FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS

RIVERFRONT YMCA MAY 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Step 5:30-6:00 AM Calla	Pilates 5:30-6:00 AM Shari/Colette Jim Mind/Body	Cardio/Strength Conditioning 5:30-6:30 AM Jane	Pilates 5:30-6:10 AM Paul/Jim Mind/Body	Cardio/Strength Conditioning 5:15-6:00 AM Colette		
Y-Pump 6:05-6:50 AM Shari	Body Sculpt -CORE 6:05-6:30 AM Margaret/Shari		Yoga 6:15-6:55 AM Paul/Jim Mind/Body	Body Sculpt - CORE 6:05-6:30 AM Margaret		Kickboxing 9:15 – 9:55 AM Sara/Michelle
	House of Mercy Program Exercise class 9:00- 9:45 Rebecca		Adv.Walking Club 5:30-6:30 AM Shari House of Mercy Program - Exercise 9:00 -9:45AM Paul			ZUMBA 9:15-10:15 AM Nicole
Active Older Adults FIT SIT Class 9:45-10:30 Paul			Active Older Adults/ SIT FIT Class 9:50-10:30 AM Paul		Yoga 9:15-10:00 AM Drew/Troy Mind/Body	Step 10:30 – 11:30 PM Jen
Pilates 12:05-12:50 Jason Mind/Body	Yoga- Power 12:05-12:50 Drew Mind/Body	Pilates 12:05-12:50 Jason Mind/Body	Yoga 12:05-12:50 Terri/Drew Mind/Body	Pilates 12:05-12:50 Tomoko/Terri Mind/Body	Zumba 10:00-10:55 AM Kathy J.	
Y Pump 12:05-12:50 Jane	Cardiofusion DANCE 12:05-12:50 Christiana	Zumba 12:05-12:50 Deborah/Christiana	Cardio/Strength Rotation 12:05-12:50 Kathy/Marie	Step 12:05-12:50 Jane/Linda		
ZUMBA 4:45 – 5:45 PM NEW TIME Kathy J.			Zumba 4:30-5:25 PM Kathy J.			
Pilates 5:30-6:20 PM Bill Mind/Body	Y-Pump 5:30-6:25 PM Monica	Turbokick 5:30-6:25 PM Brooke	Y-Pump 5:30-6:25 PM Shari/Tomoko			
		Cardiofusion Dance 6:30-7:30 PM Kelly Z				
Yoga- Power 6:30-7:15 PM Drew Mind/Body		Pi/Yo 6:30-7:30 PM Paula Mind/Body				

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Active Older Adults –FIT SIT	This is a great class for those still more mature members .Class focuses on stretching and toning while sitting on a chair.
Advanced Walking Group	Meet in the lobby at 5:30 AM Fast paced walking group stops for coffee.
Body Sculpt	This is a muscle strength and endurance class designed to help tone and sculpt the entire body using a variety of exercises and equipment.
Body Sculpt – Core AB Express	This strength and conditioning class will use equipment and body weight with a total focus on your bodies abdominal and back muscles.
Cardio kickboxing	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.
Cardio Fusion DANCE	Energized dance incorporating funk, salsa, hip hop and many other styles.
Cardio and Strength Conditioning	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.
Cardio/Strength Rotation	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.
Pilates	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.
PIYO	Combination of Pilates and Yoga for a great stretching and core workout
Power Yoga	This class moves through the progression of movements at an intermediate pace. In addition it adds more challenging asanas. Will see gains in flexibility and strength.
Step	A great low impact and moderate intensity workout that combines patterns on and around the step.
TURBO KICK®	**TURBO KICK®** 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.
Yoga	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.
Yoga - Power	
Y-Pump	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.
Zumba	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.