



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

CHARLES W. LAMAR, JR. YMCA

Schedule begins
January 7, 2019 and
is subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						9:30-10:30 Strength Train Together © w/ Sandra
	11:00-12:00 Balance & Flex Together© w/ Emily	11:00-11:55 Yoga w/Mack	11:00-12:00 Y! TRX \$\$ w/ Kelli	11:00- 11:55 Yoga w/Mack		10:30-11:30 Cardio Step Together © w/Sandra
	12:00-1:00 Strength Train Together © w/Emily	12:00- 1:00 H.I.I.T. w/Krashina	12:00 – 1:00 Strength Train Together © w/Emily	12:00 – 1:00 Circuit w/Krashina	12:00 – 1:00 Strength Train Together © w/Kelli	
	12:00 – 1:00 Indoor Cycling w/Katie D.	12:00 – 1:00 Cycle Together © w/Emily	12:00 -1:00 Indoor Cycling w/Katie D.	12:00 – 1:00 Cycle Together © w/Kim	12:00 – 1:00 Cycle Together © w/Emily	
	5:00 – 6:00 Strength Train Together © w/Kim	5:00 – 6:00 Zumba ® w/Lydia	5:00 – 6:00 Strength Train Together © w/ Kim	5:00 – 6:00 Zumba ® w/Lydia		
	5:30 – 6:30 Indoor Cycling w/Yvonne	5:00-6:00 Y! TRX \$\$ w/ Kelli		5:00-6:00 Y! TRX \$\$ w/ Kelli		
	6:00 – 7:00 Cardio Step Together © w/ Laurie	6:00 – 7:00 Yoga w/Susan	6:00 – 7:00 Balance & Flex Together© w/ Laurie			

Looking for
something new?
How about a
**Personal
Trainer?**

Details at the
Front Desk

**New Year,
New You?
Try the Y! TRX
classes**

Introductory class
coupons are
available at the
front desk

New Class!!
Check it out:
**Balance & Flex
Together**

For your safety –
Please arrive on time
for classes to minimize
disruption to the class
and ensure that you
receive adequate
warm up and
instruction.



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CHARLES W. LAMAR JR. YMCA CLASS DESCRIPTIONS

Strength Train Together ©- Strength Train Together will blast all your muscles with a high-rep weight training workout. Using barbell, weight plates and body weight, the workout combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best!

Cardio Step Together © – Cardio training that uses The Step in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your agility, coordination and strength.

Cycle Together © - Cycle Together is a huge calorie burner. It's a 60-minute cycling experience brought indoors. Chase the pack, spin the flats, climb mountains and sprint to the finish. Feel the thrill of energetic music and group dynamics as you get all the benefits of interval training.

Indoor Cycling - This is indoor group cycling, using specialized bikes able to adjust the resistance based on the need of the movement and of the participant. Classes feature sprints, jumps, climbs as well as relaxing cool downs.

Yoga - Relax in a quiet atmosphere enhancing your mind and body. Working at your own pace, you will be instructed through a series of postures that will increase muscular strength, flexibility, and concentration.

Zumba® -Zumba is a Latin inspired dance fitness class that incorporates Latin and International music and dance movements. This class is "exercise in disguise" as you experience various dances and improve your cardiovascular endurance.

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.

Boot Camp - Achieve your fitness goals with this high-energy, drill-based, interval sessions! Your agility, strength, cardiovascular fitness, and core stabilization will be challenged using your own body weight and equipment-based drills.

Zumba®

Zumba is a Latin inspired dance fitness class that incorporates Latin and International music and dance movements. This class is "exercise in disguise" as you experience various dances and improve your cardiovascular endurance.

Balance & Flex Together®-is an athletic mind-body program including fundamentals from yoga and Pilates set to emotive music. It's ideal to be your workout of choice or add it once a week to your current workouts to reinvigorate the mind and body.

For Your Information

- Our aerobics instructors are nationally certified and maintain current CPR certifications.
- Please consult with a physician before participating in any exercise activity.
- Classes will be limited to 25 participants due to safety.
- Please arrive a few minutes early for each class to reserve your space and for pre-class instruction.
- The class schedule is designed to provide a proper balance of the components of physical fitness (i.e. cardiovascular fitness, muscular strength, endurance, and flexibility).
- Participating in a variety of classes will give you a cross training effect, which will provide maximum results.

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