

## **GROUP EXERCISE FEBRUARY 2008**

***\*Please note all classes held in aerobics room unless otherwise noted. Also, please note there are slight time changes on some classes.***

### **Monday**

8:30-9:30am Fencing/Budakon w/Angie  
9:45-10:30am Relaxation Yoga w/Nanci in *Senior Center*  
9:45-11:45am CDC Exercise w/Cindy  
12-12:45pm YES w/Cindy  
3:30-4:15pm Family Fitness w/ a trainer  
4:25-5:25pm Toning w/Becky  
5:30-6:15pm Fencing w/Isabella  
5:30-6:30pm Psycho Ridin'/Awesome Abs w/Dawn in *Cycle Room*  
6:20-7:15 Supercharged Yogilates w/Sharon

### **Tuesday**

6-6:45am Spinning w/Marsha in *Cycle Room*  
8:15-9:15pm Pilates Plus w/Angie  
9:20-10:00am Toning w/Donna  
12:15-1:15pm Yoga w/Martha  
4:30-5:45pm Cardio BLT w/Tonya  
5:15-5:45pm Awesome Abs w/Trish in *Xpress Room*  
6-7:15pm Zumba w/Sharon

### **Wednesday**

6-7:00am Pilates w/Tina  
8:30-9:30am Latin Dance Party w/Angie  
9:45-10:30am Relaxation Yoga w/Nanci  
11:00am-11:45 Silver Sneakers w/ Cindy & Virginia  
12-12:45pm YES w/Cindy  
3:30-4:15pm Family Fitness w/ a trainer  
4:25-5:25pm Toning w/Becky  
5:25-5:55pm Express Cycle w/ Marsha in *Cycle Room*  
6:30-7:30pm Sculpt & Step w/Betsy

### **Thursday**

8:15-9:15pm Pilates Plus w/Angie  
9:20-10:00am Body Pump w/Angie  
12:15-1:15pm Yoga w/Martha  
4:30-5:45pm Cardio BLT w/Tonya  
5:15-5:45pm Awesome Abs w/Trish in *Xpress Room*  
6-7:00pm Cardio Blast w/Dawn  
6-7:15pm Yoga w/Tina in *Senior Center*

### **Friday**

8:30-9:30am Body Pump w/Angie  
11:00am-11:45am Silver Sneakers w/Cindy & Virginia  
12-12:45pm YES w/Cindy  
4-5:00pm Family Fitness w/a trainer  
5:15-6:30pm Yoga w/Tina

### **Saturday**

8:15-9:15am Family Fitness w/ a trainer  
9:30-10:30am –Turbo Kick w/Sharon  
10:35-11:10am Family Fitness w/a trainer

***Children under the age of 12 are not permitted in Adult Classes. \*Family Fitness classes only! Those ages 13-16 may participate with adult supervision.***

***12-15 year olds must have completed the teen fit program to work out in fitness center. Please look for the youth fitness brochure at the service center. Please see a trainer for an appointment or more information.***

## **Adrian L. Shuford, Jr. YMCA Class Descriptions**

**AWESOME ABS:** 30 minutes of abdominal work to strengthen your core.

**BODY PUMP:** This 45-minute workout challenges all major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome energy inspire you to get the results you came for – and fast! It gives you a better posture, reduces your body fat and increases muscle tone and definition without the bulk. All the major muscle groups are worked out, from the warm up through legs, chest, back, triceps and shoulders.

**CARDIO BLAST:** A high energy combo class that includes kickboxing, step, and boot camp style conditioning that will improve overall cardio fitness.

**CARDIO BLT:** Butt, Legs and Tummy, that is! This class will concentrate on those crucial body parts as well as improve upper body strength by using steps, weights, tubes, bands, balls and bars. Add cardio and you have everything you need for a great workout!

**CDC EXERCISE:** For children in our childcare program only

**FAMILY FITNESS:** Parents and their children ages 8 and up can start building a life time of good habits by working out together. This class will use a variety of workouts including the machines and calisthenics Parent/guardian must attend as well.

**FENCING/BUDAKON:** Budokon is self-empowerment techniques mixed in a program that promotes physical, mental, and emotion health and well-being. Combination of martial arts moves with the grace & agility of fencing.

**LATIN DANCE PARTY:** Party “Hearty” salsa style w/ Latin American Dance. It’s a great workout and lots of fun!

**PILATES PLUS:** Class utilizes core strengthening moves as well as total body toning with various props to produce a longer, leaner torso. Using bands, exercise balls and medicine balls plus mat work using punch bag platform. Something for everyone: beginners to highly advanced.

**PSYCHO RIDIN’:** A 45 minute ride to strengthen, tone and tighten the legs and bootie combined with 15 minutes of ab work to complete a superb workout in only one hour.

**RELAXATION YOGA:** This class will concentrate on flexibility, balance and relaxation. For all levels

**SILVER SNEAKERS:** A fun class using chairs, stretch bands, small weights and other props to improve your strength and flexibility. Designed specifically for seniors or those with limitations.

**SPINNING:** An intensive group cycling workout on stationary bikes.

**SUPERCHARGED YOGILATES:** A fast paced class combining yoga and pilates. Increase your flexibility as you strengthen your muscles.

**TONING:** Join us for this fun-filled class with balls, weights, steps and other props for a total body workout!

**YES (YOGA FOR ENERGETIC SENIORS):** This is a 45 minute class designed specifically for seniors or others with limitations to help promote increased flexibility and stress reduction.

**YOGA:** This class has been benefits including stress relief, increased flexibility and reduced blood pressure. The instructor can instruct all levels of fitness and ability.

**ZUMBA:** Exciting and unique dance classes that incorporates Latin moves and rhythms to help you be more fit.

*New Schedules are printed each month.*