



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Fitness Schedule

Fall/Winter 2017 Monday Tuesday Wednesday Thursday Friday Saturday Sunday 2016-

Schedule subject to change

3 participants for a class to make

Wellness Center members: free

Basic members: \$30 punch card/15 classes

Non-members: \$75 punch card/15 classes

Child Watch for YMCA members

only

No Child Watch for 12:15 & 5:30am classes

**fee required

		5:30-6:15 Cycle Strength	5:30-6:15 Boot Camp	5:30-6:15 Indoor Cycling			
						8:15-9:30 Indoor Cycling	
	8:30-9:15 Indoor Cycling	8:30-9:15 Cardio Cuts	8:30-9:20 Boot Camp	8:30-9:15 Cardio Cuts	8:30-9:20 Boot Camp		
	9:25-9:45 Core	9:25-9:50 Basic STEP	9:30-10:30 Yoga	9:25-9:50 Basic STEP	9:30-10:30 Yoga		
	10:00-10:30 Sr. Chair Yoga	10:00-10:45 Sr. Chair Exercise		10:00-10:45 Sr. Chair Exercise		10:00-11:00 Zumba	
	10:45-11:25 Zumba	11:00-11:30 Gentle Stretching		11:00-11:30 Gentle Stretching			
		12:15-12:45 Indoor Cycling					
	5:00-5:20 Strength Express	5:00-5:20 Core	5:00-5:20 Strength Express				
	5:30-6:15 Boot Camp	5:30-6:15 Zumba		5:20-5:50 Basic STEP			
				6:00-7:00 Zumba	6:00-7:00 Tai-Chi		
	6:30-7:30 Yoga	6:30-7:30 Tai-Chi	6:30-7:30 Mind/Body				
		7:30-8:30** Line Dancing					

CLASS DESCRIPTION

MINIMUM OF 3 PARTICIPANTS FOR A CLASS TO OCCUR.

CONTINUOUS LOW TURNOUT WILL RESULT IN CLASS TERMINATION

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

BASIC STEP: Class uses an elevated platform to increase the heart rate while executing basic moves on it. No fancy combinations or complicated choreography.

BOOTCAMP: Drills, skills, power, agility, speed and old fashion exercises are incorporated in this class to challenge the body and mind. Tabata Training, Rest Base Training, AMRAP & H.I.I.T will ensure the maximum amounts of calories are used. Let the group's dynamics push you to work at optimal level. A base-level of fitness is recommended.

CARDIO CUTS: Cardio & strength training taken to the next level. The intensity & intervals vary so you get the most out of your workout. Metabolism stays elevated up to

CORE: Executing exercises using a dumbbells, stability ball, BOSU, or gliders resulting in stronger abdominals/low back & obliques to increase in functional strength, and spinal stabilization.

CYCLE: Designed for all fitness levels, consists of riding intervals, hills, flats, and jumps. Participants decide how intense/fast they want to work. Beginners show up 10 min before class for set-up.

LINE DANCING: A dance where individuals line up without partners & follow various step patterns to country music. Fee based.

MIND/BODY: Participants learn and use yoga poses in a flowing pattern to promote flexibility, strength, and balance. A variety of traditional and non-traditional yoga music is used. Daily stress is reduced as the mind and body work together. Yoga mats & blocks provided.

SR. CHAIR YOGA: A chair version of the Yoga classes that addresses mindful breathing, stretching, strengthening, balancing & relaxing the mind & body. Excellent class for beginners & individuals with medical/balance issues.

SR. CHAIR EXERCISE: A chair version of the strength training classes that addresses balance, strength, endurance, range of motion, effective breathing and other areas to help with overall health.

SR. CHAIR GENTLE STRETCH: A gentler version of our chair yoga. Stretches to help improve breathing capacity and range of motion. Props used to address visual tracking, grip strength, body awareness and more. Excellent class for those with limited mobility.

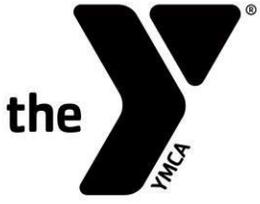
STRENGTH EXPRESS: increase strength, tone, definition & fat loss with this complete workout in an abbreviated format. Train every muscle group with exercises that target a lot of muscles with one movement.

TAI-CHI: An ancient practice that incorporates slow breathing, mental concentration, and constant flow of controlled movements with various postures. Helps lower stress & blood pressure, & increases balance.

YOGA: Practice the basic yoga poses that stretch, relax, & improve flexibility & range of motion. Participants are encouraged to work at their comfort level. Mindful breathing will be practiced to enhance the class experience. All skill levels welcomed. Dress in layers. Mats & blocks provided.

ZUMBA: Are you ready to party yourself into shape? That's exactly what Zumba is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.

It is recommended that you see your health care provider before starting any exercise program



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ALTAVISTA AREA YMCA

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