



# HALE YMCA YOUTH & FAMILY CENTER GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

860-315-9622

www.HALEYMCA.org

6/19-8/27 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<b>STUDIO</b>	5:15-6:00 am <b>Cycling</b> (Studio B) Danielle <b>M</b>		5:30-6:25 am Mixfit <b>A</b> (Wellness Center) Brianna	5:15-6:00 am Tone & Pump <b>A</b> (Wellness Center) Brianna		7:30-8:20 am <b>Cycling</b> (Studio B) Nicole A. <b>M</b>	9:15-10:00 am Cardio Dance Fit™ <b>F</b> Lisa Marie	
			6:30-7:00 am Express Bootcamp <b>A</b> (Wellness Center) Brianna		6:15-7:10 am Mixfit <b>A</b> (Wellness Center) Brianna	7:30-8:20 am INSANITY LIVE@ John <b>A</b>	9:15-10:10 am <b>Cycling</b> (Studio B) Brian <b>M</b>	
	8:15-9:00 am Core & More Grace <b>F</b>	8:15-9:00 am Bootcamp + <b>A</b> (Wellness Center) Brianna			8:15-9:00 am <b>Core &amp; MORE TRX</b> (Studio B) Grace <b>A</b>	8:30-9:20 am ZUMBA@ Jamie A. <b>F</b>	10:30-11:25 am Yoga Brian <b>F</b>	
	9:10-10:00 am ZUMBA@ Jamie F. <b>F</b>	9:10-10:00 am Unleash Your Power (Yoga) Michelle <b>M</b>	9:10-10:00 am Tone & Pump Brianna <b>A</b>	9:10-10:00 am ZUMBA@ Melanie <b>F</b>	9:10-10:00 am Tai Chi Nick <b>F</b>	9:30-10:20 am <b>BOSU™</b> Brianna <b>A</b>		
	10:10-10:55 am	10:10-11:00 am	10:10-10:55am	10:10-11:00 am	10:10-11:00 am HIGH INTENSITY INTERVAL TRAINING (H.I.I.T.) Christina <b>A</b>	10:30-11:15 am		
	Strength & Stretch & Balance Debbie <b>M</b>	Cardio Dance Fit™ Lisa Marie <b>F</b>	Strength & Stretch & Balance Debbie <b>M</b>	Core & More Grace <b>F</b>		<b>TRX Suspension</b> (Studio B) Renee <b>A</b>		
	11:00-12:15 pm Vinyasa Yoga Regina <b>A</b>	12:00-12:50 pm Chair Yoga Michelle <b>M</b>	11:00-12:15pm Vinyasa Yoga Regina <b>A</b>	12:00-12:55 pm Lunch Break Yoga Michelle <b>F</b>		10:30-11:45 am Yoga For Every Body Bonny <b>F</b>		
		1:05-2:15 pm Vinyasa Yoga Michelle <b>F</b>	1:00-12:15pm Qigong Brian <b>F</b>					
	4:20-5:10 pm	4:20-5:10 pm HIGH INTENSITY INTERVAL TRAINING (H.I.I.T.) Nicole A. <b>A</b>	4:20-5:10 pm	4:20-5:10 pm	4:30-5:25 pm	<b>Pound®</b> Nicole A. <b>F</b>		
	ZUMBA@ Melanie <b>F</b>		Pilates Nicole A. <b>A</b>	<b>BOSU™</b> Nicole A. <b>A</b>				
	5:20-6:10 pm Yoga for Athletes Brian <b>A</b>	5:30-6:20 pm <b>Cycling</b> (Studio B) Nicole A. <b>M</b>	5:20-6:10 pm Kickboxing Nicole A. <b>A</b>	5:30-6:20 pm <b>Cycling</b> (Studio B) Nicole A. <b>M</b>				
	6:25-7:10 pm <b>Pound®</b> Renee <b>F</b>	6:25-7:15 pm Cardio Dance Fit™ Lisa Marie <b>F</b>	6:20-7:10 pm Tabatta Brian <b>M</b>	5:30-6:20 pm <b>Pound®</b> Renee <b>F</b>				
	6:00-6:45 pm <b>Intro to TRX</b> (Studio B) Christina <b>M</b>	6:30-7:15 pm <b>Core &amp; More TRX</b> (Studio B) Christina <b>A</b>		6:30-7:20 pm ZUMBA@ Martha <b>F</b>				
	7:00-7:40 pm <b>Express Spin@</b> (Studio B) Christina <b>M</b>	7:30-8:45 pm Yoga For Every Body Bonny <b>F</b>	7:15-8:30 pm Vinyasa Yoga Michelle <b>M</b>					
	<b>AQUA FITNESS</b>							
			8:00-8:55 am Water Fitness (Lap Pool) Cindy <b>M</b>		8:00-8:55 am Water Fitness (Lap Pool) Cindy <b>M</b>			
9-9:45 am Warm Water Conditioning (Warm Pool) Cary <b>M</b>	9-9:45 am Water Fitness (Lap Pool) Cary <b>M</b>		10-10:45 am Water Fitness (Lap Pool) Cary <b>M</b>					
12-12:45 pm Gentle Joints (Warm Pool) Debbie <b>M</b>	1-1:45 pm Water Fitness (Lap Pool) Cindy <b>M</b>	12-12:45 pm Gentle Joints (Warm Pool) Debbie <b>M</b>	1-1:45 pm Water Fitness (Lap Pool) Cindy <b>M</b>	12-12:45 pm Warm Water Conditioning (Warm Pool) Debbie <b>M</b>				
	6:00-7:00 pm Pool Boot Camp (Lap Pool) Brian <b>A</b>		5:30-6:30 pm Water Fitness (Lap Pool) Cindy <b>M</b>					

## IMPORTANT INFORMATION

- All classes are held in **Studio A** unless otherwise noted.
- **Pre-registration recommended for highlighted popular classes:**  
[http://www.supersaas.com/schedule/Hale\\_YMCA/Save\\_My\\_Spot](http://www.supersaas.com/schedule/Hale_YMCA/Save_My_Spot)
- If you are new to a format, please arrive early for set-up.
- **F** = Families welcome
- **M** = Appropriate for most
- **A** = Advanced
- Proper attire & footwear is required to participate.
- Participants are strongly encouraged to bring a water bottle to classes. Towels are optional but recommended.
- Please refrain from using any electronic devices while class is in session.
- Youth attending classes must participate appropriately.

# CLASS DESCRIPTIONS

## Bootcamp +

Tough, straightforward muscle work and cardio for lean muscle definition and better body confidence. Uses a variety of strength training devices such as: the bar, bands, exercise balls, and medicine balls. A diverse, sweatin' good time.

## BOSU™

An acronym for "both sides up". This class is a multidimensional training class that integrates core strength, balance, coordination, and resistance training in a fun-filled and challenging workout.

## Cardio Blast

45 minutes of non-stop circuit type training using the entire body to get the heart pumping for ultimate fat loss. This class is great for any fitness level as modifications can be made to help everyone get a great workout in.

## Cardio Dance Fit™

Great, fun way to enjoy getting exercise in! We will learn routines to all types of music including: top 40, oldies, disco, country & line dances too. No dance experience necessary. All levels of ability are welcome to attend! Steps can be modified or intensified.

## Cross Training Circuit

This intense Studio B class and will do wonders for your endurance while building your muscles. The TRX and Kettlebells will also get a great workout in this class!

## Chair Yoga

Perfect for all levels and doshas, chair yoga is a great way to relax from head to toe without the stress of getting out of your chair. This flow is also perfect for those wanting to learn to stretch your body and relieve tension while at work, without leaving your office chair. Open your hips, move your shoulders and neck, and find length in your spine with this chair yoga flow.

## Circuit

Participants are coached through stations using various resistance-training equipment: free weights, medicine balls, resistance balls, BOSUs, etc. The class is designed to work your entire body and will introduce you to different exercises and equipment.

## Core & More

Floor exercises designed to strengthen your rear and wittle your middle, using some pilates based moves along with stretch, balance and strengthening exercises. All fitness levels welcome, this class is lower impact and great for beginners or those looking for a bit more core and glute work!

## Core & MORE TRX

An advanced version of your favorite core & more class utilizing the TRX suspension system to develop strength, balance, flexibility and core stability simultaneously.

## Cycling

This class consists of a combination of flats, hills, drills, lifts, and recovery stretches. Both aerobic and anaerobic energy systems are combined to create an awesome training session. Appropriate music is played to help motivate you through the ride.

## Gentle Cycle

Have you ever wanted to try a cycle class but felt a little intimidated? This one is for you. Our instructors will guide you through an hour long cycle class helping you with setup and all position changes throughout. It is a great class to introduce you to the world of spinning. A little less intense than other class, but will still give you a GREAT sweat.

## INSANITY™

Is a cardio class, based on max interval training. This class will push you past your limits with athletic/plyometric drills mixed with intervals of strength, power, resistance, and core training. No equipment or weights needed. You don't have to be in extreme shape – levels of each exercise are provided. Time to dig deep!

## Kettlebells/Calisthenics Combo

Body weight training programs mixed with Kettlebell training routines are a lethal combination for building functional strength while shredding fat and packing on lean quality muscle.

## Kickboxing

Get ready to kick, jab and cross punch for a great cardio workout. Weights, jump ropes and bands may also be incorporated in this workout.

## H.I.T.

A form of interval training with an exercise strategy alternating periods of short intense exercise with less intense recovery periods. Intense cardiovascular exercise that improves athletic capacity and condition. Also improves fat burning and glucose metabolism.

## Lunch Break Spin

Created for professional cyclists, the Spinning Instructor Certification is designed for helping you achieve peak performance as an athlete.

## Lunch Break Yoga

Take a break from your day and spend lunch with us! Enjoy a 45 minute flow-style class that will help move your body and increase metabolism. This class is designed to provide you with that extra energy to get you through that afternoon drag and keep you invigorated throughout the day!

## MixFit

Takes group exercise out of The Studio & brings it into The Wellness Center. With lots of cardio and strength options, this trainer-led circuit class targets aerobic fitness and muscular endurance simultaneously.

## Pilates

An innovative system of mind/body exercises evolved from the principles of Joseph Pilates. Pilates dramatically transforms the way your body looks, feels and performs. It builds strength without bulk, creating a sleek, toned body. Pilates improves flexibility, agility and economy of motion.

## PLYOGA

Brings to life a perfect merge, a true Yin and Yang effect. Consider how many people attend Yoga every day who would never venture into a significantly quick paced segments of athletic movements. Even more, think about how many athletes who use interval training every day and forget about the essential core and flexibility aspects that yoga offers. PLYOGA promises that we will bring you past your goals by emphasizing flexibility, strength, balance, agility, and overall cardiovascular health all in one.

## Pound®

Fuses full-body cardio interval training and conditioning with drumming to provide a challenging, heart-pumping workout that gives you the permission to rock using lightly weighted exercise drumsticks, Ripstix.

## Power Yoga

Say goodbye to work-week stress. This vigorous class is set to energizing music and designed to tone and sculpt your body. A great supplement to your regular yoga practice, increase strength, endurance & power into the weekend!

## Qigong

Ancient exercise called "meditation in motion". Slow moving exercises that will increase flexibility, mobility and balance to promote overall health & well-being.

Qi-gong is a Chinese healing art to decrease stress and improve healthy vitality to energize the body

## Strength, Stretch & Balance

A perfect fit for the beginner or anyone looking to improve flexibility and strength, two factors that have been proven to help reduce falls and improve balance

**Tabata** training is one of the hottest trends to build muscle and scorch body fat. Timed intervals will blast calories, but don't worry - there is recovery, too!

**Tone & Pump** is a powerful class that uses a variety of equipment to strengthen and tone all your major groups. It is the closest you can come to a personal training session without paying for one.

## Tai Chi

An ancient martial arts discipline that helps the student learn balance and coordination. Also a great class for students with chronic conditions such as arthritis and joint or tissue inflammation, among others. Movements are slow and detailed and follow a predictable progression.

## TRX Suspension

Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously.

The focus will be on technique, flexibility, balance, & strength by developing basic foundational exercises through easy-to-follow progressions. Try an "Intro" class if you're new to the format.

## Unleash Your Power (Yoga)

- Invigorate your body, mind & soul in a vigorous vinyasa style yoga class. Finding power within yourself and within your breath; beginning to prep the body toward deepening and advancing your practice one pose at a time.

## Vinyasa Yoga

This creative yoga practice seamless links breath to movement. Utilizing Sun Salutations, strength building and connected movements, Vinyasa yoga will build confidence and help you stay present & centered. Flowing around the obstacles that come your way this energetic yoga practice will empower you with the strength to face anything.

## Yoga For Athletes

Not just for athletes, Yoga for Athletes reaches the athlete in all of us by improving balance, flexibility, increasing mental function, power and stamina which can result in improved performance, better sleep, injury reduction and faster recovery for everyone and athletes of all levels.

## Yoga For Every Body

Places the focus of yoga as a healing art which is student centered while remaining deeply rooted of the vast treasury of the spirituality & wisdom within the yoga tradition.

## Yoga Nidra

Or "yogic sleep," is the art of conscious, deep relaxation. The body is still, but the mind is awake as an active participant in the relaxation process. During class, you'll lay comfortably while the instructor leads you through a guided meditation, moving through all the energy centers of the body in order to cultivate a blissful state of awareness; much more rejuvenating than ordinary sleep. Suitable for students of all levels, bring blankets for optimal comfort.

## ZUMBA®

Ditch the Workout and join the party. A fusion of Latin, American, African and modern music to dance away the calories.

## ZUMBA GOLD®

A lower impact Zumba® Class designed for beginners and/or people who are not used to exercising.

## AQUA FITNESS CLASSES

### Aqua Boot Camp

Enjoy a vigorous, spirited workout in the pool with a playful boot camp theme. Be prepared to get in great shape in the low impact environment of the water!

### Aqua Yoga

Takes the principles and movements of Yoga and adapts them to the water environment. With the release of gravity the body is able to find the optimum stretch. By using the rhythm of the breath an inner sense of relaxation can be achieved

### Aqua Yoga Fusion

This is a unique class taught by an aqua group fitness and yoga instructor who melds a warm water conditioning class and yoga sequencing program that almost anyone can do no matter your fitness level

### Gentle Joints

This class uses a gentle range-of-motion workout to help people with arthritis improve joint flexibility and decrease pain or stiffness through the warmth, buoyancy and gentle resistance of an aquatic environment

### Warm Water Conditioning

Based around the principles of traditional water exercise but done at a lower intensity. Working through full range of motion with light and easy aerobic moves, this class will help increase flexibility and balance with minimal joint stress

### Warm Water Warriors

Utilizes the water to increase agility, range of motion and cardiovascular conditioning. Develop strength, balance and coordination

### Water Fitness

A combination of cardio and strength conditioning with low impact on your joints. Participation in the class will improve cardiovascular endurance and muscle strength