



# AVALON PARK YMCA SPRING GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM	Cycle Purvi	H.I.I.T Christie	Step Strength Christie	Stacked with Core Chrisite	Cycle Rotation		
8:45 AM	Strength with Core Stacey	Strength (30min) Stacey	Cardio Strength Carmen	Strength (30min) Christie	Step Strength Christie	Bootcamp David	
9:15 AM		Stacked (30min) Stacey		Stacked (30min) Christie		Cycle Rotation	
9:45 AM	Barre Fitness Carmen	PiYo Julia	Pilates/Barre Combo Lisa	PiYo Julia	Pilates Christie	PiYo Rotation	
10:45 AM	Cycle Strength Lisa	Zumba Michelle	Cycle Strength Lisa	Zumba Michelle	Parent Child (age 1-3) CD	Zumba Rotation	
12:00 PM	Stretch (30min) Lisa	Yoga Heather	Beginner Tai Chi Jay	Yoga Heather	Beginner Tai chi Jay		
1:15 PM							Cycle Rotation
2:15 PM							Strength with Core Rotation
3:00 PM		Chair Yoga Heather		Chair Yoga Heather			
4:30 PM	Junior Fitness Ages 3-5 CD	Kids Fitness Ages 6-11 CD	Kids Zumba Ages 6-11 Michelle	Kids Fitness Ages 6-11 CD			
5:30 PM		PiYo Tracy		PiYo Tracy			
6:15 PM	Kickboxing Christie		Bootcamp David				
6:30 PM	Cycle Ana	Stacked with Core (40 min) Tracy	Cycle Ana	Next Level (30 min) David			
7:15 PM	Yoga Heather	Zumba Carmen	Yoga Purvi	Dance Fit Carmen			

ALL CLASSES ARE 50 MINUTES UNLESS OTHERWISE NOTED | ADULT GROUP EXERCISE CLASSES ARE FOR AGES 12+  
\*SCHEDULE IS SUBJECT TO CHANGE\* All classes must have at least 3 participants for the class to take place.  
Spring Schedule effective 3/1/17



# AVALON PARK YMCA

## GROUP EXERCISE CLASS DESCRIPTIONS

- ▶ **Chair Yoga** - A gentle flow of poses and movements to enhance your strength, flexibility, and balance, with the aid of a chair. Effective for any age. Especially for those who need gentle supportive movement.
  - ▶ **Beginner Tai Chi** - In this low-impact, slow-motion exercise, you go without pausing through a series of motions named for animal actions — for example, “white crane spreads its wings” — or martial arts moves, such as “box both ears.” Tai chi differs from other types of exercise in several respects. The movements are usually circular and never forced, the muscles are relaxed rather than tensed, the joints are not fully extended or bent, and connective tissues are not stretched. Tai chi can be easily adapted for anyone, from the most fit to people confined to wheelchairs or recovering from surgery.
  - ▶ **Pilates** - Class designed to emphasize core strength, flexibility and awareness of movement in order to improve posture and alignment.
  - ▶ **PiYo** - A hybrid, athletic workout, influenced by Yoga and Pilates. Class focuses on principles of stretch, strength training - conditioning and dynamic movement.
  - ▶ **Strength** - Incorporates all major muscle groups using barbells, dumbbells, and other equipment. Incorporates squats, presses, lifts, and curls to bring results you desire.
  - ▶ **Zumba** - Dance class that fuses Latin rhythms and easy to follow moves to create a dynamic fitness party atmosphere. Learn the hottest Latin dance while having fun with your closest friends.
  - ▶ **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.
  - ▶ **Barre Fitness** - Upper-body exercises will include free weights, push ups, planks etc. to target the biceps, triceps, chest, and back muscles. Next, you'll use your own body weight for resistance to focus on the thigh and seat muscles. Your core will be engaged the entire class and then targeted at the end.
  - ▶ **Dance Fit** - This class is a combination of Dance (choreographed aerobic movements for cardiovascular training) and Fitness (movements focused on physical conditioning).
  - ▶ **Pilates Barre Combo** - Combines balls, light weights, and Pilates for a low-impact, fat-burning workout. Plan to do some free-standing lifting using light weights, gliding discs, some mat work, and barre work. The class incorporates stretching and strengthening so you'll lengthen your body and increase flexibility while you tone.
  - ▶ **Cycle** - Interactive indoor cycling class will challenge you aerobically and anaerobically. This class will focus on building endurance as it strengthens the core and tones the muscles.
  - ▶ **H.I.I.T. (High Intensity Interval Training)** - Combines calisthenics, plyometrics, strength training and cardio intervals. Exercises are done in timed bursts with a short recovery period.
  - ▶ **Kickboxing** - Sport-specific techniques of boxing and martial arts are incorporated in this fun and high energy cardio workout.
  - ▶ **Cycle Strength** - A combo class that improves strength of heart and body. Challenge your strength through traditional weight room exercises to get your heart pumping with cardio drills on the bike to increase your fitness level and change the shape of your body.
  - ▶ **Stacked** - An intense 30-minute format that chooses six different exercises stacked-up in 30-second increments. Similar to Bootcamp with a challenging twist.
  - ▶ **Next Level** - A circuit style class of 5-7 stations with 2-4 exercises per station. Designed as a high intensity strength/cardio class to challenge you to the next level of fitness.
- All Classes are 50 minutes unless otherwise noted  
\*Schedules are subject to change  
All
- ▶ **Bootcamp** - The ultimate challenge that combines strength training with cardio intervals, group and individual exercises to challenge your fitness ability in a circuit-training format.

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