



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

C.B. PENNINGTON JR. YMCA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4/17/2017- 4/23/2017		8:30-9:30 Yoga Monique		8:30-9:30 Yoga Monique		
Updated 4/12/2017	9:30-10:15 Pilates Mary		9:30-10:15 Pilates Mary		9:30-10:15 Pilates Mary	
Schedule is subject to change without notice.		9:30-10:30 Cardio Line Dance Jackie				9:00-10:00am Body Sculpting Fran
Please call 272-9622 to confirm a class date and time.	9:30-10:30 Light & Low Lisa (Gym)	9:30-10:30 AOA Lisa (Gym)	9:30-10:30 Light & Low Lisa (Gym)	9:30-10:30 AOA Lisa (Gym)		10:00-11:00am Boot Camp Rodney
Ask us about Jump Start!	5:30-6:30 Body Sculpting Fran	5:00-6:00 H.I.I.T. Rodney		6:00-7:00 Body Sculpting Rodney	6:00-7:00 H.A.B.I.T. Rodney	
*Gym- Basketball Gymnasium, all other classes take place in the Group Exercise Studio	6:00-7:00 Zumba® Katrina (Gym)		6:00-7:00 Zumba® Erica (Gym)			

Class Description

Cardio, Strength, and Core Classes

Body Sculpting - Come and tone your muscles in this high intensity workout class by using a variety of resistance training equipment that will work out your total body. You will also get your heart pumping for a great cardiovascular workout.

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.

H.I.I.T. (High Intensity Interval Training) - 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.

Zumba® - Zumba! Is a fusion of Latin and International music/dance themes that create a dynamic and exciting, yet easy to follow class. 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!

For Our Active Mature Member

A.O.A (Active Older Adults) - Come and join our low impact senior aerobics class formatted especially for active older adults. This class includes low intensity cardiovascular segments with emphasis on stretching, toning, and full range of motion exercises.

Light N Low- Uses low impact moves for cardiovascular conditioning as well as muscular endurance and overall toning. This class will get you going and make you feel energized by the end of class. It is a great way to start or end your day

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. Gain the benefits of stretching, core strengthening, overall body toing and awareness. You will leave with an overall sense of well-being.

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