



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

## A. C. LEWIS YMCA

Fall 2018  
 (October &  
 November)

To minimize disruption and to receive an adequate warm-up, the instructor may advise against participation for late comers to class. Please arrive on time.

Instructors are available 10 minutes prior to start and 10 minutes following class for assistance.

Schedule is subject to change without notice. Please call 924-3606 to confirm a class date and time.

**JumpStart**  
 Learn about the Y and set goals with our fitness staff. Sign up for this free assessment at our front desk.

**Personal Training**  
 Get the personal attention, motivation, and expertise you need to achieve your goals.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45-6:45a Body Sculpting Marsha-gym	6:45-7:40a Sunrise Yoga Mack	5:45-6:45a HIIT Marsha-gym	6:45-7:40a Sunrise Yoga Mack	5:45-6:45a Body Sculpting Marsha-gym		
			5:45-6:45a Indoor Cycling Joey				
	8:00-8:55a Vinyasa Yoga Susan K	8:00-8:55a Core Blast Sheri	8:00-8:55a Vinyasa Yoga Susan K	8:00-8:55a Core Blast Sheri	8:00-8:55a Vinyasa Yoga Susan K		
	9:00-10:00a HIIT Terry-gym	9:00-9:55a Pilates Mack	9:00-10:00a H.A.B.I.T Marsha-gym	9:00-9:55a Pilates Mack	9:00-10:00a Step Cardio Terry	9:00-9:30a GTS Strength Connie	
			10:00-10:55a Cardio Line Dance Jackie			9:45-10:45a Step Cardio Connie	
	11:00-11:55a Enhance Fitness® Ashly		11:00-11:55a Enhance Fitness® Ashly		11:00-11:55a Enhance Fitness® Ashly		
	11:30-12:30p Pure Strength Madeleine-gym		11:30-12:30p Pure Strength Madeleine-gym	11:30-12:30p Indoor Cycling + Madeleine	11:30-12:30p Pure Strength Madeleine-gym		
			12:00-12:55p Yoga Ashly		12:00-12:55p Yoga Ashly		1:30-2:30p Zumba® Sabrina <i>Only held 10/21, 10/28, 11/4 &amp; 11/25</i>
	4:30-5:00p HIIT Alexandra	4:30-5:10p WERQ!® Natasha	4:30-5:00p HIIT Alexandra				
	5:00-6:00p Strength Train Together® Kelly-gym	5:00-6:00p H.A.B.I.T Joey-gym	5:00-6:00p Strength Train Together® Kelly-gym	5:00-6:00p H.A.B.I.T Derrick-gym			1:30-2:30p Strength Train Together® Kelly
	5:15-6:00p Pilates Patience	5:15-6:10p Vinyasa Yoga Janene	5:15-6:00p Pilates Patience	5:15-6:10p Vinyasa Yoga Janene			<i>Only held 10/7, 10/14, 11/11, &amp; 11/18</i>
				5:30-6:15p Indoor Cycling Connie			2:35-3:35p Hatha Yoga Ashly/Elaine
	6:05-7:05p Strong by Zumba® Tanya		6:05-7:05p Strong by Zumba® Tanya				
	6:00-6:45p Step Cardio John-gym	6:00-6:45p Step Cardio John-gym	6:00-6:45p Step Cardio John-gym	6:15-7:00p GTS Core Connie			
	6:15-7:15p Cycle Together® Connie	6:15-7:10p Zumba® Sabrina		6:15-7:10p Zumba® Sabrina			
	7:45-8:45p Circuit Training Derrick-gym		7:45-8:45p Circuit Training Derrick	7:45-8:45p Circuit Training Derrick			



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Cardio, Strength, and Core Classes

**Body Sculpting** – Designed to utilize multiple repetitions and low to moderate weights, you will use a variety of resistance training equipment to work the entire body. You will also get your heart pumping for a great cardiovascular workout.

**Circuit Training** – This high intensity circuit class incorporates components such as aerobic conditioning, agility, balance, speed, and muscular endurance. In this class, you may be using your own body weight or various props such as weights, body bars, BOSU, jump ropes, medicine balls and much more.

**H.I.I.T.** – (High-intensity interval training), this interval training class alternates periods of short intense anaerobic exercise with less-intense recovery periods. These short, intense workouts provide improved athletic capacity and condition, improved glucose metabolism, and improved fat burning.

**H.A.B.I.T.** (Hips, Abs, Butts, and Incredible Thighs!) – This is a muscle strengthening class that targets the hips, abs, butt, and thighs. We will incorporate resistance equipment like dumbbells, body bars, and bands into this class to increase intensity. If you didn't know that there are over 600 muscles in the human body, you will after this class.

**MOSSA Cycle Together®** – A fun way to improve your cardio fitness, burn calories, shape and strengthen your lower body! Since you control the intensity of the workout by adjusting your own bike, it's a great workout for all ages whether you are just starting out or an avid cyclist looking to train indoors. It's also a great option to add to your other workouts!

**Indoor Cycling** – Our indoor cycling class starts with a 5 minute warm-up of easy pedaling and a focus on proper technique. Once the class starts be prepared to ride your way through rolling hills, steep climbs, false flats, and sprints. This class will also offer a cardio challenge by using different speeds, resistances, and endurance segments. **Indoor Cycling +** Includes 30 minutes of cycling and 30 minutes of weight training that can include free weights, barbells, BOSU balls, and body weight exercises.

**Pure Strength & Cardio** – An all level workout! It will include a variety of cardiovascular and resistance work. This is a great class to build both strength and endurance. A complete fitness package in one class! This class uses many different platforms that are subject to change but can include gravity machines, cycling, and free weights.

**Step Cardio** – This class is designed to help you achieve cardiovascular and muscular fitness simultaneously. With alternating step combinations and toning exercises you'll have so much fun sculpting major muscle groups and putting together dance-like combinations.

**MOSSA Strength Train Together®** – An exciting way to combine traditional strength exercises with functional training movements. High repetitions, athletic movements, and training periodization are key components of this results-driven workout. Add dynamic, motivational music, and it's the most fun you will have strength training!

**WERQ!®** – WERQ is the fiercely fun dance fitness class based on pop, rock, and hip hop music. The warm up previews the dance steps in class and the cool down combines yoga-inspired static stretching and balance poses. Crush calories while dancing to your favorite songs.

**Core Blast** – 30 mins of Abs and 30 mins of GTS; Target and challenge the abdominals, back, and hips in this intense and dynamic workout. You will learn how to effectively strengthen the core using proper form and technique! By building core strength, you will be able to improve your posture and ward off lower back pain

**ZUMBA®** – A fusion of Latin and International music/dance themes that create a dynamic and exciting experience. It combines high energy and motivating music with unique moves and combinations making for a "feel free" workout that is great for both the body and the mind!

**Strong by Zumba®** – STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

## For Our Active Mature Members

**Enhance Fitness®** – Enhance Fitness is an evidence-based group exercise program developed specifically to promote better balance and health for longevity of independent living. Class is designed to be safe yet challenging. All exercises in this class are designed to fit the needs of all activity levels.

## Spirit, Mind, and Body Classes

**Pilates** – This class will teach traditional mat Pilates that can be done anywhere and is designed to lengthen and strengthen your entire body using core muscles. These movements will help you gain posture, alignment, balance, and flexibility. It is a fresh spin on basic Pilates mat work out using all sorts of props, rings, and balls to name a few.

**Yoga** – This class will go through a series of poses designed to help with physical alignment, with an understanding of correct anatomical movements and various deep relaxation techniques. It increases strength, flexibility, and awareness of the body to develop a more healthful movement. **Vinyasa Yoga** is a style of yoga where there is a "flow" from one posture to the next. **Sunrise Yoga** is a great first of the day energizer, and **Hatha Yoga** is considered the more "traditional" yoga poses.

## Gravity (GTS) Classes

**Core Concepts – 45 mins.** – This is a blend of the traditional strength program and Pilates-based exercises into one class. The result is a total body workout with a new focus. You will get the benefits of our strength program with the body awareness and core control that come from a Pilates-based program.