



NORTHSHORE GROUP EXERCISE

**SPRING
2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:00-7:45am BOOTCAMP Amy-MG WEST	7:00-8:00am YOGA VINYASA Arpana-MPR	7:00-7:45am BOOTCAMP Amy-MG WEST		8:00-8:45am AQUA FITNESS Nancy-POOL
	8:30-9:00am CORE STRENGTH EXPRESS Claire-MPR		8:30-9:00am CORE STRENGTH EXPRESS Claire -MPR		8:15-9:15am YOGA ALL LEVELS Arpana-MPR
9:00-9:45am AQUA FITNESS Nancy-POOL		9:00-9:45am AQUA FITNESS Nancy-POOL			
9:15-10:00am LES MILLS BODYPUMP Jane-FG	9:15-10:00am ZUMBA Glenna-MG WEST	9:15-10:00am DANCE FITNESS Ariana-MPR	9:15-10:00am ZUMBA Glenna-MG WEST	9:15-10:00am LES MILLS BODYPUMP Jane-FG	
		9:30-10:15am FUNCTIONAL FITNESS ALL LEVELS Heather S-FG		9:15-10:00am LINEDANCING Heather-MPR	9:30-10:30am LES MILLS BODYPUMP Jane-FG
	10:15-11:15am YOGA ALL LEVELS Heather WB-MPR		10:15-11:15am YOGA ALL LEVELS Heather WB-MPR		
10:30-11:15am AOA CARDIO / STRENGTH Heather S-89		10:30-11:15am AOA CARDIO / STRENGTH Heather S-FG		10:30am-11:15am AOA CARDIO & STRENGTH Heather S-FG	10:30-11:15am ABOVE THE BARRE Kelly-THC
11:00-11:45am STRENGTH & BALANCE Claire-? BD	11:00-12:00pm AQUA FITNESS Jane-POOL	11:00-11:45am LES MILLS RPM Claire-CLUB B	11:00-12:00pm AQUA FITNESS Jane-POOL	11:00-11:45am LES MILLS RPM Claire-CLUB B	10:30-11:30am ZUMBA Shana-MPR
	12:15-1:00pm ARTHRITIS & INJURY Jane-POOL		12:15-1:00pm ARTHRITIS & INJURY Jane-POOL		
					SUNDAY
1:15-2:15pm AOA ARTHRITIS FITNESS Claire-MPR		1:15-2:15pm AOA ARTHRITIS FITNESS Heather S-MPR			
					10:30-11:30am YOGA - ALL LEVELS Sankar-MPR
5:00-5:45pm LES MILLS RPM Jenny-CLUB B	5:00-5:45pm STRENGTH & CONDITIONING Claire-MPR	5:00-5:45pm LES MILLS RPM Jenny-CLUB B	5:00-5:45pm STRENGTH & CONDITIONING Claire-MPR		
6:00-7:00pm YOGA ALL LEVELS Jenny-MPR	6:00-7:00pm ABOVE THE BARRE Kelly-MPR	6:00-7:00pm YOGA ALL LEVELS Jenny-MPR	6:00-7:00pm ABOVE THE BARRE Kelly-MPR		
6:00-7:00pm TOTAL BODY CONDITIONING Lisa-FG	6:00-7:00pm LES MILLS BODYPUMP Trish-FG	6:00-7:00pm TOTAL BODY CONDITIONING Lisa-FG	6:00-7:00pm LES MILLS BODYPUMP Trish-FG		
	7:15-8:00pm ZUMBA Kelly-FG		7:15-8:00pm ZUMBA Kelly-FG		

Schedule may change without notice - please check with the front desk for most current schedule. As a courtesy to others, please arrive on time.

FOR MORE INFORMATION, CONTACT: Claire Williams clairewilliams@seattleyymca.org



CLASS DESCRIPTIONS

Above The Barre – A challenging and unique workout designed to tone and strengthen your entire body as well as increase flexibility by using your own body weight and light free weights. Designed to be done barefoot, but not required.

AOA – Cardio & Strength – Combine fun with fitness to increase your cardiovascular endurance. 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 Arthritis Fitness – A group exercise program that helps active older adults at all levels of fitness become more active and energized with exercises designed to assist with management of arthritis pain.

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

Arthritis & Injury – Aqua Fitness – 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 resistance exercises to build strength and increase range of motion and flexibility throughout the body. This is a comfortable, therapeutic class with others who understand managing pain. Note: this program does not replace physical therapy and participants are encouraged to check in with their physician before starting the class.

Barbell Pump – This low weight, high repetition barbell class will challenge all of your major muscle groups. Through resistance training you'll sculpt, tone and strengthen your entire body as you squat, press, lift and curl.

Core Strength – Express – This class will increase stability and balance by targeting your core muscles-abs, back and legs, using a variety of techniques. *Express classes are shortened versions of full classes

Dance Fitness – This lively workout combines fun dance movements to improve endurance. Weights and resistant bands may be used to build strength and flexibility.

Functional Fitness – All Levels – Be strong at any age. This class is designed for older exercisers or those new to strength training. Strengthen and tone muscles in a way that simulates daily activities, increasing stability and mobility.

H.I.I.T. – High Intensity Interval Training uses moderate-intensity intervals alternated with high-intensity intervals for a full-body workout.

Les Mills BODYPUMP – Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

Les Mills RPM – RPM™ is a group indoor cycling workout where you control the intensity. With great music pumping and the group cycling as one, your instructor takes you on a journey of hill climbs, sprints, and flat riding. In an RPM workout, you repeatedly rotate the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness. If you are new to the class please arrive 10 minutes early to allow time for bike setup.

Linedancing – Learn the popular line dances of the past and present. A great way to exercise both your mind and body. It's also a fun way to dance socially without needing a dance partner.

Strength & Balance – Use a variety of techniques to increase balance through various strength moves. This class targets the hard hit stabilizer muscles and deep muscles of the core to create better posture, alignment and decrease risk of injuries.

Strength & Conditioning – Strength training exercises in a group setting using a variety of equipment designed to increase muscular strength and endurance. Bursts of cardio complete this full body workout.

Strength & Conditioning – Express – Strength training exercises in a group setting using a variety of equipment designed to increase muscular strength and endurance. Bursts of cardio complete this full body workout. *Express classes are shortened versions of full classes

Total Body Conditioning – This fun and challenging total body workout will test your strength and stamina while taking your conditioning to a whole new level. Define muscles by alternating workouts using weights, balls, bands, barbells, and other equipment.

Yoga – All Levels – This method of yoga practice integrates both body and mind through safe alignment and balanced breathing. Build up your strength, stability, and postural integrity while practicing mindfulness and breath awareness.

Yoga – Vinyasa – Maintain awareness and focus on the breath while moving through a series of poses. This style of yoga builds heat, flexibility, and strength while maintaining focus on good alignment.

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