

# Auburn Valley YMCA • FALL 2009

# GROUP EXERCISE

**Monday Tuesday Wednesday Thursday Friday Saturday Sunday**


**• • • MORNING CLASSES • • •**

5:45	Group Cycling 5:45-6:30 / 6:35-7:20 (Bruce & Steph) CS	Core Strength & Stretch 6:00-6:45 (Steph) MPR	Group Cycling 5:45-6:30 / 6:35-7:20 (Bruce & Steph) CS		Group Cycling 5:45-6:30 / 6:35-7:20 (Bruce & Steph) CS		
6:00	Zumba Gold 8:00-9:00 (Jayne) MPR	<b>NEW</b> Warm Up & Walk 8:00-9:00 (Chris) Meet in Lobby	Yoga 6:00-7:00 (Jenny) RR	<b>NEW</b> Warm Up & Walk 8:00-9:00 (Chris) Meet in Lobby			
9:00	Stretch Express 9:00-9:30 (Jayne) MPR	<b>NEW</b> Step 101 9:00-9:30 (Sunni) MPR				Skills & Drills 8:30-9:30 (Mark) Gym	
9:00	Yoga New Time! 9:00-10:00 (Rotating) RR	Yoga 9:00-10:15 (Saori) RR	Pilates 9:15-10:15 (Rotating) RR	Yoga 9:00-10:15 (Saori) RR	Yoga 9:00-10:00 (Rotating) RR	Yoga 9:00-10:15 (Alisa) RR	
	Cardio/ Strength 9:30-10:30 (Angelique) MPR	Cardio/Strength 9:30-10:45 (Sunni) MPR	Sports Conditioning 9:30-10:30 (Mark) MPR	<b>NEW</b> Zumba 9:30-10:30 (Keana) MPR	Cardio/Strength 9:30-10:30 (Teri) MPR	Cardio/Strength/Core 9:00-10:30 (Rotating) MPR	
	Group Cycling 9:30-10:30 (Allison) CS	Group Cycling 9:30-10:30 (Allison) CS	Children's Ballet 9:30-10:30 (Stephanie) GYM \$	<b>NEW</b> Group Cycling 9:30-10:30 (Val) CS	Group Cycling 9:30-10:30 (Allison) CS	Group Cycling 9:30-10:30 (Rotating) CS	
10:30	Core Strength (Angelique) 10:30-11:00 MPR	Creative Movement 10:30-11:00 (Anne Marie) RR	Core Strength 10:30-11:00 MPR	Creative Movement 10:30-11:00 (Candace) RR	Core Strength (Teri) 10:30-11:00 MPR	Zumba 10:30-11:30 (Keana/Chrissy) MPR	
	Tai Chi 10:30-11:30 (CeCe) RR		Tai Chi 10:30-11:30 (CeCe) RR		SilverSneakers® YS 10:15-11:15 (Margie) RR		
11:00	Body Shop & Core 11:00-12:00 (Allison) MPR	SilverSneakers® CC 11:00-12:00 (Anita/Elyn/Margie) MPR	Body Shop & Core 11:00-12:00 (Allison) MPR	SilverSneakers® CC 11:00-12:00 (Anita/Elyn/Margie) MPR		Children's Ballet 10:30-11:30 (Stephanie) GYM \$	<b>NEW</b>

**• • • AFTERNOON CLASSES • • •**

12:00		SilverSneakers® MSRM 12:00-1:00 (Anita/Elyn/Margie) MPR	Zumba Gold 12:00-1:00 (Jayne) MPR	SilverSneakers® MSRM 12:00-1:00 (Anita/Elyn/Margie) MPR		Karate Training 12:00 \$ Participant led	
1:00-4:00	Yoga 3:00-4:00 (Suzan) RR	Therapeutic Yoga 3:00-4:15 (Suzan) RR \$	SilverSneakers® YS 1:15-2:15 (Jayne) MPR	Yoga 3:00-4:00 (Suzan) RR	Yoga 3:00-4:00 (Suzan) RR	Family Circuit 2:00-3:00 (Allison) MPR	
4:30			Body Shop 4:30-5:30 (Joy) MPR				Cardio Strength 101 4:30-5:00 (Joy) MPR

**• • • EVENING CLASSES • • •**

5:00-5:30	Cardio Strength 5:00-6:00 (Rotating) MPR	Pilates 5:30-6:30 (Suzan) RR	Cardio Strength 5:00-6:00 (Joy) MPR	<b>NEW</b> Pilates 5:30-6:30 (Suzan) RR		
	Beginning Yoga 5:30-6:30 (Suzan) RR	Karate II 5:30-6:30 (Greg) MPR \$	Beginning Yoga 5:30-6:30 (Katie) RR	Karate II 5:30-6:30 (Greg) MPR \$		
6:00	Zumba 6:00-7:00 (Keana/Chrissy) MPR	Karate III 6:30-7:30 (Greg) MPR \$	Turbo Kick™ 6:00-7:00 (Alissa) MPR	Karate III 6:30-7:30 (Greg) MPR \$		Sports Conditioning 6:15-7:15 (Carrie/Allison) MPR
	Circuit Training 6:00-7:00 (Amy) THR	Karate I 6:30-7:30 (RJ) RR \$	Circuit Training 6:00-7:30 (Carrie) THR	Karate I 6:30-7:30 (RJ) RR \$		
	Intermediate Yoga 6:45-8:00 (Suzan) RR	Group Cycling 6:00-6:45 (Tim) Cycling Studio	Intermediate Yoga 6:45-8:00 (Suzan) RR	Group Cycling 6:00-6:45 (Terry) Cycling Studio	<p><b>KEY :</b> \$=Additional fee required  <b>MPR</b>=Multi-purpose Room; <b>RR</b>=Reflection Room ;  <b>THR</b>=Total Health Room ; <b>CS</b>=Cycling Studio</p> <p>*Although it is always our intention to follow the scheduled format, classes may change without notice when necessary. Classes with low attendance may be removed from schedule. See back for class descriptions.</p>	
7:00	Zumba 7:00-8:00 (Kristina/Shayla) MPR	Open Cycle 6:45-8:00 Cycling Studio	Zumba 7:00-8:00 (Catrina) MPR	<b>NEW</b> Group Cycling 7:00-7:45 (Terry) Cycling Studio		

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## GROUP EXERCISE DESCRIPTIONS

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**Body Shop:** Focuses on a strength centered workout, using strength equipment including the Body Bar, resistance tubing & bands, and dumbbells. You'll tone muscles, build strength and endurance, and have fun!

**Cardio and Strength:** This high-energy class includes both strength training and aerobic exercise, and may use a step platform. Can modify or intensify as needed.

**Children's Classical Ballet :** Ages 3-6. In Classical Ballet, your shining star will gain body awareness, strength, grace and poise along with the basic techniques of beginning ballet. The main purpose is to inspire the love of movement with fun routines and uplifting instruction. \$30/session Facility Members ; \$60/session Program Members.

**Circuit Training:** It's a complete workout in one class! This unique format alternates timed intervals of strength and cardio segments, in a group or with rotating stations.

**Core Strength:** Increases stability and balance by targeting the muscles of the abs, back, legs and other major muscle groups using a variety of equipment and techniques.

**Creative Movement:** A great way for children to express themselves through movement and learn more about their own creativity. Parent participation suggested.

**Family Circuit:** A fun and interactive class for kids and parents! Participants will rotate through cardio and strength stations.

**Group Cycling:** Simulating various terrains on a stationary bike is an amazing non-impact cardio workout. This challenging workout is focused on interval training. Since you control the bike tension, the class can be done at many fitness levels.

**Karate:** Martial Arts are a physical discipline shaped by East Asian philosophical concepts. Focus is on increasing physical fitness, building self-confidence, and respect for self and others. This class offers a variety of techniques with the focus on blocks and strikes. Register at the front desk. \$32/mo Facility Members ; \$49/mo Program Members.

**Pilates:** Based on Joseph Pilates mat technique, this class is designed to increase core strength and flexibility plus align the mind and body. Series of movements are linked with the breath and performed from a sitting, reclining or standing position and may include equipment such as stability balls, resistance bands, and weights.

**SilverSneakers® : 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. Chairs offered for support & stretching.

**SilverSneakers® : Muscular Strength & Range of Movement (MSROM)** 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 with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**SilverSneakers® YogaStretch :** 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.

**Sports Conditioning/Skills & Drills:** An intense workout involving interval training, strength, balance, agility and cardiovascular fitness. Various equipment will be used and the format will change often, but the fun will stay the same! May be held in either the multi-purpose room (MPR) or gym.

**Step:** Low impact movements performed on and off an adjustable step. Intensity is determined by speed, travel patterns and choreography. Level I classes use fewer combinations and more repetition of each movement pattern. Level II classes may have less repetition and more complex movement patterns.

**Tai Chi:** Emphasizes physical meditation and is practiced in a slow, flowing manner. The benefits of practicing this form of Tai Chi are may result in increased flexibility, stress reduction, improved balance and relaxation.

**Turbo Kick™ :** It's kickboxing, and so much more! You'll kick, punch and groove the calories away in this action-packed, super fun, super safe and effective cardiovascular workout. No equipment used. All levels.

**Yoga:** An ancient practice that uses a combination of relaxation, breathing techniques and exercise to combat stress, help circulation and movement of the joints. It can be practiced by anyone to achieve greater health.

**Beginning Yoga** focuses on learning proper alignment to practice safely and effectively and introduce the newcomer to the wonderful benefits of yoga for mind, body and spirit.

**Intermediate Yoga** is a more traditional yoga class for people with 6 months or more experience interested in going deeper. More inversions, deeper backbends, arm balances, chanting and pranayama are included.

**Therapeutic Yoga** is a special class for those recovering from injury or illness or those wishing to experience restorative yoga. \$35/mo Facility Members ; \$45/mo Program Members.

**Zumba:** Fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system. Fast and slow rhythms + resistance training are combined to tone and sculpt your body while burning fat. All levels welcome!

**Family Zumba:** Fun for the whole family Ages 8 and up. Join the Zumba Party and get your family up and moving together!

**Zumba Gold:** Low-impact Zumba for beginners.

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## FITNESS STUDIO GUIDELINES

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- Youth 14 and older may attend any group exercise class without an adult.
- Children under the age of 14 are not allowed in the fitness studio unless they are attending family friendly classes with a parent or guardian.
- Proper aerobic shoes must be worn at all times.
- If you have a preexisting injury or need to have modifications or changes made in your workout, please meet with instructor prior to class so that the instructor can be aware of your needs.
- If you do need to leave class early, please remember to cool-down and stretch

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## CONTACT INFORMATION

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