



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

PAULA G. MANSHIP YMCA

SUMMER 2019 SCHEDULE

Begins Monday, June 10th

and is subject to change, please call to confirm a class day and time.

Please arrive at least 5 minutes prior to class to ensure proper set-up and safety.

AQUA FIT:

Mon-Fri
8:30-9:30a
Mon/Wed/Fri
10:00-11:00a
(Pool)

****KID FIT**:**
Ages 6 – 11
Tues/Thurs
530 – 630p
(Front Desk)
-Must Sign-in at least 5 minutes prior to class beginning.
-Child must be a member of the YMCA.

FAMILY

ZUMBA:
Ages 8 & up

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:15 – 6:15 Circuit (Gym) Kaelee	5:15 – 6:15 Body Sculpting Laurie	5:15 – 6:15 Circuit (Gym) Kaelee	5:15 – 6:15 Body Sculpting Vanessa	5:15 – 6:15 Circuit (Gym) Meredith		
	5:15 – 6:15 Cycle Together Sandra	5:45 – 6:45 Cycling Cheryllyn	5:15 – 6:15 Cycling Vanessa	5:45 – 6:45 Cycling Cheryllyn	5:15 – 6:15 Cycle Together Pam		
	7:30 – 8:30 Zumba® Erizama	6:15 – 7:15 Stretch & Tone Lisa	7:30 – 8:30 Zumba® Erizama	6:15 – 7:15 Stretch & Tone Lisa	7:30 – 8:30 Zumba® Erizama		
	8:30 – 9:30 AOA Jo	8:30 – 9:30 Light N Low Laurie	8:30 – 9:30 AOA Jo	8:30 – 9:30 Light N Low Laurie	8:30 – 9:30 AOA Jo	8:30 – 9:30 Zumba® Desiree	
	9:30 – 10:30 Barre Blend Rachel	9:30 – 10:30 Body Sculpting Danielle	9:30 – 10:30 Barre Blend Rachel	9:30 – 10:30 Body Sculpting Danielle	9:30 – 10:30 Barre Blend Margrett	9:30 – 10:30 Cycling Yvonne	
	9:30 – 10:30 Cycling Debbie	9:30 – 10:30 Bootcamp (Gym) Debbie	9:30 – 10:30 Cycling Debbie	9:30 – 10:30 Bootcamp (Gym) Debbie	9:30 – 10:30 Cycling Debbie	10:00 – 11:00 Barre Blend Brooke	
	9:45 – 10:45 Body Sculpting (Gym) Danielle		9:45 – 10:45 Body Sculpting (Gym) Danielle		9:45 – 10:45 Body Sculpting (Gym) Danielle		
	10:30 – 11:30 Pilates Margrett	10:30 – 11:30 Pilates Rachel	10:30 – 11:30 Pilates Margrett	10:30 – 11:30 Pilates Rachel	10:45 – 11:45 Yoga Mack		
		12 Noon – 1p Yoga Brooke	12 Noon – 1p Yoga Brooke		12 Noon – 1p Yoga Brooke		3:00 – 4:00 Cycling Emily
	5:30 – 6:30p HIIT Jeremy	5:30-6:30p Barre Blend Brooke	5:30 – 6:30p HIIT Cissy	5:30-6:30p Barre Blend Brooke	5:30-6:30p FamilyZumba Jeannette		4:00 – 5:00 BootCamp (gym) Julie
		5:30 – 6:30p Cycling Cissy		5:30 – 6:30p Cycling Cissy			4:30 – 5:30p FamilyZumba Jeannette
		5:30 – 6:30p **Kid Fit** (Front Desk)		5:30 – 6:30p **Kid Fit** (Front Desk)			
	6:00-7:00p Cycling Joy	6:30 – 7:30p Bootcamp (Gym) Cissy	6:00-7:00p Cycling Yvonne	6:30 – 7:30p Bootcamp Julie R.			
	7:00-8:00p Yoga Brooke	6:30 – 7:30p WERQ® Natasha	7:00-8:00p Yoga Brooke				

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Class Descriptions:

A.O.A (Active Older Adults) - Come and join our low impact senior group 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.

Aqua Fit- A water fitness class which is designed to meet the needs of individuals with varying fitness levels. This class incorporates cardio respiratory activities, muscular strength exercises 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.

Body Sculpting - Come and tone your muscles in this high intensity workout class by using a variety of resistance training equipment that will work 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 session! Your agility, strength, cardiovascular fitness, and core stabilization will be challenged using your own body weight and equipment-based drills.

Circuit - 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 free weights, bars, agility ladders, jump ropes, resistance bands and much more.

Cycle Together- A 60-minute cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish. You'll feel the thrill of energetic music and group dynamics as you get all the benefits of authentic interval training.

Cycling- Our indoor cycling class starts with a 5 minute warm-up of easy pedaling. Then get ready to ride your way through rolling hills, steep climbs, false flats, and sprints. This class will offer a cardiovascular challenge by using varying cadence, resistance, and intensity.

HIIT (High Intensity Interval Training)- This interval training class alternates periods of short intense anaerobic exercise with less-intense recovery periods. These short, intense intervals provide improved athletic capacity and conditioning, improved glucose metabolism, and improved fat burning.

Kid Fit- This class is a great way to keep kids active throughout the summer. Children ages 6-11 can participate in fun activities and games, so have them come prepared to be physically active, with proper athletic shoes and clothing – and it's FREE for YMCA family members. Parents/guardians can take a class, work out in the weight room, do some cardio, or even relax by the pool!

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.

Pilates- This class will teach traditional mat Pilates which is designed to lengthen and strengthen your entire body using core muscles. These movements will help you improve posture, alignment, balance, and flexibility.

Stretch & Tone- This class is designed to improve the elasticity of your muscles and restore muscle tone. Bands and other fitness equipment are used to enhance the toning workout. The result is a feeling of increase muscle control, flexibility and range of motion.

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®?

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. 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.

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!

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