

JAN 6-MAR 1, 2014

HEALTHY LIVING

# GROUP EXERCISE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5-6am		<b>Boot Camp*</b> Brian GYM		<b>Boot Camp*</b> Brian GYM		
6-7am	<b>Boot Camp*</b> Brian GYM		<b>Boot Camp*</b> Brian GYM			
8-9am	<b>Step</b> Lisa C	<b>Fit for Life</b> Annette	<b>Step</b> Lisa C	<b>Fit for Life</b> Lisa C	<b>Zumba</b> Annette	<b>Fit for Life</b> Rotation
9:15-10:15 am	<b>Hour of Power#</b> Brian WR	<b>Zumba</b> Gena	<b>Hour of Power#</b> Brian WR	<b>Zumba</b> Gena	<b>Cardio Kickbox</b> Nicole	<b>50-50 (9-10am)</b> Rotation
	<b>Senior Strength</b> Amber (30min)	<b>Gentle Stretch@</b> Pat (30min) TEEN FIT RM	<b>Senior Strength</b> Amber (30min)	<b>Gentle Stretch@</b> Pat (30min) TEEN FIT RM		
	<b>Cycling</b> Lisa C	<b>Cycling</b> Lisa P	<b>Cycling</b> Lisa C	<b>Cycling</b> Lisa P	<b>Cycling</b> Lisa C	
10:30-11am	<b>Y-Get Moving</b> Lisa C	<b>Y-Get Moving</b> Pat	<b>Y-Get Moving</b> Lisa C	<b>Y-Get Moving</b> Pat	<b>Y-Get Moving</b> Lisa C	<b>Zumba (10-11am)</b> Rotation
11-11:30am		<b>Senior Strength</b> Pat		<b>Senior Strength</b> Pat		
5:10-6pm	<b>Boot Camp*</b> Jason GYM	<b>Total Tone</b> Lisa P	<b>Boot Camp*</b> Jason GYM	<b>Total Tone</b> Lisa P		
	<b>Zumbatomic</b> Cyndee	<b>Cycling</b> Lisa C	<b>Zumbatomic</b> Cyndee	<b>Cycling</b> Lisa C		
6-7pm	<b>Cardio Kickbox</b> Nicole	<b>50-50</b> Lisa P	<b>Cardio Kickbox</b> Nicole	<b>50-50</b> Lisa C	<b>Zumba</b> Annette	
	<b>Yoga %</b> Kate MPR		<b>Yoga %</b> Kate MPR			
	<b>Aquacise \$</b> (6-6:45) PHS POOL	<b>Aquacise \$</b> (6-6:45) PHS POOL	<b>Aquacise \$</b> (6-6:45) PHS POOL	<b>Aquacise \$</b> (6-6:45) PHS POOL		
7-8pm	<b>Zumba</b> Lexi	<b>Zumba</b> Lexi	<b>Zumba</b> Annette	<b>Zumba</b> Annette		

Download schedules at [YMCAofPortage.org](http://YMCAofPortage.org)  
 Courtesy copy available at Welcome Center

All classes are 50min long unless otherwise noted.

**SPECIAL CLASS NOTES:**

- \* Boot Camp: GYM
- # Hour of Power: Weightroom (WR)
- @ Gentle Stretch: Teen Fitness Room (across from Aerobic Room)
- % Yoga: MPR (Multi-Purpose Room)
- \$ Requires registration



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

## Welcome to Wellness

With all of the programs, services, and equipment the Y has to offer it is sometimes overwhelming to know where to start. That's why the Portage Township YMCA offers Welcome to Wellness, our free member orientation program. Completely optional, these one hour consultations pair you with a Wellness Coach who will help address your individual questions, needs, and concerns.

**Cardio Equipment Orientation** – Demonstration and instruction on how to use all cardio equipment.

**Cybox Equipment Orientation** – Personalized instruction on how to set up and use all cybox machines to your individual body type.

**Body Fat Assessment** – Full assessment of your current body composition.

**Next Step Appointment** – A consultation which assesses your current program vs. your goals, helping you take the next step towards achieving them.

Whether you're new to the Y or a veteran member, a first time exerciser or a champion triathlete, these personalized appointments are always available to any Y member. Stop at the Welcome Center or call 762.9622 to schedule our Welcome to Wellness appointment today!

## Group Exercise Class Descriptions

### Beginner/Easy Level Courses

**Aquacise** – A fun, low-impact group exercise course for swimmers and non-swimmers alike. Register at the Y Welcome Center.

**Step** – Work towards a healthier you one step at a time in this classic aerobics course. All experience levels are welcome as participants will use simple stepping patterns to tone their entire bodies.

**Zumba®** – Feel the music! Upbeat music will keep your feet moving in this fun and energetic class. Based on Latin dancing, this class will be sure to get your whole body cha-cha-cha-ing into shape!

**Zumbatomic®** – Feel the music with your family! Designed exclusively for kids (ages 4-12), Zumbatomic class is a rockin', high-energy fitness-party packed with specially choreographed, kid-friendly routines.

**Yoga** – Improve flexibility, balance, and reduce stress in this time proven ancient art. Using traditional breathing techniques and poses, this class meets upstairs in the Multipurpose Room (MPR) and helps you to become more centered, focused, and aware of your whole self.

### Intermediate/Medium Level Courses

**Cycling** – Come pedal your way to fitness in this fun group cycling class (max 14 participants/class). Climbing, racing, and varying riding positions are all used to give you a cardio workout & tone your lower body. Class meets in the Cycling Room in the cardio area.

**Hour of Power** – For women only, this class meets in the weight room and teaches participants proper lifting techniques and weight training movements that help to sculpt, shape, and tone the body.

**Total Tone** – Want to tone your whole body? Then this class is for you! Weights, bands, tubes, and body weight movements are all used to help you work towards that firm, toned, fit look you've always wanted.

### Advanced/Hard Level Courses

**50-50** – Cardio, strength, and intensity all in one. 50-50 combines high intensity cardio intervals with various movements to deliver the intense workout you want. Classes will vary every time and can include everything from cycling to kickboxing, toning to stepping, med balls to weights, and more.

**Boot Camp** – Find your inner soldier and push your limits in this advanced group exercise course. Class meets in the gym and will use Battling Ropes, TRX, Med-Ball slams, sled pushes/pulls, and more. This class will use a variety of exercises to give you the 1 hour full body workout you want. Beginners beware, this is only for those seeking a SERIOUS workout!

**Cardio Kickbox** – Give your body the ground n' pound in this advanced level cardio course. Punch, knee, and kick through your goals as our instructors lead you through a total workout with a martial arts flair.

**Small Group Personal Training** – (Additional fee, see Welcome Center for more information)

### Active Older Adult Courses

**Fit for Life** – In this beginner level class, you can expect low-impact aerobics, strength-training, and toning all in 50 minutes. All toning is taught from either a standing position or while sitting in a chair.

**Gentle Stretch** – This 30 minute class, which meets in the Teen Fitness room across the hall from the Aerobic Room, is for beginners wishing to do some basic stretching in standing or sitting positions. Low-impact and easy on the joints, this relaxed class focuses on gradual improvements in flexibility.

**Senior Strength** – A 30min course that focuses on improving total body strength, muscular endurance, balance, and body control. To improve your quality of life you must improve your all around strength, so come work towards a better tomorrow today in a fun class atmosphere.

**Y-Get Moving** – This class gets people moving and helps them become more flexible. Participants in this course can expect to meet in the aerobic room (AR) for 30 minutes and focus on strength, balance, stretching, and flexibility exercises.