

Winter 2012 GROUP FITNESS SCHEDULE



WELLNESS CENTER MEMBERS-- Free (Bring your Y membership card)

Y-MEMBERS: \$30.00 punch card **NON-MEMBERS:** \$75.00 punch card- 15 classes per card

Child Watch available for YMCA members. No Child Watch for the 12:15 class **Fee required. See the front desk

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15 AM						Indoor Cycling (75min)
8:30AM	Cycle (45 min)	Cardio Cuts (45min)	Boot Camp (50 min)	Cardio Cuts (45 min)	Boot Camp (50 min)	
9:25 AM	Pure Core (20 min)		Pure Core (20 min)			
9:30AM					Yoga (50 min)	
10:00 AM	Chair Mind & Body (45 min)		Chair Mind & Body (45 min)			Zumba (60 min)
12:15PM		Cycle (30 min)				
4:00PM	Total Strength (25 min)	Pure Core (20 min)		Pure Core (20 min)		
4:30PM	Cycle-Strength (45 min)	BWT (20 min)	Cycle-Strength (45 min)	BWT (20 min)		
5:00PM				Cycle (45 min)		
5:30PM	Boot Camp (50 min)	Zumba (45 min)	Boot Camp (50 min)			
6:00PM				ZUMBA (60 min)	Tai-Chi** (60 min)	
6:30PM	Yoga (60 min)	Tai-Chi** (60 min)	Mind/Body (60 min)			
7:30PM		Line Dancing** (60 min)				



CLASS DESCRIPTION

MINIMUM OF 3 PARTICIPANTS FOR A CLASS TO OCCUR.

CONTINUOUS LOW TURNOUT WILL RESULT IN CLASS TERMINATION

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

www.altavistaymca.org for a current schedule

BOOTCAMP: Drills, skills, power, agility, speed and old fashion exercises are incorporated in this class to challenge the body and mind. Let the group's dynamics push you to work at your optimal level. Go at your own pace. A base-level of fitness is recommended.

Body Weight Training (BWT): Strength & conditioning class that uses the body for resistance. Exercises could include: push-ups, squats, plank, etc.

CARDIO CUTS: Cardio & strength training taken to the next level. The intensity & intervals vary so you get the most out of your workout. An awesome way to boost the metabolism.

CARDIO LITE: Uncomplicated low impact cardio class either performed on the floor or on a STEP. Easy to follow choreography ensures a great workout.

CHAIR MIND& BODY: A gentle version of the YOGA & Tai-Chi classes that addresses stretching, strengthening & relaxing the mind & body. Excellent class for beginners, individuals with medical/balance issues & people who have trouble getting on & off the floor.

CYCLE: Designed for all fitness levels, consists of riding intervals, hills, flats, and jumps. Participants decide how intense/fast they want to work. Beginners show up 10 min before class for set-up.

CYCLE-STRENGTH: Same as above but with the added benefits of strength training using dumbbells, tubes or bands.

LINE DANCING: A dance where individuals line up without partners and follow step patterns to country music. **Fee based.**

MIND/BODY: Participants learn and use yoga poses to promote flexibility, strength, and balance. A variety of traditional and non-traditional yoga music is used. Daily stress is reduced as the mind and body work together. Yoga mats & blocks provided.

PURE CORE: Executing exercises using a stability ball, Bosu, or gliders resulting in stronger abdominals/low back, increase in functional strength, and spinal stabilization.

TAI-CHI: An ancient practice that incorporates slow breathing, mental concentration, and constant flow of controlled movements with various postures. Helps lower stress & blood pressure, & increases balance. **Fee based.**

TOTAL STRENGTH: No wasted moves here. Total muscular conditioning using various types of resistance.

YOGA: Stretch, relax, improve flexibility & increase range of motion. Participants are encouraged to work at their comfort level. Correct breathing techniques will be practiced to enhance the class experience. All skill levels welcomed. Dress in layers. Yoga mats & blocks provided.

ZUMBA: Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.