



FALL I GROUP EXERCISE

9/5/17-10/29/17

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STUDIO I						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:55am H.E.A.T. Nekea	6:00-6:55am Body Sculpt Nancy	5:45-6:15am H.E.A.T. Falisa	6:00-6:30am GRIT® Shanedda	6:00-6:55am Body Sculpt Nancy		
8:30-9:25am SilverSneakers Classic® Nicole	8:30-9:25am SilverSneakers® Cardio Fit Nicole	8:30-9:25am SilverSneakers Classic® Nicole	8:30-9:25am SilverSneakers Cardio Fit® Nicole	7:00-7:30am Spinyasa Caroline	7:45-8:45am BODYPUMP™ Mel	
9:30-10:25am Zumba® Nicole	9:30-11:00am Step@Abs Jo-Ann	9:30-10:30am BODYPUMP® Suzy	9:30-10:25am Cardio Dance Pat	8:30-9:25am SilverSneakers Circuit® Nicole	9:00-9:55am Cardio Kickboxing Latoya	
10:30-11:30am BODYPUMP™ Nicole	11:05-11:30am Fusion Caroline	10:45-11:40am Body Step® Robin	11:00-11:30am Fusion Tracy	9:30-10:25am Zumba® Nicole	10:00-10:55am Step Jo-Ann/Barry	10:30-11:25am Step Circuit Heather
	1:00-1:55pm Tai Chi™ Jeff	12:30-1:25am Tai Chi™ Randy	11:30-12:25pm SilverSneakers Classic® Tejah	10:30-11:30am BODYPUMP™ Nicole	11am-12pm BODYPUMP™ Robin	5:30-6:15pm Core Power Nancy
			1:30-2:25pm Tai Chi™ Jeff		12:05-1:00pm Zumba® Melizza/Latoya	
5:30-6:30pm BODYPUMP™ Nekea	5:30-6:25pm BODYFLOW™ Nekea	5:30-6:30pm BODYPUMP™ Anne	5:30-6:15pm H.E.A.T. Megan			
6:35-7:30pm Step Barry	6:30-7:30pm BODYPUMP™ Shanedda	6:35-7:30pm Zumba® Essie	6:30-7:30pm BODYPUMP™ Tamar			
7:35-8:30pm GRIT® Shanedda	7:35-8:30pm Zumba® Latoya/Melizza	7:35-8:30pm BODYCOMBAT® Shanedda	7:35-8:30pm Zumba® Latoya/Melizza			

For the most up-to-date schedule, search on-line: <https://www.grouperpro.com/schedule/417>

Highlight Classes: **NEW OR CHANGED**

STUDIO I DESCRIPTIONS

BODYCOMBAT™: A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories in a class. No experience needed. Learn move from Karate, Taekwondo, Boxing, Muay Tai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your fighter attitude and leave inhibitions at the door.

BODYPUMP™: A challenging original barbell class that strengthens and tones your entire body using a barbell, weights, a step, and a mat. *Space is limited based on equipment availability.

Body Sculpt: This total body weight bearing workout uses various types of resistance to strengthen every muscle group to maintain muscle mass and bone density.

BODYSTEP™: a full-body cardio workout to really tone your butt and thighs. In a BODYSTEP Athletic class you combine basic stepping with moves like burpees, push ups and weight plate exercises to work the upper body. If you fancy quicker stepping and the chance to showcase your rhythm and flair then BODYSTEP Classic is the way to go. There are always lots of options to get you through the workout safely.

Cardio Kickboxing: Get a great full body workout in this class! Between the kicks and punches you'll be working your whole body, burn tons of calories and have a great time! (This is a non-contact class.)

Core Power: Everybody wants better abs! But more than just looks, strong abs help contribute to overall core strength. This class has hit 'em hard abdominal work firming up transverse, obliques, and rectus abdominus. No warm-up included so be ready to work!

Fusion: After starting off with 45 minutes of cycle, in the cycle studio, follow your instructor into Studio I for a full body 30 minute resistance workout.

Grit: Designed to burn fat and rapidly improve athletic capability, this explosive, 30-minute team training session combines high impact body weight exercises and uses no equipment. Led by a highly-trained coach, LES MILLS GRIT® Cardio provides the challenge and intensity you need to take your training up a notch and really get results.

H.E.A.T (High Energy Athletic Training) could be exactly what you're looking for! This class uses non-choreographed exercises to train athletes and non-athletes to perform better in sport and life. It is a circuit of high intensity strength and cardio intervals targeting the full body, with special emphasis on the core. There will be multiple stations utilizing unique types of equipment to keep the energy high and heart pumping!

SilverSneakers® Circuit: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, resistance tubing with handles, and a SilverSneakers® ball is alternated with non-impact aerobics choreography. A chair is offered for support, stretching and relaxation exercises.

SilverSneakers® Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, resistance tubing with handles, and a SilverSneakers® ball are offered for resistance. A chair is used for seated and/or standing support

SilverSneakers® Cardio Fit: Get up and go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

Step: This class will give your heart, body, and mind a workout with easy-to-follow low or high impact choreography that keeps you interested and challenged. Both novice and experienced steppers are encouraged to attend. Proper form and stepping technique is a priority for safe and effective practice in this class. For an added bonus, abdominal, low back, and flexibility training is also incorporated.

Step Circuit: Creating muscle definition requires a combination of cardiovascular and strength training. This hybrid class achieves the best of both worlds through a non-stop alternating circuit of cardio intervals utilizing an adjustable step and challenging strength training.

Tabata: A High Intensity Interval Training (H.I.T.T.) class that uses shorter rest periods between body weight, resistance and cardiovascular exercises designed to maximize your anaerobic and aerobic thresholds, helping you to build muscle and increase endurance all in one.

Tai Chi Chuan & Qi Gong: Join in on the moving meditation! This practice, over time, leads to better balance, posture as well as better mental focus by creating a calm and clear mind. Additional benefits include an increase in muscle tone, strength, and flexibility, making functional day-to-day activities easier and more enjoyable.

Zumba®: It's an exhilarating, effective, easy-to-follow, Latin-international inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.

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STUDIO II

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-7:30am Open Gym	5:30-9:30am Open Gym	5:30-8:00am Open Gym	5:30-9:30am Open Gym	5:30-9:30am Open Gym	7:00-8:00am Open Gym	
7:30-8:25 Into to Yoga Renee P		8:00-8:55am Pilates Suzy			8:00-8:55am Power Yoga Anne	
9:00-9:55am Stability and Balance Kathryn	9:30-10:25am Yoga 1 Renee P	9:30-10:25am Zumba Gold® Nicole	9:30-10:25am Stability and Balance Kathy	9:30-10:25am Yoga 1 Lynn	9:00-9:55am Yoga Anne	9:15-10:15am Gentle Yoga Mimi
	10:30-11:25am Gentle Yoga Renee P	10:45-11:40am Body Flow™ Suzy	10:30-11:25am Gentle Yoga Mimi	10:30-11:25 Wall Yoga Lynn		10:30-11:25am Power Vinyasa Yoga Mimi
12:00pm- 3:30pm Open Gym	11:30-3:30pm Open Gym	11:45am- 3:30pm Open Gym	11:30am- 1:00pm Open Gym	12:30-3:30pm Open Gym	10:00am-5:00pm Open Gym#	2:30pm-5:00pm Open Gym#
3:30-6:30pm After-School \$	3:30-6:00pm After-School \$	3:30-5:30pm After-School \$	3:30-6:30pm After-School \$	3:30-6:30pm After-School \$		
6:30-7:25pm Pilates Mat Nekea	6:00-7:00pm Youth Martial Arts \$ Paul	5:30-8:15pm Youth Basketball Classes (\$)	6:30-7:25pm Power Yoga Dana			
7:35-8:30pm Zumba® Essie	7:00-7:55pm Vinyasa Yoga Dana		7:30-8:25pm Gentle Yoga Renee			

Highlighted classes = New or Changed Group Exercise Program

\$Paid Program

***Friday Night Kids Club**

#Birthday Parties may occupy the gym (see front desk for schedule)

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STUDIO II DESCRIPTIONS

After-School\$: YMCA Alexandria provides a safe, fun and enriching environment for your child to spend their after-school hours. Children will participate in arts & crafts, sports, team building, dramatic play, enrichment, character development, science, PHD, service-learning and free choice activities. Ages 5-12

BODYFLOW™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. ... Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the **body** into a state of harmony and **balance**.

Gentle Yoga: This class is an invitation to relax, unwind and de-stress while learning/refining the fundamentals of a yoga practice. Beginning with breath-work and moving to strengthening and stretching the entire body through gently-paced flowing sequences and held postures. I deal for all experience levels.

Homeschool Gym\$: This class allows homeschooled kids to sample a wide variety of sports and activities throughout the year. We focus on teaching fundamental skills and rules of the game while instilling the YMCA values of caring, honesty, respect and responsibility in our participants. Ages 4-12

Mini Ballet \$: Independent class with a skilled instructor. This class introduces technique and instills confidence to prepare your child for beginning ballet. Shoes required. Ages 2-4

Open Gym: Members and their families can participate in different sports and activities at their leisure. Open gym times are subject to change.

Pilates Mat: Pilates Mat classes are designed to improve strength, flexibility, coordination and balance through a series of pushing and pulling exercises that may add resistance for an extra challenge.

Power Yoga: This is an energetic and vigorous practice that blends sweat, strength and flexibility in a class that thoroughly tones the entire body and disciplines the mind. A series of yoga postures are done in sync with the breath, magically flowing from one movement

into the next. The results include enhanced physical strength and endurance, improved flexibility and a calm and focused mind.

Power Vinyasa Yoga: This class incorporates regular sequences that become familiar to students, but incorporates variations to modify, intensify, or challenge the body by altering the pace or duration of poses, and the frequency that they are repeated.

Rookie's/Winner's Bball\$: This class is designed for kids who are new to sports and need basic skill development. Players are introduced to sports through drills, gym games and active play. This program provides a safe place for players to enhance motor skills, strengthen listening skill and build confidence. Ages 4-12

Stability and Balance: This class includes stretching, strengthening and balance work while incorporating exercises that enhance your body's core.

Wall Yoga: In this class we will do yoga poses at the wall, using the wall to improve alignment, offer traction, deepen stretches, and feel supported during balancing poses. All levels are welcome.

Vinyasa Yoga: Vinyasa classes use the flowing Vinyasa movement of Ashtanga yoga, but incorporates a variety of postures (instead of a set series of postures like Ashtanga) to cultivate balance, flexibility, strength and endurance.

Yoga: A low-intensity and low-impact workout designed to develop muscle balance, skeletal alignment, muscle strength, muscle elasticity, increased range of motion, and improved coordination. Relax and restore. All levels are encouraged.

Youth Martial Arts\$: This traditional Japanese Martial Arts class allows youth to exercise the entire body and activate every muscle group. Benefits include: improved strength, stamina, coordination. Students will also see increased self-esteem, self-control and mental sharpness while on a safe and caring environment. Ages 6-13

Zumba® Gold: Designed for active older adults with a much lower intensity. Based on the same Latin-inspired dance moves to shimmy and shake your workout up. It's never too late to join the party!

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CYCLING STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:55am All Terrain Cycle Manny	6:00-6:55am All Terrain Cycle Guy	6:00-6:55am All Terrain Cycle Guy	6:00-6:55am Power, Strength and Speed Cycle Nekea	6:00-6:55am Spinyasa Caroline	9:00-9:55am Power, Strength and Speed Cycle Nancy	
10:00-10:55am Power Strength and Speed Cycle Tracy	10:00-11:30am Cycle Fusion (Fusion-Studio II) Caroline		10:00-11:30am Cycle Fusion (Fusion-Studio II) Tracy		10:15-11:10am Power, Strength and Speed Cycle Ingrid	11:00-11:55am Power, Strength and Speed Cycle Manny/Ingrid
		12:00-12:45pm Power, Strength and Speed Cycle Mary R.		12:00-12:45pm All Terrain Cycle Megan		
6:30-7:30pm Cycle Fusion Megan	6:30-7:30pm All Terrain Cycle Nekea	6:30-7:30pm Cycle Fusion John	6:30-7:25pm Power, Strength and Speed Cycle Nancy			4:30-5:25pm Power, Strength and Speed Cycle Nancy

CYCLE CLASS DESCRIPTIONS

All Terrain Cycle: This technical cycling class will help you develop expertise in techniques (e.g. cadence, hill climbing, intervals, flats) with challenging workouts carefully designed to run over 12-16 week segments.

Cycle Fusion: Incorporates a cycle class followed but either resistance training or core exercises.

Power, Strength, and Speed Cycle: Take on the terrain through hills, flat roads, mountain peaks, time trials and interval training. Discover your inner athlete as you sweat and burn calories to reach your endorphin high.

Spinyasa: Enjoy this perfect blend of cardio and muscle release in a 85 minute class. Spin for the first 55 minutes, with cardio intervals, climbs, jogs, and sprints. Follow with a 30 minute yoga flow to stretch out your spine, legs, and strengthen upper body.

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FALL I WATER AEROBICS

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YMCA Pool						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-8:45am Brian Shallow Water Aerobics		8:00-8:45am Brian Shallow Water Aerobics		8:00-8:45am Brian Shallow Water Aerobics		
9:00-9:45am Brian Deep Water Aerobics		9:00-9:45am Brian Deep Water Aerobics		9:00-9:45am Brian Deep Water Aerobics		
6:30-7:30pm Cathy Aqua Pilates (Shallow Water)	6:30pm-7:30pm Jane Shallow Water Aerobics 6:30pm-7:30pm Cathy Deep Water Aerobics		6:30pm-7:30pm Jane Shallow Water Aerobics 6:30pm-7:30pm Cathy Deep Water Aerobics			

Water Aerobics Descriptions

Shallow Water Aerobics: This is a low-impact water class designed to provide cardiovascular conditioning, improved muscle tone, and improved balance. The class will utilize different equipment for a fun challenge. It is a total body workout without the stress of land-based exercise. Non-swimmers welcome!

Deep Water Aerobics: Come and join this water aerobics class that utilizes the resistance of the water to get your heart rate up and your muscles moving. We will alternate between different equipment, such as water weights, water noodles, and hand paddles, to make each class fun and interesting. Each class will consist of a warm up, sets of repetitions followed by a recovery period, and, a cool down and stretch. Come and shake off the stressors of your day while burning some calories. Non-swimmers welcome!

Aqua Pilates: Pilates performed in the water engages the upper and lower extremities through optimal ranges of motion while minimizing stress on the joints, resulting in a unique combination of exercise and physiotherapy.

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