

BATH AREA FAMILY YMCA — ADULT FITNESS CLASSES AT A GLANCE

2012 Winter Session

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------|--|-------------------------------------|--|-------------------------------------|--|------------------------------------|
| 5am | | | | | | |
| 6am | 5:30-6 Core/Belly | | | 5:30-6 Core/Belly | | |
| 7am | | 7-8 Group Cycling* | 7-7:30 Splash & Dash | | 7-7:30 Splash & Dash | |
| 8am | 8-9 Early Muscle Time | | | 8-9 Early Muscle Time | | 7:30-8:30 Masters Group Swim |
| 9am | 8:30-9:30 Aerobic Training | | 8:30-9:30 Aerobic Training | | 8:30-9:30 Aerobic Training | 8-10 Boxing* |
| 10am | 9:30-11 Power Step/ Power Sculpt | 8:45-9:30 Water Aerobics Mix* | 9:30-11 Power Step/ Power Sculpt | 8:45-9:30 Water Aerobics Mix* | 9:30-11 Power Step/ Power Sculpt | |
| 11am | 10-11 Muscle Time | 10-11 Muscle Time | 10-11 Muscle Time | 10-11 Muscle Time | 10-11 Muscle Time | |
| 12pm | 11-12 Aqua-Ex | 10:30-11:30 Vinyasa Yoga* | 10-10:45 Deep Water Aerobics* | 10:30-11:30 Vinyasa Yoga* | 10-10:45 Deep Water Aerobics* | |
| 1pm | 11-12 Aqua-Ex | | 11-11:45 AFYAP* | 11-12 Aqua-Ex | 11-11:45 AFYAP* | 11-12 Aqua-Ex |
| 2pm | 11:30-12:30 Adv. Tai Chi Chuan* | 12-1 Group Cycling* | | | | |
| 3pm | 12:30-1:30 Intro. Tai Chi Chuan* | | | | 12-1 Group Cycling* | |
| 4pm | 4-5 Lifelines | 4-5 Ultimate cross-training | 4-5 Lifelines | 4-5 Cardio- Kickboxing | | |
| 5pm | | 5-6 Step Ahead | | 5-6 Ultimate cross-training | | |
| 6pm | 5:30-6:30 Group Cycling* | | 5-6 Pilates* | 6:15-7:15 Group Cycling* | | |
| 7pm | 6:00-7:15 Yoga with Donna* | | 6:00-7:15 Beginner Yoga* | | 7-7:45 H2O Aerobics* | |
| 8pm | | 7-7:45 H2O Aerobics* | | | | |

*Classes marked with an asterisk are Specialty classes and have an additional fee.

Venue Key: Aerobics Room Gymnasium Main Pool Therapy Pool Teen Center Multiple Venues

ADULT FITNESS CLASSES AT A GLANCE – CLASS DESCRIPTIONS

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.

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.

Beginner Yoga (Erica): Exactly what the name implies . . . yoga for beginners. This introductory class will acquaint you with the basics of yoga at an easy pace.

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.

Cardio-Kickboxing (Kate): This class combines both cardio and strength training intervals for optimal calorie burn. Jab, cross and kick your way through this hour long full body workout complete with stretching and abs. No experience necessary.

Cardiovascular Boxing (Jack): This class, led by local boxing guru Jack Albis, will cover the fundamentals of boxing; i.e. wrapping hands, stance, footwork, heavy bag work, speed bag, and more. Each week's workout is a cardiovascular challenge and a learning experience. Starts in the Early Winter Session.

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.

Deep Water Aerobics (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.

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).

Lifelines (Lois): Start and end your week with this class designed to achieve improved aerobic fitness, endurance, balance, and core strength. Resistance bands, weights, step, body bar, cords, and more are used as part of your lifeline to improved well-being.

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.

Pilates (Lois): This no impact exercise routine is a unique method of body control and conditioning. Performed on the floor, you strengthen core muscles without putting stress on the ligaments and joints. Improved posture, balance, and flexibility are the result. A great addition to your current workout routine!

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.

Ultimate Cross Training (Mike): Geared towards well balanced fitness, this class will focus on each of the physical components in the Y's Model of Fitness: muscular strength, muscular endurance, cardiovascular endurance, flexibility, and body composition. This class will improve your overall fitness by targeting your weakest areas. You'll get plenty of variety, and plenty of fun.

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.

Water Aerobics Mix (Michelle): This mix of Pilates and water aerobics uses both the shallow and deep ends of the pool. By creatively adapting Pilates exercises for use in the pool, this class is designed to build core strength (abdominal and back muscles). Using water belts and other equipment, the instructor will integrate a variety of exercises including water jogging, traditional water aerobics, and Pilates moves. All equipment will be provided and no swimming skills are required. This class is great for all ages!

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.