

YHEALTH & WELL-BEING™

We build strong kids, strong families, strong communities.

Effective August 1, 2010

MONDAY

TIME	CLASS	ROOM	YMCA
5:30-6:30 AM	Body Pump	Studio	HGN
5:30-6:30 AM	Body Pump	Studio	Marion
7:00-8:00 AM	Water Exercise	Pool	Marion
7:30-8:15 AM	Lo Intensity Water	Pool	HGN
8:10-9:10 AM	Water Exercise	Pool	Marion
8:15-9:00 AM	Water Exercise	Pool	Stoney
9:10-9:55 AM	Arthritis Water Ex.	Pool	Marion
9:15-9:55 AM	Body Pump	Studio	Stoney
9:15-9:55 AM	Cardio Interval	Studio	Marion
9:15-10:15 AM	Boot Camp	Studio	HGN
10:00-10:40 AM	Y Spinning	Studio	Marion
10:15-11:00 AM	SS Strength	Gym	Marion
10:30-11:15 AM	SS Strength	Studio	Stoney
12:00-1:00 PM	Intermediate Yoga	MPR	HGN
12:10-12:55 PM	Step Combo	Studio	HGN
5:30-6:30 PM	Body Pump	Studio	HGN
5:30-6:30 PM	Body Pump	Studio	Marion
6:00-6:45 PM	Water Aerobics	Pool	Stoney
7:00-8:00 PM	Yoga	Studio	Marion
7:00-8:00 PM	Body Flow	MP	HGN

TUESDAY

TIME	CLASS	ROOM	YMCA
5:30-6:30 AM	Body Flow	Studio	HGN
5:30-6:30 AM	Y Spinning	Studio	Marion
5:30-6:30 AM	Body Pump	Studio	Stoney
7:30-8:15 AM	Lo Impact Water	Pool	HGN
8:00-9:00 AM	Yoga	Studio	Marion
8:15-9:00 AM	Fit and Fun	Studio	Stoney
9:00-10:00 AM	Arthritis Water Ex	Pool	Stoney
9:15-10:15 AM	Body Pump	Studio	Marion
9:15-10:30 AM	Total Body Works	Studio	HGN
9:15-10:15 AM	Body Flow	Studio	Stoney
10:15-11:00 AM	SS Strength	Gym	Marion
10:45-11:30 AM	SS Strength	Studio	HGN
12:00-1:00 PM	Power Yoga	MP	HGN
12:10-12:55 PM	Body Blitz	Studio	HGN
4:30-5:30 PM	Body Pump	Studio	HGN
5:30-6:15 PM	Y Spinning	Studio	Marion
5:30-6:30 PM	Yoga	Studio	Stoney
5:35-6:35 PM	Kickboxing	Studio	HGN
5:45-6:45 PM	Body Flow	MP	HGN
6:00-7:00 PM	Deep Water Ex.	Pool	Marion
6:35-7:35 PM	Body Pump	Studio	Stoney
6:40-7:40 PM	Boot Camp	Studio	HGN
7:00-7:45 PM	Lo Intensity Water	Pool	HGN

WEDNESDAY

TIME	CLASS	ROOM	YMCA
5:30-6:30 AM	Body Pump	Studio	HGN
5:30-6:30 AM	Boot Camp	Studio	Marion
5:45-6:45 AM	Y Spinning	Studio	Stoney
7:00-8:00 AM	Water Exercise	Pool	Marion
7:30-8:15 AM	Lo Intensity Water	Pool	HGN
8:00-8:55 AM	Pilates	Studio	Marion
8:10-9:10 AM	Water Exercise	Pool	Marion
8:15-9:00 AM	Water Exercise	Pool	Stoney
9:10-9:55 AM	Arthritis Water Ex	Pool	Marion
9:15-10:30 AM	Total Body Works	Studio	HGN
9:15-10:15 AM	Y Spinning	Studio	Marion
9:15-10:15 AM	Cardio Interval	Studio	Stoney
10:15-11:00 AM	SS Strength/Cardio	Gym	Marion
10:30-11:15 AM	SS Strength	Studio	Stoney
10:45-11:30 AM	SS Strength	Studio	HGN
12:00-1:00 PM	Beginning Yoga	MP	HGN
12:10-12:55 PM	Cardio Interval	Studio	HGN
5:30-6:30 PM	Zumba	Studio	HGN
5:30-6:30 PM	Body Pump	Studio	Marion
6:00-6:55 PM	Y Spinning	Studio	Stoney
6:00-6:45 PM	Water Aerobics	Pool	Stoney
7:00-8:00 PM	Body Flow	Studio	Marion
7:00-8:00 PM	Body Flow	Studio	Stoney

THURSDAY

TIME	CLASS	ROOM	YMCA
5:30-6:30 AM	Step	Studio	HGN
5:30-6:30 AM	Y Spinning	Studio	Marion
5:30-6:30 AM	Body Pump	Studio	Stoney
7:30-8:15 AM	Lo Impact Water	Pool	HGN
8:00-9:00 AM	Body Flow	Studio	Marion
8:15-9:00 AM	Fit and Fun	Studio	Stoney
9:15-10:15 AM	Body Pump	Studio	Marion
9:15-10:30 AM	Total Body Works	Studio	HGN
9:15-10:15 AM	Body Flow	Studio	Stoney
9:00-10:00 AM	Arthritis Water Ex	Pool	Stoney
10:15-11:00 AM	SS Strength	Gym	Marion
10:45-11:30 AM	SS Strength	Studio	HGN
12:00-1:00 PM	Intermediate Yoga	MP	HGN
12:10-12:55 PM	Body Blitz	Studio	HGN
4:30-5:30 PM	Body Pump	Studio	HGN
5:30-6:20 PM	Zumba	Studio	Marion
5:30-6:30 PM	Yoga	MP	HGN
6:00-7:00 PM	Deep Water Ex	Pool	Marion
6:00-6:45 pm	Deep Water Ex	Pool	Stoney
6:35-7:35 PM	Body Pump	Studio	Stoney
6:40-7:40 PM	Boot Camp	Studio	HGN
7:00-7:45 PM	Lo Intensity Water	Pool	HGN

FRIDAY

TIME	CLASS	ROOM	YMCA
5:30-6:30 AM	Body Sculpt	Studio	HGN
5:30-6:30 AM	Body Pump	Studio	Marion
5:45-6:45 AM	Y Spinning	Studio	Stoney
7:00-8:00 AM	Water Exercise	Pool	Marion
7:30-8:15 AM	Lo Intensity Water	Pool	HGN
8:00-9:00 AM	Yoga	Studio	Marion
8:00-9:00 AM	Arthritis Water Ex	Pool	Stoney
8:10-9:10 AM	Water Ex	Pool	Marion
9:10-9:55 AM	Arthritis Water Ex	Pool	Marion
9:15-10:15 AM	Body Pump	Studio	HGN
9:15-10:15 AM	Step	Studio	Marion
9:15-10:00 AM	SilverSneaker Stretch	Gym	Marion
9:15-10:15 AM	Body Pump	Studio	Stoney
10:45-11:30 AM	SS Strength	Studio	HGN
12:00-1:00 PM	Yoga	MP	HGN
12:10-12:55 PM	Cardio Surprise	Studio	HGN

SATURDAY

TIME	CLASS	ROOM	YMCA
7:00-8:00 AM	Aqua Madness	Pool	HGN
7:00-8:00 AM	Y Spinning	Studio	Marion
7:30-8:30 AM	Y Spinning	Studio	Stoney
8:15-9:00 AM	Intermediate Yoga	MP	HGN
8:15-9:00 AM	Water Aerobics	Pool	Stoney
8:30-9:30 AM	Body Pump	Studio	Marion
9:00-10:00 AM	Body Pump	Studio	HGN
9:00-10:00 AM	Yoga	Studio	Stoney

MP = Multipurpose Room RB=Racquetball court
HGN= Downtown YMCA

Body Blitz – tone & strengthen your body with the use of weights, tube, exercise balls, & circuit training. Always challenging & different.

Body Flow – is an athletic blend of Yoga, Pilates, and Tai Chi that leaves you feeling long, strong, calm, and centered.

Body Pump – is a muscle conditioning, choreographed workout using barbells. Whether you are new to weight training or experienced in pumping iron, this workout will change the shape of your body! Certified instructors using highly motivating music lead classes.

Body Sculpt –Tone your body with this low-impact class, using weights, tubes, and exercise balls. A great cross training class!

Boot Camp – incorporates a variety of movement & equipment to create a fun, safe way to do interval training. By doing strength & cardio in short energy bursts of time, you will maintain a heart rate that allows all the physical benefits of exercise while keeping your calorie burn peaked.

Cardio Interval – Challenge your body with different cardio workouts each class. Step, kickboxing, hi/lo, or circuit training and muscle work.

Kickboxing – class combines basic martial arts with aerobics to get you in shape! Works both upper and lower body. Cardio, toning, strength, abs and self-defense are all part of this class.

Fit & Fun – A wonderful low impact cardio class that will work every muscle in the body. A safe, fun, uplifting workout.

HABIT – Hips, abs, butt & thighs. 30 minutes of exercise with the lower body. Great workout to add to your cardio & strength training.

WATER CLASSES SCHEDULE

TIME	CLASS	DAY	YMCA
7:00-8:00 AM	Water Exercise	MON	Marion
7:30-8:15 AM	Lo Intensity Water	MON	HGN
8:10-9:10 AM	Water Exercise	MON	Marion
8:15-9:00 AM	Water Exercise	MON	Stoney
9:10-9:55 AM	Arthritis Water Ex.	MON	Marion
6:00-6:45 PM	Water Aerobics	MON	Stoney
7:30-8:15 AM	Lo Impact Water	TUES	HGN
10:00-11:00 AM	Arthritis Water Ex	TUES	Stoney
6:00-7:00 PM	Deep Water Ex.	TUES	Marion
7:00-7:45 PM	Lo Intensity Water	TUES	HGN
7:00-8:00 AM	Water Exercise	WED	Marion
7:30-8:15 AM	Lo Intensity Water	WED	HGN
8:10-9:10 AM	Water Exercise	WED	Marion
8:15-9:00 AM	Water Exercise	WED	Stoney
9:10-9:55 AM	Arthritis Water Ex	WED	Marion
6:00-6:45 PM	Water Aerobics	WED	Stoney
7:30-8:15 AM	Lo Impact Water	THURS	HGN
10:00-11:00 AM	Arthritis Water Ex	THURS	Stoney
6:00-7:00 PM	Deep Water Ex	THURS	Marion
6:00-6:45 PM	Deep Water Ex	THURS	Stoney
7:00-7:45 PM	Lo Intensity Water	THURS	HGN
7:00-8:00 AM	Water Exercise	FRI	Marion
7:30-8:15 AM	Lo Intensity Water	FRI	HGN
8:00-9:00 AM	Arthritis Water Ex	FRI	Stoney
8:10-9:10 AM	Water Ex	FRI	Marion
9:10-9:55 AM	Arthritis Water Ex	FRI	Marion
7:00-8:00 AM	Aqua Madness	SAT	HGN
8:15-9:00 AM	Water Aerobics	SAT	Stoney

Intermediate Yoga – focuses on the mind-body connection by emphasizing breath in motion. Yoga experience a must!!

Pilates – Pilates is a system of exercises that is a fabulous way to stay fit. Stretch & strengthen your muscles & align your spine while gaining an awareness of breathing & body mechanics. Not appropriate for pregnant women.

Step – is a simple, athletic workout that will shape and tone your entire lower body and push your fat burning systems into high gear. The group atmosphere is inspiring. The music and energy is addictive.

SilverSneakers Strength – (SS Strength) Have fun & 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 with handles, and a ball are offered for resistance; and a chair is used for seating and/or standing support.

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

Tai Chi – Tai Chi blends ancient Chinese exercises for improving health, strength, and flexibility.

Total Body Workout – Great all around workout, incorporating step, hi/lo impact aerobics, strength, & stretching. For all fitness levels.

Yoga – This class teaches the beginning yoga movements while helping to develop the mind body connection.

Y Spinning – A biking workout for everyone!!! Class incorporates riding technique using multi-transitional profiles and advanced movements and are blended together to form one enjoyable, continuous ride. Please bring water bottle and sweat towel to each class.

Zumba – A fusion of Latin and International music & dance themes that create dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body while maximizing caloric output & fat burning. Recommend dance sneakers or sneakers that allow for pivoting.

