

# GROUP EX & WELLNESS CLASSES

4/24/17- 6/18/17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
A 5:25 – 5:55 am Stretch	A 5:25 – 5:55 am Stretch	W 6-6:55 am PiYo	A 5:25 – 5:55 am Stretch		A 7:05 – 7:55 am Cardio Step Together	
A 6 – 6:55 am Str Train Together	A 6-6:30 am Cardio/Intervals	A 6 – 6:55 am Str Train Together	A 6-6:55 am Cardio Step Together	A 6 – 6:55 am Str Train Together	A 8 – 8:55 am Defend Together	
	A 6:35 – 7:00 am Core Focus Together				W 8 – 8:55 am Vinyasa (M/V;2/3)	
A 7:05 – 8 am Active Together	W 7:05-7:35 am Foam Roller <small>Starts 5/2 must pre sign up</small>	A 7:05 – 8 am Active Together	A 7-7:55 am Active Together	A 7:05 – 8 am Active Together	A 9 – 9:55 am Active Together	
A 8:10 – 8:55 am Balance & Stretch	A 7:05-8 am Active Together	A 8:10 – 8:55 am Balance & Stretch		A 8:10 – 8:55 am Balance & Stretch	W 9 – 9:55 am Embodyoga (M1/2)	
W 9 – 10 am Tai Chi for Health	W 9-9:55 am Iyengar Yoga (G)	A 9 – 9:55 am Defend Together	W 9-10:15am Iyengar Yoga (M1/2)	W 9-9:55 am Yoga (M1/2)	W 10:05-11 am Pilates	
A 9 – 9:55 am Cardio Step Together	A 9-9:55 am Str Train Together	G 9:45 –10:45 am Enhance Fitness	A 9-9:55 am Str Train Together	A 9 – 9:55 am Cardio Step Together	A 10:05-11 am Zumba	
G 9:45 –10:45 am Enhance Fitness	WR 9:30-10:30 am Beg. Weight Room \$	A 10:05 –11 am Active Together	WR 9:30-10:30 am Beg. Weight Room \$	G 9:45 –10:45 am Enhance Fitness	A 11:05-12 pm Doonya Bollywood	
A 10:05 –11 am Active Together	A 10:05 – 10:55am Groove Together	G 11-11:55 am SilverSneakers	A 10:05 – 10:55 am Groove Together	A 10:05 – 11 am Active Together		
G 11-11:55 am SilverSneakers	G 10-10:55 am Healthy Bones	A 11:10 – 11:45 am Balance & Stretch	G 10-10:55 am Healthy Bones	G 11-11:55 am SilverSneakers	W 9-10 am Alignment YOGA	
A 11:10 – 11:45 am Balance & Stretch	W 10:30-11:30 am Tai Chi for Energy	G 12– 12:55 pm Enhance Fitness	W 10:30-11:30 am Tai Chi for Health	A 11:10 – 11:45 am Balance & Stretch	A 9 – 9:55am Cardio Step Together	
G 12 – 12 :55 pm Enhance Fitness	A 11-11:55 am Active Together	A 12 – 12:55 pm Str Train Together	A 11-11:55 am Active Together	G 12 – 12:55 pm Enhance Fitness	A 10 – 10:55 am Str Train Together	
A 12-12:55 pm Str Train Together	A 12 – 12:30 pm Core	G 1:05-1:35 pm Extreme Exertion Ends 5/24	A 12 – 12:30pm Core	A 12-12:55 pm Str Train Together		
G 1:05-1:35 pm Extreme Exertion Ends 5/22	A 12:30 – 1 pm HIIT	W 1:30-2:30 pm Yoga Chronic Pain (G)	A 12:30 – 1 pm HIIT			
W 1:30-2:30 pm Yoga Chronic Pain (G)	<b>W 3:30-4 pm ROOM CLOSED</b>	A 5 – 5:30 pm Core Focus Together	<b>W 3:30-4 pm ROOM CLOSED</b>	A 5 – 5:30 pm Core		
W 4:30-5:25 pm Barre	A 4:30-5:25 pm Cardio Step Together	W 5:30-6:30 pm Embodyoga (M1/2)	A 4:30-5:25 pm Defend Together			
A 5 – 5:30 pm Core	W 5:30-6:30 pm Iyengar Yoga (M2)	G 5:30-6:00 pm Extreme Exertion	W 5:30-6:30 pm Vinyasa Yoga (M/V/2)			
W 5:30-6:30pm Embodyoga (G)	A 5:30 – 6:25 pm Zumba	A 5:35 – 6:30 pm Cardio Step Together	A 5:30 – 6:25 pm Str Train Together	A 5:35-6:20 pm Doonya/Bollywood		
G 5:30-6:00 pm Extreme Exertion	W 6:35-7:30 pm Barre	W 6:35-7:30 pm Pilates	W 6:35-7:30 pm Barre			
A 5:35 – 6:30 pm Defend Together	A 6:35-7:30 pm Str Train Together	A 6:35-7:30 pm Zumba				
A 6:35-7:30 pm Zumba		A 7:30 pm Learn to /Open Dance				

## YMCA HOURS

Mon-Thur 5 am – 9:30 pm  
 Friday 5 am –9 pm  
 Saturday 7 am –8:30 pm  
 Sunday 8 am –5 pm

A Adams Room  
 W Wellness Center  
 G Gym  
 WR Weight Room  
 \$\$ Fees applied

### Yoga Key

G Gentle  
 M Moderate  
 V Vigorous  
 1 Level 1  
 2 Level 2  
 3 Level 3  
 See website for  
 yoga descriptions

Updated 4/19/17

# GROUP EXERCISE AND WELLNESS CLASS DESCRIPTIONS

## ACTIVE TOGETHER

For the new or the infrequent exercisers. Basic stepping, strength training, balance and flexibility all in one class. Formerly Group Active.

## BALANCE & STRETCH

A stretch class with a balance and core strengthening component.

## BARRE CLASS

Class will mix elements of Pilates, dance, yoga and functional training. Each workout will use the ballet barre and exercise equipment like small hand weights to sculpt, slim and stretch the body.

## BEGINNER WEIGHT TRAINING

Set in the Free Weight Room, run by two instructors who will set you up on an individual program. Fees apply, pre-register at the Welcome Center.

## BOLLYWOOD DANCE

Bollywood Dance combines dynamic choreography with the hottest music from around the world. A cardio workout that cycles between higher and lower-intensity dance sequences to get you moving, sweating, and motivated all at the same time. Draws from the music and dance of Bollywood, the film industry of India.

## CARDIO STEP INTERVALS

Get your heart pumping with cardio intervals using the step. Lower impact options will be demonstrated. 30 minutes.

## CARDIO STEP TOGETHER

Utilizes the step as an effective training tool. Encourages a simple and fun way to cardio train. Formerly Group Blast.

## CORE

30 minute class focusing on the core muscles, abs and back. Utilizes a variety of equipment.

## CORE FOCUS TOGETHER

Work your core, front to back, shoulders to hips, improve athletic performance, prevent back pain, and get ripped abs! **Bring a towel.** Formerly Group Core.

## DEFEND TOGETHER

Tap into the hottest mixed martial arts class, movements done at a quick pace to improve your overall fitness. Formerly Group Kick/Fight.

## ENHANCE@FITNESS

Senior exercise program that is designed to decrease falls and improve daily activity. Works on flexibility, balance, strength training, and aerobic activity. Must preregister with Jayne ext 448.

## EXTREME EXERTION

High-intensity, athletic, interval training in a cooperative, supportive, environment. A series of exercise activities trains your upper body, lower body, core, cardio system, and functional athletic abilities.

## FOAM ROLLER

Using a foam roller you will stretch muscles and tendons, break down soft tissue adhesions and scar tissue. You can perform a self-massage, break up trigger points, and soothe tight fascia while increasing blood flow and circulation to the soft tissues. Must bring your own foam roller.

## GROOVE TOGETHER

Sweat with a smile during your energizing hour of dance fitness. A sizzling cardio experience that is set to all types of music. Join the party and *GET A MOVE ON!* Formerly Group Groove.

## HIIT

Enhanced form of interval training (alternating periods of short intense anaerobic exercise with less intense recovery periods) Everyone works at their own intensity. Similar to Tabata / Insanity.

**HEALTHY BONES AND BALANCE** This free program invites seniors to participate in this fun and beneficial exercise program to build stronger bones. Classes led by trained leaders.

## PILATES

An intensive core workout that focus on supporting the neutral spine through muscle strength, flexibility, balance and posture. Emphasis on correct breathing mat based.

## PiYO™

Unique class designed to build strength & gain flexibility. It's about energy, power, and rhythm. Think sculpted abdominals, increased overall core strength, and greater stability. For the moderate to advanced participant.

## SILVERSNEAKERS®

Increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and balls are offered for resistance. Chairs available for support.

## STRENGTH TRAIN TOGETHER

Barbell class that strengthens all your major muscles in an inspiring, motivating group environment. If this is your first class, try attending a less crowded 6am, 9am or noon class. Formerly Group Power.

## TAI CHI FOR HEALTH / ENERGY

Tai Chi is a form of exercise that has demonstrated under scientific studies to have a powerful effect on health. It integrates the mind and body through slow, fluid movements.

## YOGA

Our instructors teach many different forms of Yoga, below you will find the pace/rigor and levels for the different classes.

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**Gentle** A slow paced practice with detailed instruction and modification offered for all poses. Sequences may include restorative poses and there are a limited number of transitions between standing poses and floor poses (i.e., seated, kneeling, prone, or supine).

**Moderate** Classes include more complex poses, and depending on the style of the teacher, may include vinyasa (flow) sequences, more transitions between standing to floor poses, and longer holds for poses.

**Vigorous** A fast-paced extended vinyasa (flow) practice with quick transitions between the poses and many transitions between standing and floor poses.

**Level 1** Presents basic yoga poses held for a few breaths with an emphasis on understanding correct alignment in each pose and developing strength, stamina, stability, and flexibility.

**Level 2** Includes a broader range of yoga poses than Level 1 including more advanced standing balance poses and modified inversions.

**Level 3** Routinely incorporates some of the more physically challenging yoga poses such as arm balances, deep backbends, and full inversions.

## YOGA FOR CHRONIC PAIN

Do you live and work with chronic physical pain? Then this gentle and restorative yoga class is for you. Focus will involve gentle movement, relaxation, awareness, and skills for working with undesirable sensations.

## YOGA FOR CANCER SURVIVORS

Pre-register with Pam Roberts 413-625-2402.

## ZUMBA®

Try the hottest dance craze! With easy to follow steps, set to all different types of music. Be prepared to sweat.