



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

GROUP EXERCISE SCHEDULE APR 2018

**Wellness Schedules
Ages 14 and Above***

- AOA
- Aqua Exercise
- Cardio & Strength
- Cycle
- Dance Fitness
- Yoga
- Barre, Pilates & Tai Chi

KEY	
WS	Wellness Studio
RR	Reflection Room
CR	Cycle Room
THR	Total Health Room
◆	Ages 8-13 Can Attend w/Adult
*	Ticket Required
\$	Fees Associated
Class Change/New Class	

Updated 2/23/2018

ACTIVE OLDER ADULTS

M	T	W	TH	F	S	S
AOA Strength 7:45-8:30 AM Wali WS		AOA Step 7:00-8:00AM Sue WS	AOA Chair Fitness 8:00-8:45 AM Jackie Gym 2	AOA Step/Strength 7:00-8:00 AM Bill WS		
AOA Chair Fitness 8:00 – 9:00 AM Jackie Gym 2	AOA Yoga 8:15-9:15 AM Tara RR	AOA Chair Strength 8:00 – 9:00 AM Sue Gym 2	AOA Yoga 8:15 –9:15 AM Jessica RR	AOA Chair Fitness 8:00 – 9:00 AM Sue Gym 2		
	Zumba ® Gold 9:30-10:30 AM Heather Gym 2		Zumba ® Gold 9:30-10:30 AM Heather Gym 2			
	AOA Strength 10:45-11:30 AM Sue WS		AOA Strength 10:45-11:30 AM Heather WS			Tai Chi Series 11:45-12:45 PM Stefanie WS
		AOA Yoga 12:15 - 1:30 PM Laurel RR	Stretch 12:30 - 1:30 PM Laurel RR	AOA Yoga 11:00 - 12:00 PM Yvonne RR	Mindfulness Meditation 11:30 - 12:45 PM Carrie P RR	Tai Chi Series Beginner 1:00-2:00 PM Stefanie WS
Zumba® Gold 12:30-1:15 PM Joan WS			Tai Chi 2:00 - 3:00 PM Stefanie WS <i>Prior experience is recommended.</i>			
AOA Yoga 1:45—2:45 PM TBD RR	Tai Chi 2:15 - 3:15 PM Stefanie WS <i>All Levels</i>	Tai Chi 2:15 - 3:25 PM Richard WS <i>Prior Experience Recommended</i>	Tai Chi Second Section 3:15-4:15 PM Stefanie WS			

AQUA EXERCISE AND REHAB

M	T	W	TH	F	S	S
Water Walking 6:45-7:45 AM <i>Individual Activity</i>		Water Walking 6:45-7:45 AM <i>Individual Activity</i>		Water Walking 6:45-7:45 AM <i>Individual Activity</i>	Aqua Rehab 7:45-8:45 AM Cheryl	
Aqua Zumba® 9:00-10:00 AM Misty	Aqua Fitness 9:00-10:00 AM Hsiaoling	Aqua Fitness 9:00-10:00 AM James	Aqua Fitness 9:00-10:00 AM Terrin	Aqua Zumba® 9:00-10:00 AM Chris L.		
Water Walking 12:15-1:10 PM <i>Individual Activity</i>	Aqua Zumba® 12:15-1:10 PM Hsiaoling	Water Walking 12:15-1:10 PM <i>Individual Activity</i>	Aqua Zumba® 12:15-1:10 PM Chris L.	Water Walking 12:15-1:10 PM <i>Individual Activity</i>		
Arthritis & Injury Aqua 1:15-2:15 PM Cheryl	Arthritis & Injury Aqua 1:15-2:15 PM Ralph	Arthritis & Injury Aqua 1:15-2:15 PM Cheryl	Arthritis & Injury Aqua 1:15-2:15 PM Joan	Arthritis & Injury Aqua 1:15-2:15 PM Cheryl		

CARDIO & STENGTH

M	T	W	TH	F	S	S
H.I.I.T. 5:45- 6:30 AM Ryan WS	Strength Training 5:45 - 6:30 AM Connie WS	Bootcamp 5:30-6:30 AM Connie Gym 1 & 2	Circuit 5:30-6:30 AM Micha WS	Obstacle Course Race Training 5:30-6:15 AM Tracy Gym 1		
		Basic Step 7:00-8:00 AM Sue WS	Strength Training 8:00 - 9:00 AM Gretchen WS			
Step Xpress 8:45-9:30 AM Jo WS	Strength Training 8:00-9:00 AM Sue WS	Power Box 8:15- 9:15 AM Tracy WS		Interval Training X 8:00 - 8:45 AM Tracy Gym 1/WS	Ripped® 8:00 - 9:00 AM Kitty WS	
	Insanity® 8:50-9:40 AM Lucy Gym 1	Step* 9:30-10:30 AM Sue WS	Interval Training* 9:30-10:30 AM Jo WS	Tabata Bootcamp* 9:30 - 10:30 AM Emily/Tammy WS	Strength Training 9:15 - 10:15 AM Christina/Wendy WS	Strength Training* 9:30-10:30AM Kitty WS
	Strength Training* 9:30-10:30 AM Holly WS		Insanity® 9:40-10:30 AM Lucy Gym 1	Core & More 9:30-10:15 AM Gretchen Gym 1		POUND® * 10:30-11:30AM Kitty WS
Outdoor Bootcamp 10:00-11:00AM TBD Meet in Lobby	Circuit 10:00 - 11:00 AM Tammy/Monica Gym 1	Outdoor Bootcamp 10:00 - 11:00 AM Tracy Meet in Lobby		Outdoor Bootcamp X-press 10:30-11:15am Christina Meet in Lobby		
Cardio Circuit 11:15-12:15 PM Lucy WS	Yoga Lift 5:00-6:00 PM Kathy WS	H.I.I.T.* 11:15-12:15 PM Lucy WS		Cardio Circuit* 11:15-12:15 PM Lucy WS		
Step Basics 5:00 - 5:45 PM Sue/Kristin WS	H.I.I.T.* 6:15 - 7:00 PM Ryan WS		Basic Circuit 5:00 - 6:00 PM Christina WS			
Power Box 6:00- 7:00 PM Paige WS	STRONG By Zumba® 6:45 - 7:45 PM Chris Gym 2	R.I.P.P.E.D ® 6:00 - 6:40 PM Kitty WS	Boot Camp 6:00 - 6:45 PM Tracy WS			
Core 7:00-7:30 PM Paige WS	Strength Training 7:15 - 8:15 PM Christine WS	POUND ® 6:40 - 7:20 PM Kitty WS	Strength Training 7:00- 8:00 PM Kitty WS			

CYCLE						
M	T	W	TH	F	S	S
Cycle-All Levels* 5:30-6:30 AM Connie CR	Cycle-All Levels 6:00-7:00 AM Gretchen CR		Cycle-All Levels 6:00-7:00 AM Gretchen CR	Cycle-All Levels* 5:30-6:30 AM Connie CR	Cycle-All Levels 7:15-8:15 AM Dan CR	
Cycle/Core* 9:30-10:30 AM Maura CR	Cycle-All Levels 9:30-10:30 AM Lisa H CR	Cycle/Core* 9:30-10:30 AM Maura CR	Cycle-All Levels 9:30-10:30 AM Lisa H CR	Cycle-All Levels 8:15-9:15 AM Gretchen CR	Cycle-All Levels 8:30-9:30 AM Kristy CR	Cycle-All Levels 8:30-9:30 AM Vicky CR
				Cycle/Core 9:30-10:30 AM Lisa M CR/Gym 1		
Cycle-All Levels* 6:00-7:00 PM Kristy CR	Cycle-All Levels 5:30-6:30 PM Tracy CR	Cycle-All Levels* 6:00-7:00 PM Kristy CR				

DANCE FITNESS						
M	T	W	TH	F	S	S
Zumba® 9:30-10:30 AM Hsiaoling Gym 2 ◆	Zumba® Gold 9:30-10:30 AM Heather Gym 2 ◆	Zumba® 9:30-10:30 AM Chris L. Gym 2 ◆	Zumba® Gold 9:30-10:30 AM Heather Gym 2 ◆	Zumba®/ Rizzmic® 9:30-10:30AM Heather Gym 2 ◆	Zumba® 9:30 - 10:30 AM Kitty/Terrin Gym 2 ◆	Zumba® 9:30-10:30 AM Lea Gym 2 ◆
Zumba® Toning 10:30-11:00 AM Hsiaoling Gym 2 ◆			Zumba® Toning 10:45-11:45 AM Hsiaoling Gym 2 ◆			
Zumba® Gold 12:30-1:15 PM Joan WS	Latin Dance Breakdown 1:00-2:00pm Kristin WS 1st & 3rd of the month ◆					
	Line Dancing 1:00-2:00pm Yu-San WS 2nd & 4th of the month ◆	Hip Hop Kids 4:15-5:00 PM Kendra WS <i>Ages 3 and up</i>				
Zumba® 6:15-7:15 PM Kristin Gym 2 ◆		Bollywood 6:15-7:15 PM Kavita Gym 2 ◆	Zumba® 6:45-7:45 PM Hsiaoling Gym 2 ◆	Hip Hop Dance 6:15-7:15 PM Kendra Gym 2 ◆		

YOGA

M	T	W	TH	F	S	S
				Yoga-Alignment Based 7:00-8:00 AM Sanjyot RR		
Classic Yoga 8:30 - 9:30 AM Arti RR	AOA Yoga 8:15- 9:15 AM Tara RR	Yoga-Hatha* 8:00-9:15 AM Andrew RR	AOA Yoga 8:15 - 9:15 AM Jessica RR	Yoga-Alignment Based* 8:15 - 9:15 AM Sanjyot RR	Yoga-Power* 8:30-9:45 AM Marcos RR	Yoga-Restorative 8:30-9:45 AM Kathy RR
Yoga-Power* 9:45 - 11:00 AM Candice RR		Yoga-Power* 9:45 - 11:00 AM Candice RR		Yoga-Hatha/Fusion* 9:50-10:50 AM Yella RR	Classic Vinyasa * 10:00-11:15 AM Marcos RR	Yoga-Hatha Fusion* 10:10-11:25 AM Kathy RR
	Vinyasa 11:00 - 12:15 PM Marcos RR	AOA Yoga 12:15- 1:30PM Laurel RR	Yoga-Power* 11:00-12:15 PM Mary Ann RR	AOA Yoga 11:00 - 12:00 PM Yella RR	Mindfulness Meditation 11:30- 12:45 PM Carrie RR	Yoga 101 11:35-12:35 PM Kathy RR
Yoga-Hatha/Fusion* 12:15-1:30 PM Yella RR	Vinyasa Restorative 12:30 - 1:45 PM Marcos RR	Classic Yoga 1:45 - 3:00 PM Arti RR	Stretch 12:30-1:30 PM Laurel RR			
AOA Yoga * 1:45 - 2:45 PM TBD RR	Yoga Lift 5:00-6:00 PM Kathy WS		Pretzel & Twist 4:00-4:45 PM Mary Ann RR Ages 8 & up			
Yoga-Alignment Based 5:30-6:45 PM Tara RR			Yoga-Restorative 5:00 - 6:15 PM Kathy RR			
	Yoga-Fusion 6:45-8:00 PM Kathy RR	Yoga-Alignment Based* 7:00-8:15 PM Wali RR	Yoga-Hatha/Fusion 6:30 -7:45 PM Kathy RR	Yoga-Restorative 7:00- 8:00 PM Tiffany/Sarah RR		

BARRE, PILATES, AND TAI CHI

M	T	W	TH	F	S	S
Mat Pilates 6:45-7:45 AM Marti RR	Above The Barre 6:45-7:45 PM Julie WS	Mat Pilates 6:45-7:45 AM Marti RR	Above The Barre X 5:45- 6:30 AM Connie RR	Mat Pilates X 6:00-6:45 AM Maura RR		
			Mat Pilates 6:45-7:45 AM Marti RR			
Above the Barre* 9:45-10:45 AM Julie WS	Mat Pilates* 9:45 - 10:45 AM MaryAnn RR		Mat Pilates* 9:45-10:45 AM Marti RR			
Above The Barre 11:15-12:00 PM Julile RR		Above the Barre X* 11:15-12:00 PM Heather RR		Above The Barre* 12:15-1:15 PM Heather RR		Tai Chi Series 11:45-12:45 PM Stefanie WS
	Tai Chi 2:15 - 3:15 PM Stefanie WS <i>All Levels</i>	Tai Chi 2:15-3:25 PM Richard WS <i>Prior experience is recommended.</i>	Tai Chi 2:00 - 3:00 PM Stefanie WS <i>All Levels</i>			Tai Chi Series Beginner 1:00-2:00 PM Stefanie WS
Above the Barre 7:00-8:00 PM Rosemary RR	Above The Barre 5:30 - 6:30 PM Julie RR		Tai Chi Second Section 3:15-4:15 PM Stefanie WS			

NET SPORTS

M	T	W	TH	F	S	S
Adult Pickleball By Request (4+) 7:00 - 8:30 AM Gym 1	Adult Basketball 6:00 - 7:00 AM Gym 1					Badminton 8:00—11:45 AM Gym 1
	Table Tennis 11:15 - 2:15 PM Gym 2			Adult Pickleball By Request 11:00 - 1:00 PM Gym 1		Adult Pickleball 12:00 - 3:00 PM Gym 1
Pick up Basketball 18+ 6:00 - 9:45 PM Gym 1	Power Volleyball (14+) 8:00 - 9:45 PM Gym 1	Pick up Basketball 18+ 6:00 - 9:45 PM Gym 1	Open Volleyball (14+) By Request(6+) 8:00- 9:45 PM Gym 1	Table Tennis 4:00 - 9:00 PM WS		Table Tennis 2:30 - 5:15 PM WS
	Pick up Basketball 16+ 8:00 - 9:45 PM Gym 2	Table Tennis 7:30 - 9:30 PM WS	Pick up Basketball 16+ 8:00 - 9:45 PM Gym 2	Teen Basketball Ages 11-16 8:30-9:45 PM Gym 1		Family Pickleball 3:00 - 4:00 PM Gym 1

ACTIVE OLDER ADULTS

AOA CHAIR FITNESS Have fun and move to the music through a variety of exercises designed to increase strength, range of motion, and activity for daily living skills. Light weights, bands, and exercise ball are offered for resistance and a chair is used for seated and/or standing support.

AOA STEP Enjoy fun, low-impact stepping using different speeds and choreography on and off an adjustable step.

AOA STRENGTH Move to the music through a variety of chair based exercises designed to increase muscular strength, range of movement and activity for daily living skills.

AOA STEP/STRENGTH This class is a combination of AOA Step and AOA Strength.

AOA YOGA This gentle class combats stress, improves circulation and enhances flexibility thru gentle relaxing poses and breathing techniques.

AQUA EXERCISE AND REHABILITATION

AQUA FITNESS A variety of aerobic movements are performed in the shallow end of the pool to increase heart rate and provide both a cardiovascular and strength training workout. Water equipment may be used in this low-impact, high-intensity water workout.

AQUA ZUMBA® Splash your way into shape with an invigorating, low-impact aquatic exercise. Known as the Zumba® 'pool party,' the Aqua Zumba® program gives new meaning to the idea of a refreshing workout. Integrating the Zumba® philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blend it all together in to a workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. Aqua shoes recommended but not required.

AQUA ARTHRITIS & INJURY This class is designed for those living with chronic pain, those recovering from an injury or those with limited mobility. This class takes a non-impact approach by using water resistant exercises to build strength and increase range of motion & flexibility throughout the body. You will feel the benefits of the warm water, slow-paced exercises while enjoying a fun social group setting. This is a fun filled, therapeutic class with others who understand managing pain. Note: This class does not replace physical therapy and participants are encouraged to check in with their physician before starting.

CARDIO AND STRENGTH

BOOTCAMP Get your extreme workout with extreme music! Dial up the adrenaline for a range of heart-pumping, strength-building activities, which may include plyometrics, calisthenics, cycling, circuit training, jumping rope, speed work, lunging and more.

- **TABATA BOOTCAMP** High energy class designed to boost your after exercise caloric burn using intervals with a variety of cardio and strength drills.
- **BOOTCAMP X-PRESS** Get your extreme workout in 45minutes! Bootcamp xpress will give you all the same benefits of our boot camp class in a shorter time frame.
- **MetCon** This workout will combine high intensity training, compound training, and circuit weight training for a whole body workout all in one!

CIRCUIT TRAINING Maximize your time by getting a complete workout in one class! This format alternates timed intervals of strength and cardio segments, in a group or with rotating stations.

CORE & MORE Non-aerobic muscle-toning class that incorporates a variety of exercises used to target your abs, glutes and hips.

H.I.I.T. High Intensity Interval Training is a great way to burn fat! Moderate intensity intervals are alternated with high intensity intervals for a full body workout.

INSANITY® Insanity LIVE is a high intensity cardio-conditioning workout that provides support and group motivation to work toward your highest potential and unleash your inner athlete, no matter where you're starting from. Designed for all levels, moves can be modified.

INTERVAL TRAINING A dynamic class combining high energy, cardio drills and strength training.

KIDS FIT A class created just for kids! Come play games that will keep your kids moving. This class will be using different types of equipment to develop skills at every level. Fresh new ideas every week will keep kids wanting to come back.

OBSTACLE COURSE RACE TRAINING Train for your next race or to the next level of your fitness journey. You will be doing specific exercises to prepare you for obstacles that might be on a racing course.

POUND® Using Ripstix® (lightly weighted drumsticks) you will become the music in this exhilarating full body workout that combines cardio, conditioning, and strength training with yoga and Pilates inspired movements.

POWERBOX Take cardio kickboxing to the next level with punching and kicking drills against a bag. All levels, no experience needed. Hand wraps, kickboxing or boxing gloves are required. Limited gloves are available for new participants.

R.I.P.P.E.D. A constantly changing format that combines Resistance, Intervals, Power, Plyometric, Endurance, and Diet to help you attain and maintain your physique in ways that are fun, safe, and extremely effective.

STEP Enjoy fun, low-impact stepping using different speeds and choreography on and off the step.

STRENGTH TRAINING - Strengthen and tone your muscles using weights and other resistance equipment.

STRONG by Zumba® - STRONG by Zumba® combines high intensity interval training with the science of synced music motivation. In every class, music and moves sync perfectly to push you beyond your limits.

CYCLE

ALL LEVELS Enjoy an energizing ride through hills and flat terrain, simulated by different levels of resistance that you control on a stationary bike.

CYCLE CORE 45 minutes of all levels cycle followed by 10 min. of core work done on the floor.

DANCE FITNES

HIP HOP DANCE Learn basic hip-hop steps, rhythms, and body movements! Put it all together in great dance routines that showcase what you've learned.

HIP HOP KIDS Learn basic hip-hop steps, rhythms, and body movements! Put it all together in great dance routines that showcase what you've learned. Ages 3 and up.

BOLLYWOOD DANCE Inspired by the high energy music of Indian films, this mixed level class combines traditional Indian folk dance movements with modern dance techniques and exercise components to create a complete body workout. You will have fun, feel energized and get fit, all at the same time!

RIZMIC® An exhilarating new dance fitness experience dedicated to American music and dance

styles from early generations to today's biggest dance crazes.

ZUMBA® A Latin-inspired dance fitness class! Have fun and get a great cardio workout. No dance experience needed, great for all fitness levels.

ZUMBA® GOLD Just as fun, just not as fast. Easy to follow steps that help improve balance, strength and flexibility. Great for beginners.

ZUMBA® TONING Takes the original Zumba® dance fitness class to the next level utilizing an innovative muscle training protocol and the addition of weights.

LATIN DANCE BREAKDOWN This class was created for people new to Latin dancing or want to increase their knowledge. You will learn the basics in the Latin dance moves which are performed in Zumba including Salsa, Cha-Cha, Merengue & more.

YOGA

MEDITATION Train your mind, like you train your body, for the perfect antidote to daily stress. Learn and practice centuries old meditation techniques to relax and increase your overall sense of well-being.

PRETZEL & TWIST (Ages 8+) Growth spurts can contribute to stiff muscles for kids. Stretching helps prevent injuries and keeps kids flexible and performing at their best.. Not to mention, stretching just feels good! (During the school year.)

YOGA

- **ALIGNMENT BASED** Yoga using props in the Iyengar tradition to help ensure proper alignment in poses, reducing the risk of injury and contributing to overall mind/body wellness.
- **BREATH & ALIGNMENT** Focus A blend of poses focusing on breathing techniques and alignment poses.
- **HATHA Balancing**, standing, seated, supine, prone postures.
- **HATHA/FUSION** A blend of poses focusing on strengthening the upper body and core as well as opening the back and shoulders.
- **POWER** A fitness-based approach to yoga balancing strength and flexibility for those

with previous yoga experience.

- **RESTORATIVE** A passive style of yoga with longer hold times. Allows for deeper relaxation and calmer mind.
- **VINYASA** Basic yoga postures-sequencing with breathing technique.
- **VINYASA FUSION FLOW** Cardio yoga with a mix of Tai Chi and Chiqung Postures.
- **YOGA LIFT** Vinyasa yoga with weights.

STRETCHING Stretch your muscles, calm your mind, help with injuries, and soothe tension. Inspiring music guides gentle moves coordinated with your breathing while practicing poses from yoga, dance, and fitness. Open to all levels.

BARRE, PILATES, TAI CHI

ABOVE THE BARRE A challenging and unique workout designed to sculpt and strengthen your entire body as well as increase flexibility. Use your own body weight and light free weights to define and tone. Meant to be done barefoot, but not required.

MAT PILATES 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.

Bring your own mat.

TAI CHI

- **Tai Chi First Section** - for those beginning their study of Traditional Yang Family Tai Chi Chuan.
- **Tai Chi Second Section** - for all those who have studied the First Section of Traditional Yang Family Tai Chi Chuan, or with Instructor's permission
- **Tai Chi Third Section** - for those who have studied the First and Second Sections of Traditional Yang Family Tai Chi Chuan, or with Instructor's permission
- **Tai Chi Practice** - for all those who have studied all Three Sections of Traditional Yang Family Tai Chi Chuan, or with Instructor's permission

NET SPORTS

Adult Pick-up Basketball Enjoy friendly competition and practice your basketball skills with other players.

Adult Pickleball Enjoy friendly competition and practice your Pickleball skills with other players.

BADMITTON Enjoy some family fun and and practice your badminton skills.

FAMILY PICKLEBALL Enjoy some family fun and and practice your pickleball skills together.

PICK UP

KEY	
WS	Wellness Studio
RR	Reflection Room
CR	Cycle Room
THR	Total Health Room
*	Ticket Required
\$	Fees Associated
	Class Change/New Class

BASKETBALL (60+,18+, 16+) Enjoy

APRIL HEALTH EVENTS/WORKSHOPS AND IMPORTANT DATES

Sunday	1	
Monday	2	
Tuesday	3	
Wednesday	4	
Thursday	5	
Friday	6	
Saturday	7	
Sunday	8	
Monday	9	
Tuesday	10	
Wednesday	11	
Thursday	12	
Friday	13	
Saturday	14	
Sunday	15	
Monday	16	
Tuesday	17	
Wednesday	18	
Thursday	19	
Friday	20	
Saturday	21	Healthy Kids Day 10am- 1pm
Sunday	22	
Monday	23	
Tuesday	24	
Wednesday	25	Soups and Salads Cooking Demo—6pm-730pm
Thursday	26	
Friday	27	
Saturday	28	
Sunday	29	
Monday	30	Brunch at the Y— 9:30-11am