

JUNE 2014

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:10-6 am	Boot Camp Ross GYM		Boot Camp Ross GYM			
8-9am	Pilates, Yoga, Core (PYC) Lisa C	Fit for Life Annette	Pilates, Yoga, Core (PYC) Lisa C	Fit for Life Lisa C	Zumba Annette	Fit for Life Rotation
9:15-10:15 am	Power Pump Lisa S	Zumba Gena	Power Pump Lisa S	Zumba Gena	Power Pump Lisa S	50-50 (9-10am) Rotation
		Gentle Stretch Pat (30min) MPR		Gentle Stretch Pat (30min) MPR		
10:30-11:30am	Y-Get Moving Lisa S (30 min)	Y-Get Moving Pat (30 min)	Y-Get Moving Lisa S (30 min)	Y-Get Moving Pat (30 min)	Y-Get Moving Lisa S (30 min)	
	Cycling Ashley	Pilates, Yoga, Core (PYC) Lisa C MPR	Cycling Ashley	Pilates, Yoga, Core (PYC) Lisa C MPR	Cycling Lisa C	
4:10-5 pm	Power Pump Lisa S	Boot Camp Lisa S GYM	Power Pump Lisa S	Boot Camp Lisa S GYM		
5:10-6pm	Boot Camp Jason GYM	Power Pump Lisa C	Boot Camp Jason GYM	Power Pump Lisa P		
	Yoga Kate MPR	Cycling Lisa C	Yoga Kate MPR	Cycling Lisa P		
6-7pm	Aquacise \$ (6-6:45 thru 6/5; 4-4:45 beginning 6/9) PHS POOL	Aquacise \$ (6-6:45 thru 6/5; 4-4:45 beginning 6/9) PHS POOL	Aquacise \$ (6-6:45 thru 6/5; 4-4:45 beginning 6/9) PHS POOL	Aquacise \$ (6-6:45 thru 6/5; 4-4:45 beginning 6/9) PHS POOL		
7-8pm	Zumba Lexi	Zumba Lexi	Zumba Annette	Zumba Annette		

Download schedules at
YMCAofPortage.org

Courtesy copy available at Welcome Center

All classes are 50 min long and in the Fitness Studio, unless otherwise noted

MPR = Multi-purpose Room
GYM = Gymnasium
\$ = Fee

Have an idea for a class? Let us know!

Send your ideas to our Healthy Living Director at ross@ymcaofportage.org and we'll see if your dream class becomes a reality!



Welcome to Wellness

did you know?

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 1-hour consultations pair you with a Wellness Coach who will help address your individual questions, needs, and concerns.

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

Machine Strength Room Orientation – Personalized instruction on how to set up and use all Cybex 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.

Pilates, Yoga, Core – The best of all three worlds, this class is designed to improve flexibility, balance, core strength and core tone. Balance your inner self, improve your posture, and work those abs all in one 50-minute class.

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.

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!

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.

Power Pump – Feel the BURN! Shredding pounds and toning muscles is the name of the game in this high-energy class. Using our aerobic barbells (ranging from 5-60lbs) you pick your weight and pump your muscles to the beat of the music.

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 warrior 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!

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 upstairs in the Multi-Purpose 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.

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.