



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## GROUP FITNESS

NORTHWEST YMCA

REVISED APRIL 4TH, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:15-6:00 AM</b> <b>Cardio and Strength Conditioning</b> Jill	5:15-6:00 AM Cycling Andy	<b>5:15-6:00 AM</b> <b>Cardio and Strength Conditioning</b> Natalie/Jon	5:15-6:00 AM Cycling Tina <b>5:15-6:00 AM</b> <b>Body Sculpt</b>	<b>5:15-6:00 AM</b> <b>Cardio and Strength Conditioning</b> Jill		
6:00-6:15 AM Body Sculpt- Core Jill			6:00-6:30 AM Pilates Tina	6:00-6:30 AM Body Sculpt Jill		
<b>8:30-9:15 AM</b> <b>Cardio and Strength Conditioning</b> Chris	8:30-9:30 AM Cycling Libby	<b>8:30-9:15 AM</b> <b>Cardio and Strength Conditioning</b> Tracey		8:45-9:45 AM Cycling Joan	8:00-9:00AM Cycling Tracy	
9:15-10:00 AM Body Sculpt Chris	9:30-10:00 AM Body Sculpt - Core Libby	9:15-10:00 AM Body Sculpt - Core Tracey	9:00-10:15 AM Yoga Michelle	9:45-10:15 AM Body Sculpt Joan	9:00-10:00AM Saturday Challenge	
		11:45-12:45 Yoga Michelle				
5:30-6:15 PM Cycling Tina	5:30-6:30 PM Cardio Kickboxing Jon	5:30-6:15 PM Cycling Tracy	5:30-6:30 PM Cardio & Strength			
6:15-7:00 PM Pilates Tina			6:30-7:45 PM Yoga Michelle/Stephanie			



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

<b>Active Older Adults</b>	This is a great class for those individuals wanting a low impact group exercise experience. Class includes cardio elements as well as balance and resistance training.
<b>Active Older Adults - Cardio</b>	This is a great class for those still more mature members wanting a low impact cardio workout.
<b>Active Older Adults – Strength and Balance.</b>	This Active Older Adults options focuses solely on balance and toning exercises.
<b>Active Older Adults – Yoga</b>	This Active Older Adults class follows gentle asanas and focuses on balance and flexibility.
<b>Body Sculpt</b>	This is a muscle strength and endurance class designed to help tone and sculpt the entire body using a variety of exercises and equipment.
<b>Body Sculpt - Core</b>	This strength and conditioning class will use equipment and body weight with a total focus on your bodies abdominal and back muscles.
<b>Body Sculpt - Express</b>	This is a condensed version of body sculpt. A great compliment to those participants wanting to add a little muscle work to their current cardio routine.
<b>Bosu Fitness</b>	This class utilizes functional training in positive ways to help shape and impact you're your core, as well as, upper and lower body muscle groups. While this class focuses on strength, it does have a cardio component as well, for a total body workout.
<b>Cardio Kickboxing</b>	Are you ready for a very athletic Martial Arts inspired aerobic workout? Combines quick and powerful jabs and punches for the upper body with leg kicks and squats for the lower body.
<b>Cardio and Strength Conditioning</b>	This combination class includes a variety of cardio circuits with muscle conditioning work for a total body workout. Great for advanced participants who can challenge themselves during the muscle intervals and good for beginners who may use the muscle intervals as a recovery period.
<b>Cardio/ Strength Rotation</b>	Expect anything. This rotational class will give you the pleasure of many different workouts each week. Come prepared to sweat and change it up each week!
<b>Pilates</b>	A method workout that will improve strength and flexibility in your core. Pilates creates a body that is long and lean. A program that works for everyone.
<b>Power Yoga</b>	This class moves through the progression of movements at an intermediate pace. In addition it adds more challenging asanas. Along with flexibility and strength gains, expect a cardiovascular workout too.
<b>Step</b>	A great low impact and moderate intensity workout that combines patterns on and around the step. May include muscle conditioning and stretching.
<b>Step Circuit</b>	Step class interspersed with intense muscle work. Advanced participants can challenge themselves during muscle work and beginners can use the interval as a rest.
<b>Step Interval</b>	Step aerobics interspersed with intense cardio segments and followed by a recovery period. Class will improve cardio conditioning. Beginners can use the interval period as a rest.
<b>Tai Chi</b>	Tai Chi is a century old system of health and self-defense. It is thought of as "new age dance." Through a series of postures you will learn how to relax and move towards optimal health in addition to life protection benefits. Friday class incorporates fan work into the workout.
<b>Trek Class</b>	This class is held on the treadmills. This is an instructor led walking and running class using grade and cadence for elements of intensity.
<b>TURBO KICK®</b>	<b>TURBO KICK®</b> One of the hottest classes around! Turbo Kick takes athletic moves, sports drills, hip hop flavor and mixes them into easy to follow combinations. Many of the moves are kickboxing specific for strength and endurance training.
<b>Yoga</b>	This class teaches you all the fundamentals of asana yoga; how to breath, and move, stretch and relax. End results show gains in flexibility, muscle strength and joint mobility.
<b>Yoga - Power</b>	This class moves through the progression of movements at an intermediate pace. In addition it adds more challenging asanas. Along with flexibility and strength gains, expect a cardiovascular workout too.
<b>Yoga – Gentle</b>	This class is geared towards those beginners and more mature participants. Movement through asanas will be slower and will not be held as long our traditional yoga classes. Modifications will be demonstrated and carried out throughout the practice.
<b>Y-Pump</b>	Take a break from the weight room and get into this class. It is a muscle endurance class focusing on primary upper and lower body muscle groups using a variety of strength equipment (dumbbells, body bars, physioballs and resistance bands). A great addition to any fitness workout routine.
<b>Zumba</b>	Get ready to dance. This is a Latin inspired fitness class. Zumba uses specific Latin moves to give you the ultimate dance workout. Easy to follow and excellent for any fitness level.

**\*\*If you wish to use the Aerobics room for activities other than classes please check with the front desk before you begin such activities. Thank You!!**

**If you have Questions or comments – Please contact Penny Luthens, Senior Wellness Director @ 515 645 3343 or penny.luthens@dmyymca.org**