

YMCA LATE WINTER 2013 GROUP EXERCISE SCHEDULE

*Highlighted Box indicates pay class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 7:00am LESMILLS BODYPUMP Rebecca	6:00 - 7:00am LESMILLS BODYSTEP Heather	5:45 - 6:15am LESMILLS CXWORX Charise	6:00 - 7:00am LESMILLS BODYPUMP Charise	6:00 - 6:50am Spin or RPM Alternates		
8:00 - 9:00am Yoga Alexandra	9:15 - 10:15am Step Interval Marissa	6:20 - 7:00am Spin Jess	9:15 - 10:15am LESMILLS BODYATTACK Heather	8:00 - 9:00am Yoga Kalil	8:00 - 9:00am LESMILLS BODYPUMP Alternates	
9:15 - 10:15am Spin/Core Cari	10:30 - 11:30am LESMILLS BODYFLOW Sarah	9:15 - 10:15am LESMILLS BODYPUMP Joanne	10:30-11:30am Yoga Alexandra	9:15 - 10:15am Spin Marissa	9:05 - 9:55am Step Carol	10:15 - 11:10am Spin or RPM Alternates
9:15 - 10:15am Aqua Aerobics Erin	10:30 - 11:15am Silver Sneakers Heather (Gym)	9:15 - 10:15am Aqua Aerobics John	10:30-11:15am Silver Sneakers Gail (Gym)	9:15 - 10:15am Aqua Zumba Angie	10 - 10:30am LESMILLS CXWORX Joanne	11:15 - 12:05am Functional Pilates Charise
10:30 - 11:30am LESMILLS BODYPUMP Joanne	12:10 - 12:50pm Spin Darlene	10:30 - 11:30am Spin Joanne		10:30- 11:45am C-box/Step/ Yoga Joanne	10:40- 11:40am LESMILLS BODYATTACK Joanne	12:15 - 1:15pm Zumba Kimberly/Angie
	1:00 - 2:00pm Gentle Toning Matt	11:35 - 12:05am LESMILLS CXWORX Joanne	2:00 - 3:00pm Modified Aqua Aerobics Rachel	12:00 - 1:00pm Gentle Yoga Meagan	12:00 - 2:00pm Karate Registered Program	1:20 - 2:20pm LESMILLS BODYFLOW Amanda/Sarah
4:20 - 5:20pm LESMILLS BODYPUMP Charise	2:00 - 3:00pm Modified Aqua Aerobics Erin	4:30 - 5:20pm Functional Pilates Charise	4:20 - 5:20pm LESMILLS BODYSTEP Amanda L	4:30-5:30pm LESMILLS BODYPUMP Joanne	<p>Effective March 1 - May 31</p> <p>Ages 12 years and up are welcome to participate in any of our group exercise classes.</p> <p>GROUP EXERCISE CLASS FEE: Members: Free General Public: \$7.00 Punch Card: \$35.00 for 6 visits</p> <p>Note: Classes may be cancelled due to low participation, please check with the front desk for current schedule.</p>	
5:30 - 6:30pm LESMILLS BODYATTACK Joanne	4:30 - 5:20pm Spin Jenna	5:30 - 6:10pm Cardio-Box Joanne	5:30 - 6:30pm LESMILLS BODYPUMP Carol	5:40-6:30pm Spin or RPM Alternates		
6:35-7:05pm LESMILLS CXWORX Debbie	5:30 - 6:30pm LESMILLS BODYPUMP Carol	6:15-6:45pm LESMILLS CXWORX Joanne	6:30 - 7:30pm Aqua Aerobics Amy			
7:15 - 8:15pm LESMILLS BODYFLOW Amanda E	6:30 - 7:30pm Aqua Aerobics Katie	6:50 - 7:40pm Spin Kimber	6:40 - 7:40pm Zumba Angie			
	6:35 - 7:05pm Step Express Carol	7:45 - 8:45pm Yoga Bob				
	7:15 - 8:15pm Zumba Kimberly					

Marquette Group Exercise Class Descriptions

AQUA AEROBICS – 60 minute class

Aqua aerobics is a low impact aerobic conditioning, resistance training and flexibility class; no swimming is required. Modified version is a slower pace.

AQUA ZUMBA - 60 minute

Known as the Zumba® “pool party”! Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

CARDIO-BOX – 30 or 40 minute class

An exciting non-contact aerobic workout with moves inspired by boxing, kick boxing and floor aerobics.

FUNCTIONAL PILATES – 50 minute class

Increases your strength without bulk, improves flexibility and balance, and increases core stability. Stability ball & weights may be used.

GENTLE TONING – 60 minute class (15 minutes of set-up and 45 minutes of toning)

This class is designed to meet the needs for a beginner, senior, or a person who may have a limitation(s). This class improves coordination, balance & strength.

LES MILLS BODYATTACK – 55-60 minute class

This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals. No matter what your fitness level, you’ll get fit.

LES MILLS BODYFLOW – 60 minute class

Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music creates a holistic workout.

LES MILLS BODYPUMP - 60 minute class

BodyPump uses THE REP EFFECT™, a breakthrough in resistance workout training. Focusing on low weight loads and high repetition movements, you’ll burn fat, gain strength and quickly produce lean body muscle conditioning.

LES MILLS BODYSTEP - 60 minute class

Feel liberated and alive with the energizing step workout that pushes fat-burning systems into high gear!

LES MILLS CXWORX - 30 minute class

Based on cutting-edge scientific research, this program is the ultimate way to get a tight, toned core and improved functional strength for balance, mobility and injury prevention. It’s dynamic training that hones in on your abs, glutes, back, obliques and “slings” connecting the upper and lower body.

LES MILLS RPM - 45 - 50 minute class

RPM™ is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training.

SILVER SNEAKERS– 45 minute class

Silver Sneakers group exercise classes are multi-level, equipment based, total body conditioning classes geared towards the older population that encourages fitness, fun and friends!

SPIN/ SPIN & CORE – 40, 45 or 60 minute class

This indoor cycling class is tailored for the beginner, intermediate and advanced levels with segments of hill climbs, jumps, flat roads, sprints or intervals with music. 60 minute spin/core classes include 15-20 minutes of “core” work (abs, lower back and glutes) in various styles of pilates, floor, balls, or weights.

STEP & STEP INTERVAL– 30, 45 or 60 minute class

Take a step toward complete fitness by stepping up, down, and around an adjustable step bench. The 60 minute class includes muscle conditioning with weights, bands, discs or tubing.

YOGA – 60 minute class

A traditional style of yoga that focuses on breathing and posture along with a series of poses to restore the body to a more healthful state. Gentle yoga is a slower pace.

ZUMBA – 60 minute class

A fusion of Latin and International music and dance themes. Routines feature aerobic and interval training with a combination of fast and slow rhythms that tone & sculpt.