



# Central YMCA's Group Fitness Schedule

## September 5<sup>th</sup> – December 30<sup>th</sup>, 2017

No Classes September 4, November 23, December 25

Classes MUST maintain a 6 person average per month to remain on the schedule.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00–6:45 a.m.	Y-HIIT John V.		Y-HIIT John V.			
8:30–9:30 a.m.	SilverSneakers® Classic Irina	9:00–9:45 a.m. Boot Camp Zoe	Senior Fit Larry	9:00–9:45 a.m. Boot Camp Zoe	SilverSneakers® Classic Larry	9:00–9:45 a.m. Boot Camp Ali
9:30–10:30 a.m.	SilverSneakers® Yoga Irina					
10–11:30 a.m.		LIVESTRONG®		LIVESTRONG®		
5:15–6:00 p.m.	Zumba® Melanie	<b>Kettlebells Mary Jo</b>	Arm Core Nicole	<b>Kettlebells Mary Jo</b>		
5:30–6:30 p.m.		Yoga Jessica Manchester Room		Yoga Jessica Manchester Room		
<b>15 Minute Express Classes</b>	6:05–6:20p.m. Dance Fusion Melanie	6:00–6:15p.m. Core Blaster Mary Jo	6:05–6:20p.m. Core Blaster Nicole			
6:30–7:30 p.m.	Yoga Audrey			6:15–7:15PM Boot Camp Ali (Lower Gym)	Ballroom Dance Larry New!!	

Classes in Bold are open to Non-Members for \$55 a month.

# **Group Fitness Class Descriptions**

\*\* Runs in Sessions

## **Low Intensity Classes:**

### **Dance Fusion:**

Utilizing ballet style and dance moves and to help with balance and coordination. Works to elongate and tone muscles.

### **\*\*Kettlebell I-1<sup>st</sup> Week of each session from 6-630pm**

The latest strength training class teaches the basics of Kettlebell training, safety techniques, body positioning, alignment and appropriate starting weight.

**Senior Fit:** A class for beginner participants where the motto is, "GET FIT, HAVE FUN & MAKE FRIENDS." This class is designed to increase strength, range of movement, agility, balance and coordination. Participants can improve functional capabilities, fitness level and sense of well-being all sandwiched between a warm up and a cool down.

**Silver Sneakers Classic®:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

**\*\*Yoga:** Strengthen your mind, body and spirit. The physical postures of yoga can help to alleviate health problems while reducing stress and improving your physical and mental state.

## **Medium Intensity Classes:**

**Arm Core:** An interval based class to tone arm and core muscles while balancing back and extensor muscles. This class is sure to get you strong.

**Core Blaster:** A unique class designed to blast your core and strengthen your body overall. It's not just about crunches anymore.

## **High Intensity Classes:**

**Boot Camp:** Command power, strength and agility with this military inspired circuit workout that will push you to your limits. As you maneuver your way through each workout station, you'll lunge, crunch, box and more for a full body workout. In the end, you'll leave class feeling exhilarated.

**\*\*Kettlebell II:** Once you've taken Kettlebell I you can progress to Kettlebell II. Progressive exercises will be practiced achieving cardio, power and strength gains.

## **Great for All Levels:**

**\*\*Strong Fit:** Our fitness class is designed to meet the needs of adults who want to feel better, maintain weight, lower blood pressure, and stay active. It also works for individuals who participate in recreational sports or who have active jobs. This class starts off with stretching, including shoulder and low-back stretches that aren't generally done in the Athletic Classes.

The rest of the class involves various drills in a circuit fashion that would work the lower body, upper body, and core. We utilize rubber band strength training, as well as kettlebells, ropes, steps and various other modalities. 20 Person Max

Requirements: Be able to get on and off the floor and walk up 3 flights of stairs.

**Tabata:** A type of high intensity interval training that follows a specific format: 20 seconds of a very high intensity exercise (e.g., sprints) 10 seconds of rest.

**\*\*Y-HIIT (Members Only-No Registration required, runs in sessions):** A high intensity interval training mat based class with emphasis on strengthening the core muscles. This quick intense class combines basic calisthenics with a timing sequence of forty seconds of work and twenty seconds of recovery. You can't possibly know whether it's right for you without giving it a try. Everyone is welcome; modifications provided.

**Zumba®:** Zumba is a high energy fusion of Latin and International music-dance themes that create a dynamic, exciting, and effective fitness class. The routine features interval training with fast and slow rhythms that zone and sculpt the body. Join the party as you become fit.