





# Northwest YMCA

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

	Monday	Tuesday	Wednesday	Thursdays	Friday	Saturday	Sunday
6:00-7:00 AM	Strength and Muscle Tone Greg		Strength and Muscle Tone Greg				
9:00-10:00AM	Movin' & Groovin Tonia(9:15)	 Tonia	Movin' & Groovin Pomeroy(9:15)	 Tonia	Movin' & Groovin Becca	Step Becca	
10:00-11:00AM	Body Sculpt Tonia (10-10:30)	Water Aerobics Tonia	Body Sculpt Pomeroy (10-10:30)	Water Aerobics Tonia	Water Aerobics Tonia		
10:30-11:30AM	Pilates Debra		Pilates Tonia		Body Sculpt Tonia (10-10:30)		
1:00-2:00PM							Yoga Jim
4:30-5:30PM	Step Becca	NEW CLASS Kickboxing Becca 4:45-5:30	NEW CLASS Y-Total Body Lisa	Y-lates/ Yogastretch Becca			
5:30-6:30PM	Cardio Special Pomeroy  Push Up Club 6:30-6:45	Zumba Peggy	Boot Camp Pomeroy  Push up Club 6:30-6:45	Hip Hop Aerobics Brandy	NEW CLASS Zumba Doreen		
6:30-6:45PM 6:45-7:45pm (Mon/Wed)	TahitianAerobics Connie 6:30-7:30	Abs and Back Pomeroy 6:30-7:30	Gentle Yoga Beth 6:30-7:30	Yoga Tonia 6:30-7:30			
7:45-8:45pm (Mon)				Polynesian Dance Sharon 7:30-8:30			

## Y-cycle



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00AM		Matt		Matt		
8:00-9:00AM						Lisa
5:30-6:30PM		Matt	Jessica	Effective January 1, 2008 Classes & Instructors subject to change.		

## Northwest YMCA Class Descriptions

**BODY SCULPT-** Toning through stretching, balance, and weights to condition and strengthen the upper and lower body.

**CARDIO SPECIAL-** A variety of cardiovascular exercises to get your heart and body in shape. Guaranteed to make you sweat!

**ZUMBA-** Zumba's easy dance routines feature aerobic/fitness interval training that tone and sculpt the body and maximize caloric output. Zumba – Fun, Different, Effective Workout

**PILATES-** You'll strengthen your abdominals, lower back, glutes, inner and outer thighs and improve balance and flexibility.

**SILVER SNEAKERS-** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily skills. Handheld weights, elastic tubing with handles, and a ball are all offered for resistance, and a chair is used for seated and/or standing support.

**STEP-** Combine great choreography with a bench and you have everything you need for a terrific cardio workout!

**Y-CYCLING-** An intense workout on a spinning bike with upbeat music using visualization and mind/body focusing to pedal through sprints, climbs and jumps. **\*\*must bring a towel and water bottle to all classes!**

**Y-LATES/YOGA STRETCH-** Deep isolated stretches that will improve body tone, strength, balance, and flexibility to optimize core control.

**POLYNESIAN DANCE (HAWAIIAN HULA) -** It is a fun and creative way to exercise. We do traditional movements, some fast, some slow, to the music from Hawaii, Tahiti (drums) and New Zealand. Lots of hip and arm motion!

**YOGA-**This class will ease your mind and take your body through a routine focused on strength, flexibility, and relaxation. Please see the instructor before beginning the class. (GENTLE YOGA...for those of you who are just beginning need a little less intensity)

**BOOT CAMP -** Combines the cardiovascular benefits of aerobics with the benefits of strength training, all in one fun, invigorating class. Each session begins with a warm-up, moving on to circuit-style aerobics, followed up with weights, abs and a full-body stretch.

**TAHITIAN AEROBICS-** It is designed to build endurance and flexibility, increase range of motion, strengthen arms, legs, core AND flatten those hard to shrink areas – all to exotic tunes of the islands.

**STRENGTH AND MUSCLE TONE-** Whatever your level of fitness is, this muscle conditioning class is designed so you can work at your own level. Using both weights and isolation exercises, we target all major muscle groups. Strengthen, tone, align and improve posture. You will feel results of increased energy, calories burned and well being.

**MOVIN AND GROOVIN -** 45 minute Energetic Hi'Lo aerobic dance moves, ending with 30 minutes of core work and stretching.

**ABS AND BACK-** Invigorating and fun 45 minutes of working lower back and abdominal area. Strengthens abdominals and back for improved core to help overall body.

**HIP HOP AEROBICS-**New, innovative class for all ages combining aerobics with the latest hip hop tunes.

**KICKBOXING-** An aerobic workout combining high and low impact kicks and martial arts techniques.

**Y-Total Body-** This class focuses on all components of fitness: Cardiovascular fitness, strength, endurance, flexibility, and body composition.