



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

PAULA G. MANSHIP YMCA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Schedule	5:15-6:15 (Gym)	5:15-6:15 (Gym)	5:15-6:15 (Gym)	5:15-6:15	5:15-6:15 (Gym)	8:30-9:30	3:00-4:00
Summer 2017	Circuit Training	Body Sculpting	Circuit Training	Body Sculpting	Circuit Training	Cardio Step Together	Indoor Cycling
	Joey	D'Andre	Meredith	Vanessa	Joey	Laurie	Ryan
Schedule Updated	5:15-6:15	5:45-6:45	5:15-6:15	5:45-6:45	5:15-6:15	9:00-10:00	4:00-5:00 (Gym)
July 1st and is subject to change, please call 767-9622 to confirm a class date and time.	Indoor Cycling	Indoor Cycling	Indoor Cycling	Indoor Cycling	Indoor Cycling	Indoor Cycling	Body Sculpting
	Katy	Cheryllyn	Vanessa	Cheryllyn	Katy	Ryan	Julie R.
	8:30-9:30	6:20-7:15	7:20-8:20	8:30-9:30	6:20-7:15	9:30-10:00	4:30-5:30
	Aqua Fit	Stretch & Tone	Zumba@	Light N Low	Stretch & Tone	Hard Core Abs	*Family Zumba@
	Andree	Lisa	Sarita	Laurie	Lisa	Laurie/Andree	Jeannette
	8:30-9:30	8:30-9:30	8:30-9:30	8:30-9:30	7:20-8:20	10:05-11:00	
*Gym-Basketball Gym *F.D.-Front Desk Area	AOA	Light N Low	Aqua Fit	Aqua Fit	Zumba@	Pilates	
	Jo	Laurie	Angela	Angela	Sarita	Andree/Caroline	
	9:30-10:30	8:30-9:30	8:30-9:30	9:30-10:30	8:30-9:30	10:15-11:15	
Classes have a maximum capacity, please arrive early to ensure a spot	Indoor Cycling	Aqua Fit	AOA	Indoor Cycling	AOA	Indoor Cycling	
	Lindsay	Angela	Jo	Yvonne	Jo	Ryan	
	9:35-10:30 (Gym)	9:30-10:30	9:30-10:30	9:30-10:30 (Gym)	8:30-9:30	11:05-12:00	
	Body Sculpting	Indoor Cycling	Indoor Cycling	H.A.B.I.T.	Aqua Fit	Barre Blend	
	Danielle	Yvonne	Lindsay	Debbie	Andree	Andree/Caroline	
	9:35-10:30	9:30-10:30 (Gym)	9:35-10:30 (Gym)	9:35-10:30	9:30-10:30		
Bike sign-in begins 30 minutes prior to Indoor Cycling	Barre Blend	H.A.B.I.T.	Body Sculpting	Body Sculpting	Indoor Cycling		
	Rachel	Debbie	Danielle	Danielle	Lindsay		
	10:00-11:00	9:35-10:30	9:35-10:30	10:35-11:30	9:30-10:30		
For your safety- Please arrive on time for classes to minimize disruptions to the class, and ensure that you receive adequate warm up and instruction. For participant and member safety the instructor will advise against participation for anyone arriving after the warmup	Aqua Fit	Body Sculpting	Barre Blend	Pilates	Barre Blend		
	Gray	Danielle	Rachel	Rachel	Margrett		
	10:35-11:30	10:35-11:30	10:00-11:00	4:00-5:00 (F.D.)	9:35-10:30 (Gym)		
	Pilates	Pilates	Aqua Fit	*Kid Fit	Body Sculpting		
	Margrett	Rachel	Gray	Yvonne & Jeremy	Danielle		
	5:00-6:00	4:00-5:00 (F.D.)	10:30-11:30 (Gym)	5:30-6:30 (F.D.)	10:00-11:00		
	Light N Low	*Kid Fit	Cardio Step Together	*Kid Fit	Aqua Fit		
	Laurie	Yvonne & Jeremy	Laurie	Yvonne & Jeremy	Gray		
	6:00-7:00	5:30-6:30 (F.D.)	10:35-11:30	5:35-6:30	10:35-11:05 (Gym)		
	Body Sculpting	*Kid Fit	Pilates	Barre Blend	Hard Core Abs		
	Rodney	Yvonne & Jeremy	Margrett	Andree	Danielle		
	6:00-7:00	5:30-6:30	12:00-1:00	6:00-7:00	10:45-11:45		
Kid Fit Ages 6-11 Sign-in not allowed 5 minutes after class begins	Indoor Cycling	Indoor Cycling	Yoga	Indoor Cycling	Yoga		
	Cissy	Cissy	Monique	Ryan	Mack		
	7:05-8:00	5:35-6:30	4:30-5:30	6:30-7:30	12:00-1:00		
	Yoga	Pilates	Kickboxing	Boot Camp	Yoga		
	Julie M.	Andree	Meredith	Julie R.	Mack		
		6:30-7:30	5:35-6:30		5:30-6:30		
Family Zumba@: Children ages 8 & up may accompany an adult family member.		Werq@	H.I.I.T.		*Family Zumba@		
		Natasha	Cissy		Jeannette		
		6:30-7:30 (Gym)	6:00-7:00				
		Boot Camp	Indoor Cycling				
		Cissy	Ryan				
			6:35-7:00				
			Hard Core Abs				
			Cissy				
			7:05-8:00				
			Yoga				
			Julie M.				

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Class Descriptions

Cardio, Strength, and Core Classes

Aqua Fit-A shallow water fitness class which is designed to meet the needs of individuals with varying fitness levels. This class provides cardio respiratory, muscular strength and flexibility training through the properties of water and resistance equipment.

Barre Blend-Brings exercises from group fitness into the mind/body experience by fusing exercises from ballet, cardio training, Pilates, and yoga into one class to challenge and tone the entire body. This blended genre combines the methodology of strength and control to create a class that improves body awareness, flexibility and stabilization.

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.

Circuit Training- This is a high intensity circuit class incorporating 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.

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

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.A.B.I.T. (Hips, Abs, Buns, and Incredible Thighs!!!)

This is a muscle strengthening class that targets the hips, abs, buns, 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.

Hard Core Abs- 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!

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.

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 cardiovascular challenge by using different speeds, resistances, & endurance segments

Kickboxing- This is a cardiovascular workout that will increase your heart rate by doing a combination of punching, kicking, and blocking. This fun energizing class offers various levels to meet everyone's needs. We will also work on endurance, strength, and coordination while burning tons of calories by doing basic to advanced moves. It uses creative choreography to get your heart pumping and offers a total body workout.

Zumba®- 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!

Werq®- The fiercely fun dance fitness workout class based on pop, rock, and hip-hop music taught by certified fitness professionals. The signature Werq® warmup previews the dance steps used in class and the signature Werq® cooldown includes balance and yoga inspired poses. Are you ready to Werq®?

Active Older Adult Classes

AOA- Active Older Adults come and join our low impact senior aerobic 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. Each class will be introducing new choreography for a fun, exciting, and effective workout.

Stretch & Tone- Strengthen connective tissue and stretch muscles you thought you never had. This class is designed to improve the elasticity of your muscles and restore and reaffirm muscle tone. Bands & other fitness equipment may be used to enhance the toning workout. The result is a feeling of increase muscle control, flexibility & range of motion.

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 toning and awareness. The benefits will enhance strength, posture, flexibility, and balance. You will leave with an overall sense of well-being.

Kid & Family Classes

Kid Fit- A physical fitness program designed specifically for children between the ages of 6-8 & 9-11. This class incorporates strength and cardio training, while enhancing balance and motor skills.