



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AEROBICS ROOM SCHEDULE

## Aerobics Room Weekly Schedule for Fall Session – Sept 13<sup>th</sup> through Oct 23<sup>rd</sup>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6am Core/Belly Workout (Anita/Donnie)	5:30-7:00 Multisport Training* (Jenn)	5:15-6:15 Group Cycling* (Jenn)	5:30-6am Core/Belly Workout (Anita/Donnie)		
8:30-9:30 am Aerobics Training (Robin N)		8:30-9:30 am Aerobics Training (Cindy)	7:30-8:30am Group Cycling* (Donna)	8:30 am Aerobics Training (Cindy)	8-9 Cardio-Core* (Jenn)
9:30-11:00am Power Step& Power Sculpt (Amy)	9 -10:30 am Body Sculpting (Robin N)	9:30-11:00 a Power Step& Power Sculpt (Amy)	9 -10:30 am Body Sculpting (Robin N)	9:30-11:00 a Power Step& Power Sculpt (Robin N)	
11:30-12:30 Tai Chi Chuan (Bill)	10:30-11:30a Vinyasa Yoga* (Melinda)		10:30-11:30a Vinyasa Yoga* (Melinda)		Sunday
	12-1pm Group Cycling* (Mark)	12-12:45pm Zumba* (Antonio)	12-1pm Active Older Adult Yoga* (Hoa)	12-1pm Group Cycling* (Mark)	
	5-6pm Step Ahead (Robin W)	5-6pm Pilates* (Lois)	5-6pm Step Ahead (Robin W)		
5:30-6:30 Group Cycling* (Mike)			5:30-7:00 Multisport Training* (Jenny)		

**Other Classes:** Muscle Time M-F 8-9am & 10-11am in the aerobics room/gymnasium  
w/ Joe Mac & Lois

Lv. 1 Yoga Mon from 6-7:15pm in the Teen Room w/ Donna

**Classes marked with an asterisk are Specialty Classes and come with an extra fee\***

**Adult Gymnastics and Conditioning (Gerry):** If you are a former gymnast, someone who has always wanted to try gymnastics, or if you just want to work on that gymnast body, this is the class for you. The class is individualized so that you can use the equipment for strength or skill training.

**Aerobic Training (Cindy):** This class combines cardiovascular movements and choreography using both floor and step. Bouts of harder and lesser intensity give you a great calorie burn.

**AFYAP (Martha):** The Arthritis Foundation YMCA Aquatic Program provides a steady workout, incorporating movements designed to encourage range of motion and develop increased flexibility.

**Arthritis Plus (Deb):** This continuation of the AFYAP program progresses to longer periods of increased, sustained activity and includes intensity and resistance variations.

**Aqua Fit (Jennifer):** Use the power of water to increase cardiovascular fitness, as well as muscular strength and endurance. With music from the 40s through today, this class will get you moving and give you a great workout.

**Aqua Ex (Pat):** Join us for a revitalizing hour of aerobic, strengthening, and stretching exercises. Treat yourself to new energy and friends as you tone, shape, and firm. Easy entry stairs are provided for getting in to and out of the pool.

**Body Sculpting (Robin N):** Learn different ways to work your muscles. May include super-sets, dynamic sets, and more. Exercises may include use of bands, dumb bells, body weight exercises and stability balls. This class will also include a warm-up, pre and post stretch.

**Core and Belly Workout (Donnie/Anita):** Join the early birds for a quick half hour workout that will focus mainly on the core muscles, along with challenging your balance and coordination. It's suited to any level and there will be some great people.

**Group Cycling (various instructors):** Group cycling is a great form of exercise that is low impact on the joints but can be as challenging as you make it. Since you are the one controlling the resistance of the bike this class is suited for all fitness levels. Each of our trainers will bring a different style and flavor of training to class.

**H2O Aerobics (Tammy/Kim):** This 45-minute intensive workout provides a variety of activities ranging from dance routines to boxing to keep your workout exciting. Uses shallow water. Class is held in the Therapy Pool during the Swim Team season (Winter sessions).

**Kids Yoga (Melinda):** Aimed at 4-6 year olds this is a short little class for short little yogi's. Participants will learn the basics of yoga such as relaxing, breathing, and postures. 30 minutes that will benefit the kids and be lots of fun!

**Multi-Sport Training (Jenn/Jenny):** Class is centered on swimming, biking, and running, along with some necessary cross-training. Great for competitive tri-athletes and fitness enthusiasts alike, the group setting makes for a fun training atmosphere.

**Muscle Time/Early Muscle Time (Joe Mac/Lois):** This class focuses on joint flexibility, muscle strengthening, endurance and coordination. It is a fun class, which encourages peer interaction and socialization. Class will include a warm-up, stretch and cool down.

**Power Step / Power Sculpt (Amy):** Power Step features choreography and step aerobics set to a heart pounding tempo that will keep you engaged the whole time. Power Sculpt focuses more on free weights, med balls, abs and total body strengthening. A great way to finish up a workout.

**Splash and Dash (Russ):** Come join us for a great early morning workout. This 30-minute class will jump-start your day.

**Step Ahead (Robin W):** An energetic, motivating class to rev you up after a long day. This workout has simple step patterns that progress to more complicated patterns. Repetition is the key to these easy to learn movements.

**Tai Chi Chuan (Bill):** Tai Chi is an intricate set of linked poses developed in China to enhance balance, fitness, and longevity. It's highly dynamic, yet relaxed movements appear simple, fluid, and soft. In reality, it's quite challenging, and, when executed in the proper manner, constitutes a demanding workout involving the mind as much as the body. Come learn to breathe and move in an entirely new way.

**Vinyasa Yoga (Melinda):** A flow yoga that focuses primarily on breathing and sun salutation variations. It is on the more vigorous end of the yoga-spectrum and is a great practice for anyone looking for a physical or mental challenge.

**Yoga (Donna):** Yoga is a wonderful method of exercise that teaches how to recognize when your body is under stress, as well as methods to help counteract stress. With regular practice yoga improves strength and flexibility, quiets the mind and helps bring balance to all areas of your life.

**Yoga for Active Older Adults (Hoa):** Using a chair yoga routine, this class provides a thorough work-out that is gentle as well as gently challenging. With rhythmic movements, breathing techniques, meditation, and relaxation; this class is accessible, joyful, and deeply satisfying. These innovative, flowing yoga routines are suitable and safe for seniors or those with limited range of motion. Come rediscover your vitality in body, mind, and spirit.

**Water Works (Michelle):** Discover the fitness and therapeutic benefits of our deep water program which strengthens and builds muscle tone without impact to the joints. This class promotes flexibility, muscle toning, proper breathing, and body alignment/appreciation. No swimming ability is required; however participants must be comfortable in deep water. Class will use Aqua-Joggers and foam barbells. Belts will be provided or you may bring your own.

**Zumba (Tony):** A fusion of Latin and International music and dance themes that creates a dynamic, exciting, and effective fitness system. Zumba is a great way to burn calories while having a great time! "Zumba Express" is a slightly shorter class designed to fit into the lunch hour.