

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Summer 2010 Schedule-Begins June 1st

All Classes on the schedule are FREE for Members!

Group Exercise Class Schedule

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
5:30-6:30am			Cardio Blast		Cardio Blast	
5:30-6:15am		Group Cycling		Group Cycling		
6:15-7:00am	Group Cycling		Group Cycling		Group Cycling	
8:15-9:15am		Group Cycling 7:30-8:15am		Group Cycling 7:30-8:15am		ZUMBA
8:15-9:15am		ZUMBA		ZUMBA		Cycling 8:30-9:15am
8:30-9:30am						Extreme Abs 8:45-9:15am (upstairs)
9:30-10:15am		<i>PiYo</i> Room 5		<i>PiYo</i> Room 5		 9:30-10:30am
10:30-11:30am		The Silver Sneakers Fitness Program  I-MSROM		The Silver Sneakers Fitness Program  I-MSROM		 10:45-11:45am
12:05-12:50pm		 Express		 Express		
4:30-5:30pm	ZUMBA Room 3 & 4		ZUMBA Room 3 & 4			
5:30-6:30pm						
5:30-6:30pm	T-N-T Room 3 & 4	Extreme Abs 6:00-6:20pm	T-N-T Room 3 & 4	Extreme Abs 6:00-6:20pm		
5:45-6:30pm	Group Cycling	Group Cycling	Group Cycling	Group Cycling		
6:45-7:45pm						
6:45-7:30pm	Group Cycling		Group Cycling			
6:45-7:345pm	ZUMBA Room 3 & 4					
8:00-8:45pm	<i>PiYo</i>		<i>PiYo</i>			

Group Exercise Class Descriptions

BODYVIVE™-This is the low-impact group fitness workout that lets you choose just how hard you work. Using Vive™ balls and tubes you're talked step-by step through the entire class by a skilled instructor, all while listening to uplifting and inspiring music. Best of all you finish feeling thoroughly rejuvenated and fizzing with energy. BODYVIVE™ is for EVERYBODY!

BODYPUMP™-Welcome to the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight get you the results you came for-and fast! Classes are limited in size, so please arrive early!

BODYPUMP™ EXPRESS-Same great BodyPump™ class (see description above), only 45 minutes length. Perfect workout for your lunch hour!

Cardio Blast-Be prepared to sweat as this class combines a variety of cardio segments including Step and High-Low combined with toning exercises to get your heart pumping. A great cross-training class to keep your workout interesting. Keep your body guessing with the variety of this class!

Extreme Abs-A quick 20 minute routine that will challenge the way you work your core muscles. This workout is for the person that wants to tone and define their midsection. From sit-ups to Pilates moves, this workout will let you see and feel the results. No time is wasted—come prepared to work hard.

GROUP CYCLING-Using stationary bikes, an instructor coaches you through a high energy, calorie and fat burning session. The coach's commands & the pounding beat of the music while cycling side by side with others builds energy and provides motivation. This class can accommodate beginning, intermediate and advanced levels of fitness because you control the bike's resistance. Everyone should bring a water bottle to every class. **Starting April 1, 2010, there is no advance sign up for this class. Come early to get your bike reserved.**

Turbo Kick™-The evolution of kick boxing is here! Turbo Kick is an addictive workout that combines shadow boxing, kick boxing, sport drills and simple dance moves in a party atmosphere. This is an interval based class that allows participants of any fitness level to participate and custom tailor their workout. Get ready to kick, punch and groove the calories away. Seen on TV as Turbo Jam!

PiYo™-An athletic fusion style strength and flexibility mat class combines the perfect blend of Pilates, Yoga and so much more! Improve your strength, balance, and flexibility in this unique workout. You may bring your own mat.

SilverSneakers® I- Muscular Strength and Range of Movement

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity of daily living skills. Hand-held weights, elastic tubing with handles, and a ball are all offered for resistance, and a chair is used for seated and/or standing support. Options for SilverSneakers® II will be offered in this class for advanced participants.

T-N-T-Tighten N Tone (Formerly 20/20/20)

This class works on muscular strength by toning and shaping your entire body. By utilizing hand & ankle weights, tubing, medicine and stability balls you will increase your metabolism, improve lean muscle mass and decrease body fat. For all fitness levels.

ZUMBA

As seen on T.V.! Yes, Zumba is here! This class combines Latin moves and music in a great class with easy to learn moves that will get you hooked. A great cardio workout to add variety and fun to your routine. The workouts are interval based, combining fast and slow rhythms and resistance training to tone and sculpt your body.

We do our best to keep our paper schedules as current as possible.

For any updates or class changes, you can visit our website at www.norfolkymca.org to view the most current YMCA Group Exercise Schedule or give us a call at 402-371-9770.

See you in class!