

GROUP WELLNESS SCHEDULE

YMCA OF DOWNTOWN MANCHESTER



January 2 – February 26, 2012

Schedule subject to change without notice. Please follow us on Facebook for last minute schedule updates and cancellations. www.facebook.com/ymcafun

73 Complimentary classes a week!

MONDAY

5:30-6:30 am	CYCLING (B,I)	CYCLING	LISA
8:15- 9:15am	CYCLING (B,I)	CYCLING	ROGER S
9:00-9:30am	Trail Mix (B)	Fit Center	Jay
10:00-11:00am	Pump IT (B,I)	Fit Studio	Sue
12:05-12:50pm	Vinyasa Yoga(B,I)	GW Room	Cindy
12:05-12:50 pm	CYCLING (B,I)	CYCLING	SUE
12:05-12:50pm	Hi/Lo Combo (B,I)	Blake Room	Mary/Linda
4:50-5:35pm	Hi/Lo Combo (B,I)	Fit Studio	Barb/Lynne
5:15 – 6:00pm	Zumba @(B,I)	Blake Rm	Gorica
5:30-6:30 pm	CYCLING (B,I)	CYCLING	DAVE
5:40-6:30pm	Cardio Fusion (B,I)	Fit Studio	Roger
6:35 – 7:35pm	Gentle Yoga	GW Room	Cyndy

TUESDAY

6:00 – 7:00am	Vinyasa Yoga	GW Room	Cory
7:00-8:00 am	CYCLING (B,I)	CYCLING	KIM
6:00-7:00am	Walk outdoors (B,I)	Meet front desk	Phyllis
9:00-9:45am	Silver Sneakers@ (B)	Fit Studio	Sandy
9:00-10:00am	Muscle Hour (B, I)	Blake Room	Paula
11:45-12:30pm	Boot Camp (I, A)	East Gym	Danielle/Lisa
12:05-12:50 pm	CYCLING (B,I)	CYCLING	RICHARD
12:15-1:00pm	Cardio Kickbox (B,I)	Fit Studio	Sandy
12:35-1:05pm	Core Ab Fab (B, I)	Blake Room	Danielle/Lisa
5:10 – 6:10pm	Pilates Mat (B,I)	GW Room	Donna
5:30 – 6:30pm	Step (B, I)	Fit Studio	Paula
5:30- 6:30 pm	CYCLING (B,I)	CYCLING	GENO
6:15 – 7:15pm	Gentle Yoga (B,I)	GW Room	Donna
7:00 – 8:15pm	Okinawa karate	Fit Studio	Brett

WEDNESDAY

5:30-6:30 am	CYCLING (B,I)	CYCLING	BROOKS
6:00-7:00am	Aikido Adult (B,I)	Fit Studio	Craig
9:00-10:00 am	CYCLING (B,I)	CYCLING	MARY-ROBIN
9:00-9:30am	Trail Mix (B)	Fit Center	Jay
10:15- 11:00am	Yoga/Meditation	GW Room	Cindy J.
12:05-12:50pm	Muscle Hour (B,I)	Blake Room	Linda
12:05-12:50pm	Step (B,I)	Fit Studio	Liz
12:05-12:50 pm	CYCLING (B,I)	CYCLING	DAVE
12:05-1:00pm	Power Hour Yoga	GW Room	Genny
5:15-6:15pm	Cardio Fusion (B,I)	Fit Studio	Cathy
5:15 – 6:00pm	Zumba @(B,I)	Blake Rm	Gorica
5:30-6:30 pm	CYCLING (B,I)	CYCLING	KIMBERLY

THURSDAY

5:15-6:15am	Muscle Hour (I,A)	Blake Room	Sally
9:00-9:45am	Silver Sneakers@(B)	Fit Studio	Sandy
9:00-10:00am	Muscle Hour (B, I)	Blake Room	Sara
11:45-12:30pm	Boot Camp (I, A)	East Gym	Danielle/Lisa
12:05-12:50pm	Hi/Lo Combo (B,I)	Fit Studio	Ron/Roger
12:05-12:50 pm	CYCLING (B,I)	CYCLING	LISA
12:05-12:50pm	Jazzercise @(B,I)	Blake Rm	Adrienne
5:15 – 6:15pm	Power Hour Yoga	GW Room	Genny
5:15-6:15pm	Cardio Fusion (B,I)	Fit Studio	Diane
5:15-6:00pm	Begin Boot Camp	Blake Room	Jacob
5:30-6:30 pm	CYCLING (B,I)	CYCLING	SALLY
6:30 – 7:30pm	Gentle Yoga	GW Room	Monique
7:00 – 8:15pm	Okinawa karate	Fit Studio	Brett

FRIDAY

5:30-6:30 am	CYCLING (B,I)	CYCLING	TINA
6:00 – 7:00am	Vinyasa Yoga	GW Room	Cory
6:00-7:00am	Aikido Adult (B,I)	Fit Studio	Craig
9:00 – 10:00 am	CYCLING (B,I)	CYCLING	ROBIN
9:30-9:55am	Trail Mix (B)	Fit Center	Jay
10:00-10:30am	Circuit Train (B)	Fit Center	Jay
10:15- 11:00am	Yoga /Meditation	GW Room	Cindy J.
12:05-12:50pm	Pi-Yo	Blake Room	Cindy
12:05-12:50pm	Cardio Blast (B,I)	Fit Studio	Donna
12:05-12:50 pm	CYCLING (B,I)	CYCLING	ROGER T.
5:15 – 6:00pm	Zumba @ (B,I)	Blake Rm	Robin
5:30-6:30 pm	CYCLING (B,I)	CYCLING	CHRIS
7:00 – 8:00pm	Kenpo-Robics (B,I)	Fit Studio	David

SATURDAY

8:00 – 9:00am	Cardio Fusion (B,I)	Fit Studio	Tina R.
8:00-9:00 am	CYCLING (B,I)	CYCLING	GARRICK
9:15- 10:00am	Zumba@ (B,I)	Fit Studio	Krysten

SUNDAY

8:10-9:10 am	CYCLING	CYCLING	JESSICA/DAVE
8:10 – 9:10am	Laido (B,I)	Fit Studio	Marlon
9:10 – 10:10am	Aikido Kids /Adults	Fit Studio	Marlon
9:30 – 11:00am	Kundalini Yoga	GW Room	Gabi

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! Includes pre- and post natal.

Instructors will provide personalized help.

YOGA/MEDITATION: Quiet the mind and relax the body. Class includes 20 minutes gentle yoga and 20 mins meditation.

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.

PILATES MAT: A beginning level mat class introducing the fundamentals and basic exercises of the Pilates method.

TRAIL MIX: This class consists of cardio intervals on the treadmill, elliptical, arc trainers, or bikes, incorporating various inclines, speeds, and intensities. Meet 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!

AIKIDO ADULT AND AIKIDO KIDS AND AIKIDO SELF

DEFENSE: Aikido is the Japanese Martial art that utilizes joint manipulation, take downs, pinning techniques and throws to control opponents.

CORE/AB FAB: Strengthening and toning class that uses different types of equipment, focus on the entire core.

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. Meet in 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.

KENPOROBICS: Get in shape, have fun and learn self-defense techniques in this dynamic mix of Kenpo Karate and aerobic exercise. All levels welcome.

KUNDALINI YOGA: Bring together the power of your mind and body to promote physical well being, awareness and consciousness through the use of yoga poses, meditation, and chanting. All levels invited!

LAIDO: 500 years ago the Samurai of Japan developed laido as a way to initiate and respond to surprise attacks. Today we use the study of laido to develop a serene mind while maintaining extreme concentration.

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

Okinawan Karate - Uechi Ryu Karate will help you raise your fitness level, build strength of body and character, and, of course, learn reliable self-defense techniques. It is a classical system of self-defense, originally based upon a Chinese gung fu style known as Pangai-noon (means half-hard, half-soft).

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

BOOT CAMP: designed to 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.

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

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

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!

HI/LO COMBO: Heart pumping aerobics—for all levels. Hi and lo options and varying levels of intensity.

JAZZERCISE®: Jazzercise class combines dance-based cardio with strength training and stretching to sculpt, tone and lengthen muscles for maximum fat burn. Jazzercise is a fusion of jazz dance, resistance training, Pilates, yoga, and kickboxing

PI-YO FUSION: A combination of Yoga and Pilates exercises to obtain the best overall workout for your mind, body, and spirit.

POWER HOUR YOGA (I,A): challenging Vinyasa style yoga class that will build both your physical and mental strength, increase your flexibility, and enhance the body, mind, spirit balance.

PUMP IT: Build lean muscle, burn fat and strengthen your body from head to toe with this one hour strength class.

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.