



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

SOUTH BOSTON/HALIFAX COUNTY YMCA

WINTER 2017

Edited 11/28/17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Step 8:30-9:30am Multi-level Phyllis		Zumba Gold 8:30-9:30am Level I Margaret		Step 8:30-9:30am Multi-level Phyllis	
Body Design 9:30-10:30am Multi-level Jan	Stretch, Bend & Move 9:30-10:30am Level I Jan	Body Design 9:30-10:30am Multi-level Jan	Stretch, Bend & Move 9:30-10:30am Level I Jan	Body Design 9:30-10:30am Multi-level Jan	Zumba & Strength 9:00-10:00am Multi-level Margaret
Chair Exercise 10:30-11:30am Level I Jan	Silver Sneakers 10:30-11:30am Level I Pat	Chair Exercise 10:30-11:30am Level I Jan	Silver Sneakers 10:30-11:30am Level I Pat	Chair Exercise 10:30-11:30am Level I Jan	Yoga Tabata 10:00-11:00am Level I Margaret
Yoga Tabata 4:30-5:30pm Multi-level Margaret	Step Tabata 4:30-5:00pm Multi-level Debbie		Step Tabata 4:30-5:00pm Multi-level Debbie		
Boot Camp 5:00-6:00pm Multi-level Adrian-Racket ball Ct	Abs & More 5:00-5:30pm Multi-level Debbie	Boot Camp 5:00-6:00pm Multi-level Adrian-Racket ball Ct	Abs & More 5:00-5:30pm Multi-level Debbie		
20/20/20 5:30-6:30pm Level I Debbie	Body Design 5:30-6:30pm Multi-level Jan	Cardio Circuit 5:30-6:30pm Multi-level Debbie	Body Design 5:30-6:30pm Multi-level Jan		
	Yoga 5:45-7:15pm Multi-level Jesse- Racket ball Ct				
					Urban Line Dancing 5:45-6:45pm Multi-level Bryan



Schedule subject to change
Class descriptions on reverse side

CLASS INFORMATION

All classes include a warm-up, work phase and cool-down. For your safety, please do not enter a class more than five minutes after it has begun.

Classes that consistently have fewer than five participants are subject to cancellation.

Cycling Classes

If you are new to Group Spinning classes, please arrive 15 minutes early for a bike fitting. Please bring a towel and a bottle of water to class.

Age Guidelines

Ages 13+ may participate in Group Exercise classes without a parent or supervising guardian.

Ages 8-12 may participate in Group Exercise classes with a parent or supervising guardian.

For their safety, children ages 13 and younger may not participate in a Level II Group Exercise/Cycling class. In order to properly fit the bikes, the minimum height requirement is five feet.

Introductory, starter and multi-level classes are considered Level I.

CLASS DESCRIPTIONS

LEVELS

Level I Classes are 15 – 60 minute classes geared towards the beginner to intermediate exerciser.

Level II Classes are 15 minute or longer classes geared towards the intermediate to advanced exerciser.

Multi-Level Classes are 15 minute or longer classes geared to accommodate the beginner to advanced exerciser.

*Instructor will demonstrate modifications for each level and will model the intermediate level exerciser.

CLASSES

20/20/20 is a total body workout and includes 20 minutes of cardiovascular conditioning, 20 minutes of strength training and 20 minutes of core exercises and stretching.

Abs & More– This class focuses on strengthening the core, which includes the abdominal and low back muscles. Additional exercises that incorporate the upper and lower body may be added.

Body Design – A non-aerobic class designed to strengthen and condition the entire body using free weights, exercise tubing, or other equipment.

Boot Camp – This exercise class challenges the body with a variety of cardio and strength training techniques. Calisthenics type exercises are an integral part of this program.

Cardio Circuit– This class alternates muscular strength and cardiovascular activities.

Chair Exercise – This class is designed for the Active Older Adult and is primarily performed in a chair, although some standing exercises may be incorporated. Tubing and other equipment may be used to improve strength, flexibility and balance.

Silver Sneakers– A class to improve muscular strength and increase ones range of motion. Gentle toning and strengthening exercises are done while using a chair, hand weights, elastic tubing with handles and a ball. It is suitable for all fitness levels.

Step – An aerobic class that utilizes choreography on a step platform throughout the workout. Class may include abdominal and muscle conditioning exercises.

Stretch, Bend & Move– This class is designed especially for our active older adults and others who want to focus on increasing cardiovascular fitness, strength, balance and flexibility. Activity includes low-impact movement performed at a lower intensity, along with muscle conditioning exercises for flexibility and balance.

Tabata – an advanced, intense interval workout alternating cardio and strength segments with brief periods of rest for improved aerobic and muscular endurance.

Yoga Tabata– Concentrate on improving balance, flexibility, relaxation and breathing techniques, while building strength. Combining yoga flow strength movements with brief periods of rest.

Zumba® – A cardiovascular workout that uses Latin-inspired dance moves set to international music.

Zumba Gold® – Designed to take the physical needs associated with older adults into consideration and those just

YMCA of South Boston/Halifax County

Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. • www.ymcashr.org