

GROUP WELLNESS

UNIVERSITY FAMILY YMCA

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

• • • **MORNING CLASSES** • • •

6:00	All Level Cycling Pocock Room Ruth 6:30-7:15	Hi Lo Aerobics Pocock Room Sarah 6:30-7:30	All Level Cycling Pocock Room Lisa 6:30-7:15	Hi Lo Aerobics Pocock Room Sarah 6:30-7:30	Boot-Camp Pocock Room Kerry 6:00 – 7:00		
- 6:30	Qi Gong Safeco Room Tom 6:30-7:30				Core Strength Safeco Room Carol 6:30-7:30		
8:00-8:30					All Level Cycling Pocock Room Kyra 8:00-8:45	All Level Cycling Pocock Room Jessi 8:30-9:15	
9:00	Step I/II Pocock Room Tavia 9:00-10:00	All Level Cycling Pocock Room Mona 9:00-9:45	Step I/II Pocock Room Cherie 9:00-10:00	All Level Cycling Pocock Room Kyra 9:00-9:45	Step I/II Pocock Room Tavia 9:00-10:00		
9:30		Yoga Level I/II Safeco Room Tara 9:30-10:45		Yoga Level I/II Safeco Room Bev 9:30-10:45		Step II/III Pocock Room Martha/Karen 9:30-10:30	Step I/II Pocock Room Tara N 9:30-10:30
10:00	All Level Yoga Pocock Room Maya 10:00-11:00	Body Shop Pocock Room Cherie 10:00-11:00	Pilates Pocock Room Mona 10:00-11:00	Body Shop Pocock Room Cherie 10:00-11:00	Yoga Level II Pocock Room Maya 10:00-11:00		
10:30						Body Sculpt Pocock Room 10:30-11:00	Strength Pocock Room 10:30-11:00
11:00-12:00		AOA Yoga Safeco Room Tara 11:15-12:15		AOA Yoga Safeco Room Tara 11:15-12:15		Yoga Skills I Pocock Room Tara 11:15-12:15	Yoga Level II/III Safeco Room Maya 10:30-11:45
	SilverSneakers®-MS Pocock Room Maya 11:15-12:00	SilverSneakers®-MS Pocock Room Kyra 11:15-12:00	SilverSneakers®-MS Pocock Room Terry 11:15-12:00		SilverSneakers®-MS Pocock Room Maya 11:15-12:00		

• • • **DAY TIME CLASSES** • • •

12:00-4:00	SilverSneakers®-YG Pocock Room Maya 12:00-1:00	All Level Cycling Pocock Room Kyra 12:15-1:00	Functional Fitness Pocock Room Terry 12:00-1:00	Core Conditioning Pocock Room Kyra/Alexis 12:15-1:00	Qi Gong Tai Chi Tom 12:00-1:00		
	SilverSneakers®-CC Pocock Room Katie 1:15-2:00		SilverSneakers®-MS Pocock Room Terry 1:15-2:00			Yoga Level II/III Safeco Room TBA 3:30-4:30	All Levels Yoga Safeco Room Katie 3:30-4:30

• • • **EVENING CLASSES** • • •

5:30	Cardio Variety TBD Pocock Room 5:30-6:30	Step I- free-to-be-fit Pocock Room Agnes 5:30-6:30	Step 101 Pocock Room Martha 5:30-6:15 Ends Nov. 4th	All Level Cycling Pocock Room Kristen 5:30-6:15	Step II/III Pocock Room Madeleine 5:30-6:45		
5:30	Zumba Safeco Room Ivonne 5:30-6:30	Pilates Safeco Room Kristin 5:30-6:30					
6:30	Cardio Kickbox Pocock Room Ivonne 6:30-7:30	All Level Cycling Pocock Room Jessi 6:30-7:15	Cardio Kickbox Pocock Room TBD 6:30-7:30	Zumba Safeco Room Carol 6:00-7:00			
6:30		Ballet 4 Adults Safeco Room Jasmine 6:30-7:30		Body Shop Pocock Room Kristen 6:30-7:30			
7:00	Belly Dance I Safeco Room Kat 7:00-8:00	Body Shop Pocock Room Kristen 7:30-8:30	All Levels Yoga Safeco Room Jubilee 7:00-8:00	All Levels Yoga Safeco Room Erin 7:00-8:00			
7:30-	Yoga I/II Pocock Room Jubilee 7:30-8:30	Yoga II/III Safeco Room Dan 8:00-9:30		Jump Rope Pocock Room Ruth 7:30-8:15			
8:00	Belly Dance II Safeco Room Kat 8:00-8:30	Flexibility Pocock Room Kristen 8:30-9:00		Karate Safeco Room Greg 8:30-9:30		Updated for November 2009	

UNIVERSITY FAMILY YMCA CLASS DESCRIPTIONS

206.524.1400 Mon-Fri 5:30am-10pm Sat & Sun 8am-5pm

Ballet for Adults- is a fun workout for the whole body. Ballet Bar included.

Belly Dance is a fun, beautiful, Middle Eastern art form that celebrates bodies of all types, with an emphasis on fitness, abdominal control, hip and chest isolation, proper posture, and relaxation through stretching. If you have hips & the desire to move then you can dance. Come for the 1st hour to learn Belly Dance basics (including a warm-up, stretching & strength) or stay for the whole 1½ hours to apply what you've learned to more advanced choreography.

Boot Camp-A high energy, total body conditioning class that incorporates sport-specific drills designed to challenge participants' strength, endurance, power, agility and balance.

Body Shop is a fun class focusing on a strength-centered workout that uses strength equipment, including the Body Bar, resistance tubing & bands, and free weights. You'll bring more muscle definition to the body, build strength and endurance. Balance, core strength and endurance are emphasized.

Core Strength increases stability and balance by targeting the muscles of the abs, back, legs and sometimes other major muscle groups using a variety of equipment and techniques, including mats, weights, bands, and balls.

Free to Be Fit® is aerobics for large People taught by a large Person. In Free to Be Fit, the environment is designed to be safe, judgment-free, and fun, so participants can enjoy pleasure-based movement. Health Seekers class.

Functional Fitness- this class emphasizes strength, muscular endurance, balance, flexibility, and cardio-respiratory fitness so participants improve in sports performance. There will be an emphasis on teaching protection and maintenance of spine and joint health. Health Seekers class

Group Cycling - This is a class for beginners and all levels. Hills and flat terrain are simulated by using various resistance levels on a stationary bike. You control the bike tension to make this workout as challenging or as easy as you like. **Teen Cycling-** This is an all levels class for Teens earning PE school credits. Instructor cues and energizing music add structured alternatives to youth exercise.

Hi/Lo is a cardiovascular workout using high- and/or low-impact aerobic movements performed in fun and challenging combinations, and includes strength training for all levels of exerciser.

Karate-Strength, cardiovascular endurance, and explosive power are all elements of this art that make it not only effective for self-defense, but also effective for weight control.

Cardio Kickbox is a fun, challenging aerobic workout that uses athletic movement patterns derived from the sport of kickboxing, and provides a high-intensity workout.

Pilates Mat is a system of stretching and strengthening exercises that work the deeper muscles to achieve efficient and graceful movement, improve alignment and breathing, and increase body awareness. Free!

SilverSneakers I® - **Muscular Strength & Range Of Movement** – Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing, and balls are offered for resistance. A chair is used for seated and standing support. **SilverSneakers II @ Cardio Circuit** – Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises. **SilverSneakers**® **YogaStretch** will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

AOA Yoga- focuses on improving body functionality for everyday living. Chairs, blocks, straps, bolsters, and blankets are used to create stability and more openness in the yoga posture.

Step aerobics provides a cardiovascular workout at a variety of impact levels. Participants use a combination of stepping patterns that are performed at a slower speed of music than in the Hi/Low class. Step classes are suitable for a variety of fitness and age levels because participants use a platform that can be adjusted to different heights. Classes include warm-up, stepping, strength conditioning, and stretching.

- **I:** beginner classes use fewer combinations and much repetition of each movement pattern to allow for an easy transition into the world of Step. **II:** intermediate classes may have less repetition and more complex movement patterns. The level of intensity is always up to you. **III:** advanced classes use the most intricate movement patterns and cover the most material in one class. Experienced steppers only!

Tai Chi/QiGong is a martial art that uses slow movements to promote health, circulation and relaxation. It concentrates on breathing, core muscle strength, and harmony of the mind, body and spirit. This class is suitable for all levels. First class observation recommended.

Yoga classes are taught in a variety of styles and focus on spinal alignment while developing flexibility, strength, stamina, and balance. Yoga will enhance any fitness program and can help manage stress. (Please meet with the instructor prior to taking any advanced level yoga class.)

Tara – Iyengar yoga, **Bev** - Hatha yoga. **Jubilee's** style is eclectic and flow.

Daniel - Hatha yoga, **Maya-** Kripalu yoga. **Erin's** style is a core –flow focus.

Zumba fuses fast and slow Latin rhythms in easy to follow moves to create a dynamic workout. Combined with resistance training, you'll tone and sculpt your body while burning fat.

Express Fitness Class. In thirty minutes or less you can experience all the positive benefits of a great workout.

(AL) **ALL LEVEL – An intergenerational, mixed level class.**

AOA –Active Older Adults. These classes are specifically designed for older adults

Open Jump Rope- Instructor on site to introduce you to the basic principles of jump rope fitness.