

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

**Hours of Operation:** Monday-Thursday 5:30 AM-9:30 PM; Friday 5:30 AM-9:00 PM; Saturday 8:00 AM-6:00 PM; Sunday 1:00 PM-6:00 PM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM			Sunrise Circuit Training <i>Tanya</i>				
8:00 AM	Practical Yoga <i>Jamie</i>	Stretch in Motion <i>Jamie</i>	Practical Yoga <i>Jamie</i>	Stretch in Motion <i>Jamie</i>	Friday Blast <i>Jamie</i>	Step & Tone 8:10 AM <i>Suzi</i>	
9:30 AM	Body Pump <i>Elizabeth</i>	Step & Tone <i>Anne</i> ----- Running Group <i>outside</i>	Body Pump <i>Jamie</i>	Zumba <i>Jennifer</i> ----- Running Group <i>outside</i>	Power Yoga <i>Tina</i>	Cardio Circuit Training <i>Celeste</i>	
10:30 AM		Yoga <i>Jeanne</i>	Pilates <i>Jen</i> Group Ex 2	Yoga <i>Linda</i>		Pilates <i>Celeste</i>	
11:00 AM	*Body Recall <i>Linda</i>		*Body Recall <i>Linda</i>		*Body Recall <i>Linda</i>		
12:30 PM		Cycle Circuit Plus Abs <i>Jeanne</i> Group Ex 2		Cycle Circuit Plus Abs <i>Jeanne</i> Group Ex 2	Laughing Yoga 12:15 PM (1st Friday each month) <i>Linda</i>		
1:30 PM							
2:00 PM	Silver Sneakers <i>Linda</i>		Silver Sneakers <i>Linda</i>	Silver Sneakers <i>Linda</i>			
2:30 PM							
3:00 PM	Silver Sneakers Cardio <i>Anne</i>			Silver Sneakers Yoga Stretch <i>Linda</i>			
4:20 PM	20/20/20 <i>Debbie</i>	Beginning Ballet (paying class)	Step Basics <i>Anne</i>	Weight/Core Challenge 4:30PM <i>Brandon</i>	Kids In Motion <i>Marco/Alyssa</i>		
5:30 PM	Cardio Circuit <i>Jeanne</i>	Step & Tone <i>Suzi/Elizabeth</i>	Body Pump <i>Elizabeth</i> ----- Kickboxing <i>Jeanne</i> Group Ex 2	Step Plus Floor Work <i>Anne</i> (Floor 6:10-6:30)	Step & Zumba <i>Dusti</i>		
6:35 PM	Kickboxing <i>Jeanne</i>	Cardio Circuit <i>Celeste</i>	Yoga II <i>Heather</i>	Zumba <i>Jeanne</i>			
	Pilates <i>Jen</i> Group Ex 2	Yoga I <i>Linda</i> Group Ex 2	Pilates <i>Celeste</i> Group Ex 2	Cardio Blast <i>Celeste</i> Group Ex 2			
	Zumba <i>Andrea</i> Gym Side 2	Hip Hop 5/12/09 - 6/2/09 <i>Gym Side 2</i>					
7:00 PM		Life Fitness Circuit 7:00 PM <i>Life Fitness Room</i>	Cardio Fusion 6:45 PM <i>Gym Track</i>				
7:40 PM	Step & Tone <i>Anne</i>						

All Aerobics classes are subject to change in level and instructor. \*Check with front desk for session dates

**NOTE: All classes are held in Group Exercise Room 1 unless otherwise indicated.**

## Group Cycling Schedule

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 am	cycling		cycling		cycling		
8:30 am		cycling				cycling	
9:30 am			cycling				
10:30 am	cycling				cycling		
12:30 pm		cycle circuit plus weights	cycle circuit plus abs	cycle circuit plus weights			
1:30 pm							
4:30 pm		cycling				cycling	cycling
5:30 pm	cycling			cycling			
6:30 pm							
7:40 pm			cycling *				

cycling

Gray boxes indicate classes that will begin the week of June 14<sup>th</sup>.

Cycle classes are 45 minutes. New cyclists please come 10 minutes early for cycle orientation. For your safety and as a courtesy to other class members, please arrive 5 minutes prior to class for set up - participants arriving late will NOT be allowed to enter. You must bring water and a towel to class, and heart rate monitors are strongly encouraged. You'll see why! ***\*Due to time constraints, no orientation available for the 7:40pm class. Thank you for your cooperation.***

***What is group cycle? This is a high intensity workout to music appropriate for all fitness levels, with an instructor who will help you simulate a challenging bike ride complete with hills, valleys and varying speeds.***

### Class Descriptions

- Step Basics**- Learn Basic step moves in this challenging class which incorporates 40 minutes of stepping with 20 minutes of floor exercises.
- Step & Tone**- An intense step training class offering an intermediate level step class with 15 minutes of resistance training at the end. A great fat-burning and muscle toning class.
- Body Pump**- A class that targets every muscle group. Muscle isolation exercises using weights and/or bands; the ultimate strength and endurance workout.
- Stretch in Motion**- A great morning workout that emphasizes muscle toning (using weights, balls and bands) and stretching for flexibility improvement.
- Core & More**- 30 minute workout to strengthen the deep muscles of the abdomen and lower back.
- High Intensity Low**- Low impact aerobics at its best. A 60-minute cardiovascular workout complete with weights and floor exercises.
- Cardio Circuit**- A high energy class alternating cardio and strength training.
- Cycle Circuit**- 30 minutes of high energy cycling followed by 30 minutes of strength training plus ab work.
- 20/20/20**- A cross training class combining 20 minutes of stepping, 20 minutes of low impact aerobics and 20 minutes of floor work.
- Power Yoga**- Bring the physical and mental benefits of Yoga to a fitness class setting.
- Practical Yoga**- Basic yoga moves for a variety of fitness levels.
- Silver Sneakers**- A senior exercise class using resistance tubing, balls, and light weights.
- Silver Sneakers Cardio**- A cardio class appropriate for seniors or beginning exercisers.
- Silver Sneakers Yoga Stretch**- A chair based yoga class. Wonderfully relaxing - no getting on the floor.
- Friday Blast**- An energetic class using cardio drills on the step with floor work using resistance equipment.
- Zumba**- A Latin dance inspired cardio class appropriate for all levels. You will have a great time!
- \*Body Recall**- A class for active, older adults doing chair based exercises and stretching focusing on functional fitness.
- Laughing Yoga**- A fun filled yoga class appropriate for all levels-laughing is exercise! No floor work required.
- Kickboxing**- A high energy cardio class for the intermediate exerciser.
- Family Fitness**- Work out as a family in our Life Fitness Room. Open to members ages 7 and up.
- Boot Camp**- A challenging workout designed to give you the best one hour cardio and strength training workout in the world!
- Life Fitness Circuit**- This 45 minute class utilizes our Life Fitness equipment which combines strength stations and cardiovascular stations.
- Cardio Fusion**- Combines cardio, strength, balance, and core for a total body workout.
- Running Group**- Weather permitting, this 60 minute outdoor run will help you increase your speed by training with other intermediate runners.
- Weight/Core Challenge**- This class utilizes a variety of equipment