



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE SPRING 2012 (EFFECTIVE 3-12-12)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Power Pump 5:15-6:10 Rm. A Judy	Step 5:15-6:10 Rm A Cheri	Power Pump 5:15-6:10 Rm. A Judy	ZUMBA® 5:15-6:10 Rm A Jenny	R.I.P.P.E.D.® 5:15-6:10 Rm. A Paula	Step 8:15-9:00 Rm A Colleen	
Spinning® 5:15-6:10 Fred	Spinning® 5:15-6:00 Sara	Yoga 5:15-6:10 Rm B Cheri	Spinning® 5:15-6:00 Sara	ZUMBA® 8:30-9:25 Rm A Terri H.	Spinning® 8:30-9:15 Lisa/Kathryn	
Silver Sneakers® 8:00-8:55 Rm B Jere	BODYPUMP® 8:30-9:25 Rm A Terri H	R.I.P.P.E.D.® 8:30-9:25 Rm A Alexis	Circuit Training 8:30-9:25 Rm A Terri H.	Yoga 8:30-9:25 Rm B Pat	Yoga 9:00-9:55 Rm B Cheri/Kathleen	
Step 8:30-9:15 Rm A Rebecca	ZUMBA® 9:30-10:25 Rm A Christa	Yoga 8:30-9:25 Rm B Pat	Mat Pilates 9:30-10:25 Rm B Lisa	R.I.P.P.E.D.® 9:30-10:25 Rm A Alexis	BODYPUMP® 9:00-10:15 Rm A Rotating	
Abs/Core 9:15-9:30 Rm A Rebecca	Mat Pilates 9:30-10:25 Rm B Karla	Spinning® 8:30-9:15 Lisa	Tae Bo 9:30-10:25 Rm A Kristine	Silver Sneakers® 9:30-10:25 Rm B Colleen	R.I.P.P.E.D.® 10:30-11:25 Rm A Jeremi	Spinning® 1:30-2:25 Stephanie/Sylvia
Spinning® 8:30-9:15 Stephanie	Spinning® 9:30-10:15 Pat	Power Pump 9:30-10:25 Rm A Lisa	Spinning® 9:30-10:15 Pat	Active Older Adult Cardio 10:30-11:25 Rm A	ZUMBA® 10:15-11:10 Gym Carlos	
Yoga 9:00-10:15 Rm B Liz	ZUMBA GOLD® 10:30-11:25 Rm A Rhonda	ZUMBA GOLD® 9:30-10:25 Rm B Jenny	Aqua Zumba 10:30-11:25 Pool Terri H	H2O Combo 10:30-11:25 Pool Tammy F		
Power Pump 9:30-10:25 Rm A Rebecca	Silver Sneakers® 10:30-11:30 Rm B Barbara H	H2O Combo 10:30-11:25 Pool Tammy F	Active Older Adult Cardio 10:30-11:25 Rm A	Spinning® 4:30-5:15 Amber		
Active Older Adult Cardio 10:30-11:25 Rm A	H2O Combo 10:30-11:25 Pool Terri H	Line Dance 10:30-11:25 Rm A Kendra	BODYPUMP® 11:30-12:45 Rm A Alexis	ZUMBA® 6:30-7:25 Gym Jenny		
Night Club Cardio® 10:30-11:25 Rm B Kendra	Balletone 5:30-6:25 Rm A Kristine	Belly Dance 10:30-11:25 Rm B Efrat	Power Pump 5:30-6:25 Rm A Terri L.			
H2O Combo 10:30-11:25 Pool Joy	Spinning® 5:30-6:25 Rod	Active Older Adult Stretch 11:30-12:00 Rm A	Night Club Cardio® 6:30-7:25 Rm A Kendra			
Spinning® 4:30-5:15 Amber	R.I.P.P.E.D.® 6:30-7:25 Rm A Jeremi	Spinning® 4:30-5:15 Stephanie	Yoga 7:00-7:55 Rm B Liz			
Yoga 5:30-6:25 Rm B Tracie	Beginner Yoga 6:30-7:25 Rm B Gina	Bosu 5:30-6:25 Rm A Pat	H2O Combo 7:15-8:10 Pool Terri H			
Step 6:00-6:30p Rm A Cindy	Aqua Zumba 7:15-8:10 Pool LeeAnn C	Belly Dance 5:30-6:25 Rm B Efrat				
BODYPUMP® 6:30-7:45 Rm A Cindy		Zumba® (Family) 6:30-7:10 Rm A Joslyn				
ZUMBA® 6:30-7:25 Gym Carlos		Spinning® 6:30-7:15 Sylvia				
H2O Combo 7:15-8:10 Pool LeeAnn C		ZUMBA® 7:30-8:25 Gym Christa				

Vic Coppinger Family YMCA

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GROUP EXERCISE CLASS DESCRIPTIONS

Cardio

Active Older Adult Cardio: Enjoy fun, low-impact exercise as you move through a variety of exercises designed for active older adults. Increase your muscular strength and range of movement, which will help you with activities of daily living. Exercises may use hand-held weights, elastic tubing with handles and a ball for resistance.

Aqua Zumba: This gives a new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting and laughing are often heard during this class. The class is safe, challenging, body toning, conditioning and exhilarating.

Line Dance: A choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows, all facing the same direction and executing steps at the same time. Line Dance is also offered for our Active Older Adults group.

Night Club Cardio®: The lights are low and the moves are simple, yet effective. Somewhere between the music and the Soul Train line, you begin to forget you are even working out.

R.I.P.P.E.D.® The One Stop Body Shock System—a total body workout, with a variety of formats within each session...R.esistance, I.nterval, P.ower, P.lyometrics, E.ndurance, D.iet set to jamming music, easy to follow routines. This total body, high intensity style program utilizes free weights, resistance and body weight. Each component of the workout provides a uniquely different emphasis or system response, so your body never gets accustomed to the constantly changing format.

Spinning®: Our popular indoor cycling class "geared" for fun and fitness. Simulates riding positions/terrain used in outdoor cycling. Heart rate monitor recommended. Great calorie burner and cardio conditioning. All levels are welcome, and workouts can be adapted to fit your goals and needs. Spinning® classes use Endurance®, Interval®, or Strength® to focus on specific training and heart rate zones.

Step: Enhance your cardio endurance in this high energy step class. Step classes may be termed sports, athletic, or party and incorporate primary themes and specific step training. Workouts are choreographed to offer full body exercise with movements on and around the step. Benefits also include improved coordination and balance. Classes may include core work and resistance training.

Tae Bo®: An intense workout regimen combining Tae Kwon Do and Boxing. This martial arts rapid paced workout is designed to promote fitness and increase health through movement. This is a dynamic cardiovascular workout combining dance, martial arts and yoga. This joyous barefoot blend class promotes fitness, vitality and a sense of well being.

H2O Combo: A great combination of deep water exercise, intervals and shallow water exercise. Non-swimmers are welcome. All levels.

Family Zumba: This cardio-Latin fusion class features aerobic interval training to maximize fat burning and total body toning, all to incredible music with moves that are easy to learn! Designed for the entire family.

ZUMBA®: This cardio-Latin fusion class features aerobic interval training to maximize fat burning and total body toning, all to incredible music with moves that are easy to learn!

ZUMBA GOLD®: Zumba Gold® was designed for the active older adults, the true beginner and/or people who are not used to exercising. The main difference from regular Zumba® is, this class is done at a lower intensity. It may not be as fast, but it is just as fun!

*STARRED Classes are in jeopardy of being cancelled. Class must average 10 participants or the class may be discontinued or changed.

Age Requirements

- **14 years or older (and accompanied by an adult) for BodyPump, PowerPump and Spinning.**
- **10 years or older for classes not listed above.**
- **Family classes are available to all ages.**

Strength

Abs/Core: A quick and effective workout designed to get your core in shape. Selected equipment may be used including stability ball, bands or weights. Lower back exercises may be implemented. All levels are welcome.

BODYPUMP®: Designed for all fitness levels, this barbell class delivers real results, real fast. This athletic based workout uses barbells with adjustable weights to work every major muscle group in the body. With motivating music, this class strengthens, tones and defines the body as nothing else can.

Circuit Training: If you like variety, this workout is for you! Enjoy a circuit workout that is great for all levels. Activities include speed and agility drills, athletic step, running/power walking, jump rope, abs and stretching.

Power Pump: This is a full body sculpting class with adjustable weights. A barbell, body-bar, or dumbbells may be used throughout this strength training class.

Bosu: Athletic based class with the use of a BOSU ball. The BOSU (both sides up) is a great core and stability training tool designed to increase intensity in every move.

Silver Sneakers®: A unique physical activity program designed to encourage Medicare-eligible members to increase their physical activity and enhance daily living skills, increase cardiovascular and muscular endurance with a standing circuit workout. Upper body strength work with hand held weights, elastic tubing and a ball is alternated with non-impact aerobic choreography. A chair is offered for support.

Specialty

Belly Dance: A variety of ancient bellydance styles and routines will be taught. A great calorie burner & toner for hips, abs and core.

Mind & Body

Active Older Adult Stretch: An overall workout at a comfortable pace. Improve your balance, flexibility and range of motion while strengthening your core muscles. Relaxation and flexibility techniques with a special emphasis on stretching will be used. A special emphasis on balance, joint range of motion, and flexibility. Designed for our Active Older Adults.

Balletone®: This is a strength and flexibility class designed after dance conditioning methods integrating classical ballet exercises with modern fitness concepts. By blending principles from classical ballet, Pilates and modern stretching techniques, the class will improve your posture, balance and core strength while lengthening and stretching.

Beginner Yoga: Build a strong body, mind and spirit through yoga. This class incorporates Yoga postures, breathing exercises and a mind focus to improve balance, strength and flexibility. Basic moves are introduced at a slower pace for beginners.

Mat Pilates: This is a conditioning program that improves muscle control, flexibility, coordination, strength and tone. Based on proper breathing, good posture and intense concentration, the exercises are performed on a mat.

Yoga: Yoga builds a strong body, mind and spirit. This class incorporates Yoga postures, breathing exercises and a mind focus to improve balance, strength and flexibility. Chair support or yoga props are offered to safely perform exercises. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

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