

GROUP WELLNESS SCHEDULE

YMCA ALLARD CENTER



January 2 – February 26, 2012

Schedule subject to change without notice

54 Complimentary classes a week!

MONDAY

6:00-7:00am	Cycling (B,I)	Cycling Room	Michele S.
7:15 – 8:15am	Vinyasa Flow (B,I)	Studio A	Genny
8:30-8:55am	Core (B, I)	Studio A	Liz
8:30-9:00am	Trail Mix (B)	Fit Center	Jeanne
8:30- 9:25am	Cycling (B,I)	Cycling Room	Sue
9:00-10:00am	Step (B,I)	Studio A	Liz
10:05-10:30am	Lo impact (B)	Studio A	Sandy
10:35-11:15am	Begin Condition	Studio A	Sandy
5:30 – 6:10pm	Cardio Fusion (B, I)	Studio A	Diane
5:15- 6:00pm	Cycling (B, I)	Cycling Room	Richard
6:10- 6:55pm	Cycling (B, I)	Cycling Room	Richard
6:15 -7:00pm	Intermediate Step	Studio A	Diane
7:00- 8:00pm	Cycling (B, I)	Cycling Room	Pat

TUESDAY

6:00-7:00am	Muscle Hour (B, I)	Studio A	Lara
8:30-9:25am	Muscle Hour (B, I)	Studio A	Tina
9:00 – 10:00am	Cycling (B, I)	Cycling Room	Dawn
9:30 – 10:30am	Gentle Yoga	Studio A	Nan
10:35-11:00am	Lo impact (B)	Studio A	Sandy
11:00-11:40am	Silver Sneakers®	Studio A	Sandy
5:15 – 6:00pm	Total Cardio	Studio A	Nicole
	Ends January 31		
5:15 -6:00pm	Zumba® (B,I)	Studio A	TBA
	Begins February 7		
6:15 – 7:25pm	Cardio Flow Yoga	Studio A	Nicole
6:30- 7:15pm	Cycling (B, I)	Cycling Room	Lisa

WEDNESDAY

5:45-6:45am	Cycling (B,I)	Cycling Room	Kathy
7:00 -7:45am	Zumba® (B,I)	Studio A	Robin
8:30 – 8:50am	Core (B,I)	Studio A	Jenn
8:30-9:00am	Trail Mix (B)	Fit Center	Jeanne
8:30 – 9:30am	Cycling (B,I)	Cycling Room	Sara
8:55 – 9:45am	Cardio Kick box (B, I)	Studio A	Jenn
10:05-10:30am	Lo impact (B)	Studio A	Sue
10:35-11:15am	Chair Yoga	Studio A	Sue
5:15- 6:00pm	Cycling (B, I)	Cycling Room	Richard
6:10- 6:55pm	Cycling (B, I)	Cycling Room	Richard
6:00 – 7:15pm	Foundation of Flow	SOP	Michele S.
6:00-7:00pm	Step (B, I)	Studio A	Dan

THURSDAY

8:30- 9:15am	Pilates Fusion (B, I)	Studio A	Cindy
8:30 – 9:30am	Cycling (B,I)	Cycling Room	Carla
9:20-10:10am	Vinyasa Yoga (B,I)	Studio A	Cindy
10:35-11:00am	Lo impact (B)	Studio A	Sandy
11:00-11:40am	Silver Sneakers®	Studio A	Sandy
5:15 -6:00pm	Zumba® (B,I)	Studio A	Gorica
6:30 – 7:15pm	Boot Camp	Studio A	Lisa/Kristen
7:00- 8:00pm	Cycling (B, I)	Cycling Room	Pat

FRIDAY

5:45 – 6:45am	Vinyasa Yoga	Studio A	Kathy
6:00-7:00am	Cycling (B,I)	Cycling Room	Michelle
8:30-8:55am	Boot Camp (B, I)	Studio A	Lara/Shannon
9:00-10:00am	Step Interval (B,I)	Studio A	Shannon
9:30-10:00am	Trail Mix (B)	Fit Center	Mike

SATURDAY

8:00- 9:00am	Step (B, I)	Studio A	Rotation
8:00 – 9:30am	Vinyasa Yoga	SOP	Michele
8:00- 9:00am	Cycling (B,I)	Cycling Room	Jessica/Rotate
9:10- 10:00am	Boot Camp (B, I)	Studio A	Michelle/Kristen

SUNDAY

8:00- 9:15am	Step (I,A)	Studio A	Liz/Diane
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Group Exercise Class Descriptions

CLASS CODE:

B=Beginners I=Intermediate A=Advanced

NEW EXERCISER: If you're just getting started or trying to get back on track, these classes are for you! This includes pre- and post natal females.

Instructors will provide personalized help.

BEGINNERS CONDITIONING: A low intensity strengthening class promoting muscular endurance, flexibility and body alignment.

LO-IMPACT: aerobics - for all levels.

CHAIR YOGA: Designed specifically for the beginner older adult, chairs are used to allow participants to safely explore various yoga postures. This 45 minute class will cover breathing, stretching, balance, strength and relaxation

SILVERSNEAKERS®: Have fun moving to music through a variety of exercises designed to increase muscular strength, range of movement using hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and chair is used for seated and/or standing support.

TRAIL MIX: This beginner class consists of cardio intervals on the treadmill, elliptical, arc trainers, or bikes, Incorporating various inclines, speeds, and intensities. Meets in the fitness center.

MULTI-LEVEL B, I, A: Classes listed below offer a variety of ways to get toned and in shape. Classes may be strength and toning or predominantly conditioning, but may contain both!

CARDIO BLAST - Looking for an awesome cardio workout? This class is for you! Cardio blast fuses the best that floor exercise has to offer including high and low impact aerobics, dance, agility drills and kickboxing. Prepare for a fun and challenging class guaranteed to get your heart pumping.

CORE: Strengthening and toning class that uses different types of resistance equipment. Focus on abs and gluts.

CIRCUIT TRAINING: Circuit training is an efficient and challenging form of conditioning. It works well for developing strength, endurance (both aerobic and anaerobic), flexibility and coordination. Meets in the fitness center.

GENTLE YOGA: A practice designed for all fitness levels and a gentle way to experience a yoga practice. Poses and Vinyasa sequences will offer many modifications.,props will be used to assist with practice.

MUSCLE HOUR: Strengthening and toning class using different types of resistance equipment for a total body workout.

TOTAL CARDIO: 45 minutes of heart pumping, music thumping, cardio intended to make you sweat.

PILATES FUSION: This class has a unique blend of Pilates and Yoga that is designed to strengthen the core, strengthen and elongate muscles, and provide a deep stretch. Come join us today and feel the benefits of all Pilates and Yoga have to offer!

FITNESS ENTHUSIAST B, I, A: For those looking for an additional challenge in their exercise routine. Classes move at a intense pace! Always exercise at your fitness level.

BOOT CAMP: designed to a increase group's overall fitness level. Boot camp combines aspects of athletic training including power movements, plyometrics, high intensity cardiovascular exercises with all the essential components for a beginner to fit right in.

CARDO KICK BOX: Jump, lunge, squat, Kick, and balance your way to total body workout, combo of cardio and muscle conditioning.

CARDIO FUSION: This class will feature a cardio workout with a little muscle blast and cool down.

CARDIO FLOW YOGA: incorporating yoga, dance, meditation and great music from around the world. Although a basic knowledge of yoga is helpful, Yoga Flow is for all body types and all ages. ~ if you can move, you can Yoga Flow!

CYCLING: Work at your own pace. Class starts with a warm-up and then through a series of routines, ranging from hill work to sprints, all set to motivating music!

FOUNDATION OF FLOW: An excellent class for beginners and intermediates. Perfect for a beginner to learn the basic principles of a Vinyasa Flow practice & a great way for intermediate levels to hone in on perfect form and posture

STEP: Step Class combining high energy, fun patterns and great transitions.

VINYASA YOGA: An energetic, aerobic style of Yoga. Flowing postures and incorporation of Ashtanga sun salutations make this class somewhat challenging. This class is recommended for students with some familiarity of Yoga

ZUMBA: Combines high energy, motivational music with unique moves and combinations that allow participants to dance away their stress.