

Group Exercise Class Schedule

Winter 2010 (Begins January 4th)

updated on 12/18/09

Time	Studio	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15a	D		Cycle Lite 45 min - Karen - L19		Cycle Lite 45 min - Karen - L19			Schedule Key: RED Strength YELLOW Cardio BLUE Combination PURPLE Mind/Body GREEN Youth/Senior
5:30a	D	Group Cycle 45 min - Bob U. - L19		Group Cycle 45 min - Theresa - L19		Group Cycle 45 min - Theresa - L19		
6:00a	AB	AM Step 45 min - Martha - L35	Strength Training 60 min - Julie G. - L35	AM Step 45 min - Martha - L35	Strength Training 60 min - Julie G. - L35	AM Step 45 min - Martha - L35		
8:00a	AB	SilverSneakers® 45 min - Nadine - L35	Get on the Ball 50 min - Alicia - L35	SilverSneakers® 45 min - Nadine - L35	Get on the Ball 50 min - Alicia - L35	SilverSneakers® 45 min - Bonnie - L35		
	D		Group Cycle 60 min - Molly - L19		Group Cycle 60 min - Molly - L19			
8:30a	C		YogaFit® 50 min - Anita - L20		YogaFit® 50 min - Anita - L20			
	D						Group Cycle 60 min Diane B. - L19	
9:00a	AB	Zumba 50 min - Trudy - L75	Interval Challenge 60 min - Cariann - L35	Cardio Kickbox 50 min - Nadine - L60	Interval Challenge 60 min - Cariann - L35	Zumba 50 min - Lee - L75		
	C	Step Challenge 50 min - Nadine - L15		Basic Step 50 min - Carrie K. - L15		Hi-Lo RockNRoll 50 min - Penny - L20		
	D	Group Cycle 60 min - Cariann - L19		Group Cycle 60 min - Karl B. - L19		Group Cycle 60 min - Cariann - L19		
9:15a	C						Cardio Kickbox 50 min Shannon L75	
9:30a	AB						Zumba 50 min - Lee - L75	
	C		YogaFit® 50 min - Anita - L20		YogaFit® 50 min - Anita - L20			
10:00a	AB	Women's Strength 50 min - Carrie K. - L35		Women's Strength 50 min - Carrie K. - L35		Women's Strength 50 min - Carrie K. - L35		
	C	TBC 50 min - Nadine - L20		TBC 50 min - Nadine - L20		Pilates Mat \$ 60 min - Claudia		
10:10a	AB		Women's Strength 50 min - Bonnie - L35		Women's Strength 50 min - Bonnie - L35			
10:30a	AB						Strength Training 50 min Shannon L35	
11:00a	AB	Women's Strength 50 min - Julie D. - L35		Women's Strength 50 min - Julie D. - L35		Women's Strength 50 min - Shannon - L35		
	C	Just Stretch 30 min - Nadine - L20	Men Strength 50 min - Josva - L20	Just Stretch 30 min - Nadine - L20	Men Strength 50 min - Josva - L20			
11:10a	C					Yoga Fit 50 min - Anita - L20		
12:00p	C		Pilates Mat \$ 60 min - Claudia					
12:15p	AB	Zumba Gold 50 min - Anita				Zumba Gold 50 min - Anita		
	D	Cycle Xpress 30 min - Julie D. - L19		Cycle Xpress 30 min - Julie D. - L19				
1:15p	AB	SilverSneakers® 45 min - Nadine - L35		SilverSneakers® 45 min - Nadine - L35				
1:00p	D						Vinyasa Flow Yoga 75 min - Susan - \$	
2:00p	AB		SilverSneaker® Cardio Circuit 45 min - Julie P. - L35		SilverSneaker® Cardio Circuit 45 min - Julie P. - L35		Strength Training 45 min - Chris - L35	
3:00p	AB		SilverSneaker® Yoga 45 min - Bonnie - L35		SilverSneaker® Yoga 45 min - Bonnie - L35		Zumba 60 min - Trudy - L75	
4:00p	AB		Strength on the Ball 60 min - Bonnie - L35		Strength on the Ball 60 min - Bonnie - L35		Vinyasa Flow Yoga 75 min - Susan - \$	
4:15p	AB	Step & Sculpt 45 min - Julie P. - L35	Group Cycle 60 min - George - L19	Step & Sculpt 45 min - Julie P. - L35	Group Cycle 60 min - George - L19		First Come, First Served Policy: This policy applies to all free land fitness classes and will give all members equal opportunity to attend classes. These classes are available to only. ⇒ Line up in order of arrival. Please respect those who are in line behind you and do not save space for others. ⇒ Enter class in order of arrival only when the instructor lets you in. ⇒ Exit the studio when class is over. <i>Note: All participants must exit the class even if they plan to attend the next class.</i> ⇒ If the studio door is closed, this means either: class is full or you need to wait for the instructor to arrive before entering the studio. ⇒ Instructor will determine class is full when all equipment is in use or floor space is full. Instructor will close studio door when class is full. <i>The age requirement for fitness classes is 14 and up. Youth in 7th and 8th grades are allowed to attend fitness classes with a parent or guardian. Those youth younger than 7th grade are invited to attend youth-specific classes.</i>	
	C	Cardio Kickbox 45 min - Theresa - L20						
5:00p	GYM	Youth Boot Camp 45 min - Josva - L30			Youth Boot Camp 45 min - Josva - L30			
	AB	Abs & Core 40 min - Mike - L35	Step Interval 50 min - Julie D. - L35	Abs & Core 40 min - Mike - L35	Step Interval 50 min - Julie D. - L35			
5:10p	C				Zumba Gold 50 min - Bonnie			
	C		Cardio Kickbox 50 min - Shannon - L20					
5:30p	D	Group Cycle 60 min - Missy - L19		Group Cycle 60 min - Missy - L19				
	C			Boot Camp 50 min - Diane V. - L20				
6:00p	AB	Zumba 50 min - Katie - L75		Zumba 50 min - Sarah - L75				
	Outdoors	Aerobic Run 60 min - Mike - beginner	Aerobic Run 60 min - Alicia - inter/adv	Aerobic Run 60 min - Mike - beginner	Aerobic Run 60 min - Alicia - inter/adv			
6:15p	C				Pilates Mat \$ 60 min			
	D		Group Cycle 60 min - Marilyn - L19		Group Cycle 60 min - Marilyn - L19			
6:30p	C		Hi-Lo RockNRoll 50 min - Penny - L20					
6:40p	D	Group Cycle 45 min - Diane V. - L19		Group Cycle 45 min - Diane V. - L19				
7:00p	AB	Boot Camp 60 min - Kari - L35		Boot Camp 60 min - Melissa - L35				
7:10p	AB				Cardio Kickbox 50 min - Trudy - L60			
7:20p	C	Strength Training 40 min - Mike - L20		Strength Training 40 min - Chris - L20				
7:30p	C		Yoga \$ 75 min - AJ		Yoga \$ 75 min - AJ			



Class days and times are listed on our current Group Exercise Schedule, which is available in the lobby or on-line at www.valpoyymca.org

- ◆ Classes listed below are FREE and available to MEMBERS ONLY.
- ◆ First come, first served. No registration required. Class maximums are listed on Group Exercise Schedule.
- ◆ Age requirement 14 years and up. 7th and 8th graders welcome to attend WITH PARENT.
- ◆ The YMCA reserves the right to cancel or change a class if minimum participation is not met. Please check current schedules.
- ◆ Classes described below may or may not be offered during different segments. Refer to current schedule.

KEY: C=coed, W=women only, M=men only, 1=beginner, 2=intermediate, 3=advanced, A=all levels, K=10-13 yr olds

Cardio Classes:

Cardio Kickboxing	CA	Fast paced workout using punch/kick combos to burn fat, define muscles and build endurance.
Cardio Mix& Sculpt	CA	Different formats, different instructors. Always get a great cardio workout! Sculpting added.
HiLo Rock & Roll Aerobics	CA	Cardio on the floor. Lot's of fun, great motivating music and choreography.
Zumba	C2/3	A high energy cardio class using a variety of dance styles and international music.
Zumba Gold	C1	Zumba at a slower pace. Great for beginners and active older adults.

Cycling Classes:

Cycle Lite	C1/2	Group cycling. A great place for beginners.
Cycle Xpress	C1/2	Group cycling for 30 minutes. Great for beginners!
Group Cycling	CA	Group cycling for all levels.
Gr.Cycling w/Functional Training	C2/3	Group cycling followed by functional strength training.
Super Cycle	C2/3	Challenge yourself in this 90 minute cycle class. Great for endurance.

Interval/ Boot Camp Classes:

Interval Challenge	C2/3	Intervals of cardio and strength.
Boot Camp	C2/3	Intervals of cardio and strength training using drills and stations.

Running Classes:

Aerobic Run for beginners	C1	Outdoor running class for beginners - must bring reflective gear when dark.
Aerobic Run for inter/adv	C2/3	Outdoor running class for into/adv- must bring reflective gear when dark.

Senior Classes:

Silver sneakers - MS&ROM	C1/2	Increase muscular strength, range of motion, and activity for daily living.
Silversneakers - Yogastretch	CA	Variety of safe and effective options designed to increase flexibility and balance.
Silversneakers - Cardio Circuit	CA	Combines cardiovascular, strength, flexibility and balance.
Zumba Gold	C1	Zumba at a slower pace. Great for beginners and active older adults.

Strength Classes:

Abs and Core	CA	Class targets abdominal and core muscles.
Body Works	CA	Total body toning using your body weight.
Coed Strength	CA	Total body strength training class using weights, bands, balls, and mat work.
Functional Strength	CA	Class focuses on strength, flexibility, agility that helps us to perform movements in every day living.
Get on the Ball	CA	Exercises using the stability ball to increase strength, balance, coordination and flexibility.
Men's Strength	MA	Strength training for men using a variety of props such as dumbbells, Steps, and bands.
Pilates Matwork\$ (Paid Class)	CA	Core strengthening exercises with a focus on flexibility and posture.
Strength Express	CA	30 minutes of strength training using dumbbells, bands, balls and body resistance.
Strength on the Ball	CA	Total body strength training on and off the stability ball. Incorporates weights.
Total Body Conditioning (TBC)	CA	Strength and cardio exercises designed to condition the total body.
Women's Strength	WA	Strength training for women using a variety of props such as dumbbells, Steps, balls and bands.

Step Classes:

AM Step	C1/2	Low impact yet high intensity Step class that includes segments of weights, abs and ball.
Basic Step	C1/2	Simple Step choreography, great cardio workout.
Step Challenge	C2/3	Intermediate to advanced Step choreography. Lots of fun!
Step Interval	C2/3	Intervals of Step, weights, and floor drills. Mat work included.
Step & Sculpt	CA	Cardio on the Step including muscle sculpting with weights or matwork.

Stretch Classes:

Beginner Yoga\$ (Paid Class)	CA	Traditional Hatha Yoga for beginners with a focus on strength, flexibility, posture and balance.
Just Stretch	CA	Stretching and relaxation for all major muscle groups. Increases flexibility.
Vinyasa Yoga Flow\$ (Paid Class)	CA	Vinyasa Flow Yoga will allow you move from one pose to the next with an inhale or exhale.
YogaFit	CA	Fitness Yoga to improve flexibility, balance, and strength.

Youth Classes:

Youth Bootcamp	KA	Strength training and conditioning for youth 10-13.
Youth Strength and Conditioning	KA	Boot Camp for youth 10-13.