



# GROUP EX SCHEDULE

BLANCHARD PARK YMCA FAMILY CENTER | WINTER 2017

In Effect: Monday February 8th 2017

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am	Group Exercise Room	Cycling				Cycling		
9:00am	Group Exercise Room	Step Interval	Muscle Strength	Cardio Combo	Muscle Strength		Bootcamp 9:15am	
10:00am	Recreation Room	Yoga (60 min)	Pilates	Yoga (60 min)	Pilates	Pilates (60 min)		
	Group Exercise Room	Bootcamp	Zumba®	Zumba®	Zumba®	TABATA	Zumba®	
11:00am	Group Exercise Room	Zumba Gold	 SilverSneakers FITNESS	Basic Fitness	 SilverSneakers FITNESS	Basic Fitness		
11:45am	Group Exercise Room		 SilverSneakers FITNESS		 SilverSneakers FITNESS			
1:00pm	Group Exercise Room	Tai Chi			Tai Chi		Kids Cardio Class— 1PM Teen Orientation Class— 2PM (Wellness Floor)	
6:00pm	Group Exercise Room	Zumba®	Zumba®	Zumba®	Zumba®	Zumba®		
7:00 pm	Group Exercise Room	Kickboxing (starts at 7:15 pm)	Cardio Boxing	STRONG by Zumba™	Kickboxing			

Please see the reverse side for class descriptions.



KEY:



HEALTH SEEKER



STEP-UP



ATHLETE



YOUTH



# GROUP EX CLASSES

## BLANCHARD PARK YMCA FAMILY CENTER | WINTER 2017

### YOUTH

- › **Kids Cardio**—Explanation and hands on demonstration of all cardio equipment to ensure safe usage. For ages 9-11
- › **Teen Orientation**— Explanation and hands on demonstration of all cardio and strength equipment to ensure safe usage. For ages 12-15

### HEALTH SEEKER—BASIC

If you're **just starting** to make exercise and getting healthy a consistent part of your life—**these classes are for you.**

- › **Basic Fitness**— Introduction to fitness, that class will include a proper warm up, corrective exercises, flexibility and stretching; all components necessary to begin an exercise routine.
- › **Silver Sneakers**— Low impact class that offers a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. A chair is available if needed for seated and standing support.
- › **Tai Chi**— The mind-body class, has value in treating or preventing health problems, reducing stress, anxiety and increasing flexibility and balance using fluid martial arts movements

### STEP UP—INTERMEDIATE

If you've **already adopted a regular work-out routine**, 2-3 times per week, and now you want more structure or more challenge—**these classes are for you.**

- › **Muscle Strength**—Incorporates all major muscle groups using barbells, dumbbells, and other equipment. Incorporates squats, presses, lifts, and curls to bring results you desire.
- › **Pilates**—Class designed to emphasize core strength, flexibility and awareness of movement in order to improve posture and alignment.
- › **Step Interval**—A full body workout that targets every muscle group in the body
- › **Yoga**—Create balance by developing both strength and flexibility. Relieve stress, find focus and achieve peace of mind. Class will focus on stretching, toning, and relaxation.
- › **Zumba®** - Dance class that fuses Latin rhythms and easy to follow moves to create a dynamic fitness party atmosphere. Learn the hottest Latin dances while having fun with your closest friends.

### ATHLETE—ADVANCED

If you have a **dedicated exercise routine** and have specific athletic goals you're striving to achieve—**these classes are for you.**

- › **Bootcamp**— Boot camp is a military-style combination of calisthenics and outdoor running/walking to strengthen all major muscle groups and increase cardiovascular capacity.
- › **Cardio Combo**—Focus on sports drills and plyometric exercises to enhance power and take your fitness to athlete level and beyond.
- › **Cycling**—fun low impact class to improve cardiovascular fitness. Incorporates warm-up and cardio drills on a stationary bike earning you an energized feeling.
- › **Kickboxing**—sport specific techniques of boxing and martial arts are incorporated in this fun and high energy cardio workout.
- › **Cardio Boxing**— a twist on your average kickboxing class. Join us for kickboxing with a mix of body weight activity.
- › **TABATA**— Tabata is a high intensity workout, that involves maximum muscle effort. It is 20 seconds of work, followed by 10 seconds of rest, and repeat. The short rest intervals force the body to keep moving before it actually recovers from the previous set—and that's part of the reason why Tabata leads to significant aerobic and anaerobic gains.
- › **STRONG by Zumba™**—STRONG by Zumba™ is a high intensity interval training workout driven by the science of Synced Music Motivation with a challenging progression that provides a total body workout. Using your own body weight, you

All classes are 45 minutes long, unless otherwise noted. All schedules are subject to change.