



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING 1 2020
Effective Monday, March 2

ALL IN CHALLENGE!

GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45	CYCLE 5:45 - 6:30 Terry		CYCLE 5:45 - 6:30 Chryseis		CYCLE 5:45 - 6:30 Chryseis		
8:00	YOGA I 8:00 - 8:45 Susan	LOW IMPACT FULL BODY 8:00 - 8:45 Maria	YOGA I 8:00 - 8:45 Susan	LOW IMPACT 8:00 - 8:45 Peggy	YOGA I 8:00 - 9:00 Susan	YOGA II 8:00 - 9:00 Jane	
9:00	CYCLE 9:00 - 10:00 Maria ZUMBA 9:00 - 9:45 Carmen	R.I.P.P.E.D.® 9:00 - 10:00 Larissa	CYCLE 9:00 - 9:45 Maria ZUMBA 9:00 - 9:45 Carmen	R.I.P.P.E.D.® 9:00 - 10:00 Larissa	CYCLE 9:00 - 10:00 Terry H.I.I.T. 9:30 - 10:30 Violetta	H.I.I.T. 9:15 - 10:15 Jane	POWER CYCLE 9:30 - 10:30 Maria
10:00	PILATES 10:00 - 11:00 Carrie	CORE FOCUS TOGETHER® 10:15 - 10:45 Larissa	STRENGTH TRAIN TOGETHER® 10:00 - 11:00 Larissa	PILATES 10:15 - 11:15 Carrie	YOGA II 10:45 - 11:45 Samantha		Weighted Abs & Cardio 10:45 - 11:45 Maria
11:00	Tai Chi Moving for Better Balance 11:15 - 12:15 (2/3 - 4/20)		Tai Chi Moving for Better Balance 11:15 - 12:15 (2/5 - 4/22)				
12:00	Cardio® 12:15 - 1:00 Kathy	Tai Chi Balance & Strength 12:00 - 12:45 Kathy	Cardio® 12:15 - 1:00 Kathy	Tai Chi Balance & Strength 12:00 - 12:45 Kathy	BOOM Move® 12:00 - 12:45 Peggy		STRENGTH TRAINING 12:00 - 1:00 Kathy G.
1:00	Yoga® 1:15 - 2:00 Jackie	BOOM® Move & Muscle 1:00 - 1:45 Peggy	Yoga® 1:15 - 2:00 Jackie	ZUMBA® Low Impact 1:00 - 1:45 Carmen	Yoga® 1:00 - 1:45 Jackie		
6:00	PILATES 6:00 - 6:45 Kristin POWER CYCLE 6:00 - 7:00 Maria	H.I.I.T. 6:00 - 6:45 Lenore	POUND® FITNESS 6:00 - 6:45 Angela	ZUMBA® 6:00 - 7:00 Carmen POWER CYCLE 6:00 - 7:00 Maria			
7:00	ZUMBA® 7:00 - 8:00 Carmen		ZUMBA® 7:00 - 8:00 Carmen				

The schedule is online!
<https://www.gv-ymca.org/healthy-living-programs-schedules>
Schedule is subject to change.

Group exercise is a fun way to incorporate more physical activity into your routine. Join certified instructors as they guide you through a safe and effective workout program. From Strength Train Together™ to HIIT, Cycling to Zumba®, there is a class for everyone! All levels are welcome.

CYCLING

B=beginner I= intermediate A=advanced

CYCLING / POWER CYCLING B,I,A Pedal through hill climbs, sprints, and many other challenging drills. Pedals are SPD compatible.

STRENGTH

SILVERSNREAKERS® BOOM, MOVE & MUSCLE MOVE is a higher intensity dance workout class that improves cardio endurance, and MUSCLE incorporates athletic-based exercises. BOOM MOVE & MUSCLE will improve overall conditioning.

STRENGTH TRAIN TOGETHER B,I,A Blast all your muscles with a high-rep weight training workout. You will use an adjustable barbell, weight plates and body weight to perform functional integrated exercises.

CARDIO

H.I.I.T. I,A HIIT is a form of **High Intensity Interval Training** which is a cardiovascular strategy alternating short periods of intense, anaerobic exercise with less intense recovery period. **HIIT** rotates circuits of strength, cardio, and abs! Instructors may choose to emphasize training on the Step, athletic exercises, or teach other cross-training exercise techniques.

LOW IMPACT B,I Low-impact aerobics combined with body toning. **FULL BODY LOW IMPACT** also includes weight training.

POUND® B,I,A Become the music! POUND® provides the perfect atmosphere for letting loose, getting energized toning up and rockin' out! Designed for all fitness levels.

R.I.P.P.E.D® I,A Total Body "plateau proof fitness formula" workout utilizing Resistance, Intervals, Power, Plyometric, Endurance and Diet. (Y instructors do not prescribe or recommend nutrition programs.)

SILVERSNREAKERS® CARDIO Get Up & Go with an aerobics class that's safe, heart-healthy and gentle on the joints. This class includes easy-to-follow, low-impact movement, upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

ZUMBA® B,I,A This hot workout fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program that will really have you movin' and shakin'. <https://www.zumba.com/en-US/pages/class>

MIND-BODY

TAI CHI: BALANCE & STRENGTH B,I,A movements designed to improve balance, stability and overall health

TAI CHI: MOVING FOR BETTER BALANCE B movements designed to improve balance, stability and overall health; 12-week progressive Tai Chi program (MW from 11:30-12:30pm, February 3 – April 23; REGISTRATION REQUIRED AT THE WELCOME CENTER)

PILATES® B,I,A A unique system of stretching and strengthening exercise. Dramatically improve your posture, flexibility and balance. Designed to accommodate any fitness level.

SILVERSNREAKERS® YOGA Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

YOGA I B,I,A gentle, progressing class which focuses on basic Yoga postures and their modifications, breathing and body awareness. Designed to increase strength, range of motion, and flexibility. **YOGA II I,A** Basic Yoga postures with more flow. You can modify poses to either ease or challenge one's practice. Deep breath work, increase stamina, balance, strength and flexibility.