss class modifications.

YMCA Mission: Helping all people reach their God given potential in spirit, mind and body.

Group Exercise Class Descriptions

Classes with an asterisk () are taught at a higher intensity.*

CYCLING: High-intensity, calorie-burning class. Space is limited, so come early! Bring a towel & water bottle; cycling shorts recommended.

INTENSITY*: High energy circuit training. An intense calorie burning, heart pumping class that will keep you coming back for more.

KICKBOXING: A great calorie burner! This is a unique combination of aerobics and martial arts. *Not recommended for those with muscular or joint injuries, inflammations or other limitations.*

KICK AND SCULPT: Kickboxing with sculpting interval to get the heart pounding. Gets your body moving while sculpting muscles.

SilverSneakers® MSROM: Improves flexibility, functional strength & endurance using music & equipment for motivation & assistance.

STEP: A great workout that keeps your heart pumping.

BODYROCK*: High energy cardio combined with total body toning through various forms of resistance.

YOGA: Strength training, stretching, abdominal work and relaxation for terrific all around toning.

KILLER ABS: The name says it all. A stronger core in less than 30 min.

REAL RIDES EXPRESS CYCLE*: A hard hitting 40 minute spin class designed to push your limits and get you back to your day.

POWER YOGA: Step up your practice with this fast paced flow class that using deeper poses & added elements such as balance.

ZUMBA®*: Latin based Cardio Dance. Tone & sculpt at this fun cardio party!

ZUMBA GOLD®: Takes the Zumba® formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.

THERMAL FUSION*: High intensity, resistance based class that will develop your cardio and strength and send them into overdrive!

PILATES: Body conditioning using stretching and strengthening exercises focused on your core.

Classes are designed for youth and adults, ages 15 & up. Children who are ages 10-14 may attend with parent supervision. Most classes may be adapted to your current physical level. Speak with the class instructor before class to ask what adaptations can be made to best improve your experience. Our instructors are here to serve you and help you get the most out of their class!



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



RUBY C. HUNT YMCA

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