



SPRING II GROUP EXERCISE

4/23/17-6/18/17

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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 Victoria	9:30-10:25am Zumba Gold® Nicole	9:30-10:25am Stability and Balance Kathy	9:30-10:25am Yoga 1 Victoria	9:00-9:55am Yoga Anne	9:15-10:15am Gentle Yoga Victoria
10:00-11:45am Homeschool Gym and Swim \$	10:30-11:25am Gentle Yoga Renee P		10:30-11:25am Gentle Yoga Victoria	10:30-11:25am Power Vinyasa Yoga Victoria		10:30-11:25am Power Vinyasa Yoga Victoria
12:00pm-3:00pm Open Gym	11:30-3:00pm Open Gym	10:30am-3:00pm Open Gym	11:30am-3:00pm Open Gym	12:30-3:00pm Open Gym	10:00am-8:00pm Open Gym#	2:30pm-7:00pm Open Gym#
3:00-6:30pm After-School \$	3:30-6:00pm After-School \$	3:00-5:30pm After-School \$	3:00-6:30pm After-School \$	3:00-6:30pm After-School \$		
4:46:30-7:25pm Pilates Mat Nekea	6:00-7:00pm Youth Martial Arts \$ Paul	5:30-8:15pm Youth Basketball Classes (\$)	6:30-7:30pm Power Yoga Dana			
7:35-8:30pm Zumba® Essie	7:00-7:55pm Vinyasa Yoga Renee M					
8:00-10:00pm Open Gym	8:00pm-10:00pm Open Gym	8:15-10:00pm Open Gym	7:30-10:00pm Open Gym	6:30-10:00pm* Open Gym		

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)

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

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

BittyBallet\$: An introduction class to movement and bitty poses that will instill a love of ballet. This is a Parent/Child class. Shoes required. Ages 1-3

GentleYoga: 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.

HomeschoolGym\$: 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.

PowerYoga: 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.

PowerVinyasaYoga: 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.

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.

YouthMartialArts\$: 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!

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

** : NEW OR CHANGED