

# Group Exercise Classes

Last update:  
9/24/10

**All Classes 45 to 60 minutes in length unless otherwise noted**

**(Class schedule and instructors are subject to change.)**

FS 1 – Fitness Studio    FS 2 – Fitness Studio 2    FS 3 – Fitness Studio 3

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
BodyPump (FS 1) 5:15 am Dennis Becke Moderate-High Intensity	<b>Core Concepts (FS 1)</b> 5:45 am Brad Williams Moderate Intensity	BodyPump (FS 1) 5:15 am Andy Gillip Moderate-High Intensity	<b>Core Concepts (FS 1)</b> 5:45 am Brad Williams Moderate Intensity	BodyPump (FS 1) 5:15 am Dennis Becke Moderate-High Intensity	
	BodyPump (FS 1) 7:30 am Jamie Stant Moderate-High Intensity		BodyPump (FS 1) 7:30 am Jamie Stant Moderate-High Intensity		BodyPump (FS 1) 7:30 am Jamie Stant Moderate-High Intensity
Tai Chi (FS 1) 7:45 am Jayne & Greg Miller Moderate Intensity	Yoga (FS 2) 8:30 am Deb May Moderate Intensity	Tai Chi (FS 1) 7:45 am Jayne & Greg Miller Moderate Intensity		Upper Body Conditioning (FS 1) 8:30 am Carol Collins Moderate Intensity	
Advanced Tai Chi (FS 1) 8:45 am Jayne & Greg Miller Moderate Intensity	BodyPump (FS 1) 8:30 am Tracy Tallent Moderate-High Intensity	Advanced Tai Chi (FS 1) 8:45 am Jayne & Greg Miller Moderate Intensity	BodyPump (FS 1) 8:30 am Tracy Tallent Moderate-High Intensity	Lower Body Conditioning (FS 1) 9:00 am Carol Collins Moderate Intensity	
Resist-a-ball (FS 1) 9:30 am *30min Carol Collins Moderate Intensity	Gentle Yoga (F2) 9:45 am Deb May Low-Moderate Intensity	Intense Abs (FS 1) 9:30 am *30min Carol Collins Moderate Intensity		Hoop it up! (FS 1) 9:30 am Carol Collins Low to Moderate Intensity	Intense Abs (FS 1) 9:30 am *30min Carol Collins/Jamie Stant Moderate Intensity
Young at Heart (FS 1) 10:00 am Carol Collins Low to Moderate Intensity	Boomers Plus (FS 1) 10:05 am Carol Collins Low Intensity	Young at Heart (FS 1) 10:00 am Carol Collins Low to Moderate Intensity	Boomers Plus (FS 1) 10:05 am Katie McFarland Low Intensity	Young at Heart (FS 1) 10:00 am Carol Collins Low to Moderate Intensity	
BodyPump (FS 1) 12:05 pm Andy Gillip Moderate-High Intensity		BodyPump (FS 1) 12:05 pm Carol Collins Moderate-High Intensity		Wellness Director's Special (FS 1) 12:05 pm Andy Gillip Moderate-High Intensity	
Zumba (FS 1) 3:30 pm Jennifer Oney-Hooven Moderate Intensity		Zumba (FS 1) 3:30 pm Jennifer Oney-Hooven Moderate Intensity			
BodyPump (FS 1) 5:40 pm Katie McFarland Moderate-High Intensity	Zumba (FS 1) 5:15 pm Katie McFarland Moderate Intensity	BodyPump (FS 1) 5:40 pm Katie McFarland Moderate-High Intensity	BodyPump (FS 1) 5:40 pm Carol Collins Moderate-High Intensity		
Yoga (FS 2) 5:30 pm Jai Ram Moderate Intensity	<b>*New! Flip Fitness (FS 2)</b> 6:15 pm Stephanie Majeran Moderate Intensity	Yoga (FS 2) 5:30 pm Jai Ram Moderate Intensity			
Zumba (FS 1) 6:40 pm Eryka Exum Moderate Intensity			<b>*New! Flip Fitness (FS 1)</b> 6:45 pm Stephanie Majeran Moderate Intensity		
Martial Arts Conditioning (FS 1) 7:30 pm Pat Hayes		Martial Arts Conditioning (FS 1) 7:30 pm Pat Hayes			

# Land Class Schedule - Class Descriptions

**Indoor Cycling** – Indoor Cycling offers a variety of cardiovascular training programs consisting of endurance, strength, and all terrain conditioning. These rides offer a complete aerobic workout through experiencing all training zones. Heart rate monitors and water bottles are recommended but not necessary.

**Intense Abs and Core Concepts** – Work on that waistline! Intense exercises designed to help flatten and trim the mid section, with bonus results in other areas!

**Resist-A-Ball** – This class works the “core” or trunk in almost every exercise even those that target the extremities. This class improves balance, posture, body awareness and coordination due to the dynamic nature of the resist-a-ball. You can progressively increase or decrease the intensity for each of the various exercises by making slight adjustments in your body position. This class allows you to be comfortably “off” the floor for many exercises. Most of all it is fun because the big round ball adds the element of play and excitement.

**Tai Chi** – Take time to slow down, relax, and balance your mind and body. Learn this ancient meditation/movement, the softest form of martial arts. These techniques increase energy, strength, and concentration. **Free registration for this class is needed. Sign up at the front desk**

**BodyPump** – One of the most successful circuit training programs that ever existed. Fun basic routines and workouts are utilized to strengthen and tone your whole body. Burn calories, tighten muscles, increase flexibility, strength and mental focus while enjoying great music and ever changing routines. Change the way your body feels!

**Yoga** – Experience a great uplifting class, which will improve muscular endurance, build flexibility, relieve stress, and strengthen our immune systems – come try it. Instructors will educate you in the art of precise physical stretches, breathing techniques, and relaxation methods to help you develop fitness and a sense of well-being.

**Young at Heart (50+)** – A class designed for the over 50, *but a good start for anyone who's new to exercise*. The class includes 3 sections, upper body, lower body, and cardio. Come for one section or stay for the whole class!

**Boomers Plus**– Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. **All participants must bring water to class.**

**Hoop it up!** – The Y’s newest class is super fun! Weighted hula-hoops are used to lift spirit, improve posture, burn calories, trim the waist and firm up the thighs. Come see what everyone is talking about!

**Martial Arts Conditioning** – Great total body workout while learning self-defense techniques. Classes are taught by certified black belt instructors and do not involve physical contact. Drills are done using focus mitts and blocking pads.

**Zumba** – Ditch the Workout and Join the Party! The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

**Flip Fitness**-Flip Fitness is a distinct deck of playing cards that provide you with a total body workout based on the luck of the draw. Flip Fitness is designed to meet the needs of the beginner exerciser to the workout guru as well as anyone in between.

**Wellness Director’s Special** - Join Wellness Director Andy Gillip, as he challenges himself and participants with different workouts using barbells!