



# WINTER I GROUP EXERCISE

1/1/17-2/26/17

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		
7:00am-7:55am TRX Fusion-\$\$\$ Jessica starting Jan 30	8:30-9:25am SilverSneakers® Cardio Fit Nicole	8:30-9:25am SilverSneakers Classic® Nicole	8:30-9:25am SilverSneakers Cardio Fit® Nicole	8:30-9:25am SilverSneakers Circuit® Nicole	7:45-8:45am BODYPUMP™ Mel	
8:30-9:25am SilverSneakers Classic® Nicole	9:30-10:25am Step Jo-Ann	9:30-10:30am BODYPUMP® Suzy	9:30-10:25am Zumba® Working Staff	9:30-10:25am Zumba® Nicole	9:00-9:55am Cardio Kickboxing Latoya	
9:30-10:25am Zumba® Nicole	10:45-11:15am Fusion Caroline	10:45-11:15am GRIT® Amy-starting 1/10	10:45-11:15am Fusion Caroline	10:30-11:30am BODYPUMP™ Nicole	10:00-10:55am Step Jo-Ann/Barry	10:30-11:25am Step Circuit Heather
10:30-11:30am BODYPUMP™ Nicole	1:00-1:55pm Tai Chi Jeff	11:30-12:25am Tai Chi™ Randy			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. Jessica			
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 Zumba® Essie	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.groupexpro.com/schedule/417>

Highlight Classes: NEW OR CHANGED



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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 Mary	9:30-10:25am Zumba Gold® Nicole	9:30-10:25am Stability and Balance Kathy		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	10:30-11:30am Academy Homeschool Gym and Swim \$	10:30-11:25am Gentle Yoga Victoria	10:30-11:25am Power Vinyasa Yoga Victoria	10:00-12:30pm Youth League \$	10:30-11:25am Power Vinyasa Yoga Victoria
12:00pm-3:30pm Open Gym	11:30-3:30pm Open Gym	11:30am-3:30pm Open Gym	11:30am-1:00pm Open Gym	12:30-3:30pm Open Gym	10:00am-8:00pm Open Gym#	11:30am-7:00pm 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	5:30-8:00pm Youth League \$	6:30-7:30pm Power Yoga Mary		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)	
7:30-8:00pm GRIT® Shanedda	7:00-7:55pm Vinyasa Yoga Renee M					
8:00-10:00pm Open Gym	8:00pm-10:00pm Open Gym	8:00-10:00pm Open Gym	7:30-10:00pm Open Gym	6:30-10:00pm* Open Gym		

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## CYCLING STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:55am All Terrain Cycle Betsy		6:00-6:55am All Terrain Cycle Guy	6:00-6:55am Power, Strength and Speed Cycle Nekea		9:00-9:55am Power, Strength and Speed Cycle Nancy	
10:15-11:10am Power Strength and Speed Cycle Amy	10:00-11:15am Cycle Fusion (Fusion-Studio II) Caroline S.		10:00-11:15am Cycle Fusion (Fusion-Studio II) Caroline S.	10:00-10:55am All Terrain Cycle E	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 Amy		12:00-12:45pm All Terrain Cycle Megan		
6:30-7:30pm Cycle Fusion Megan	6:30-8:00pm Tri-Athlete trainers cycle Jessica \$\$\$	6:30-7:30pm Cycle Fusion John	6:30-7:25pm Power, Strength and Speed Cycle Nancy/Amy			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.

\$\$\$- indicate a fee based class

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Highlighted classes: NEW OR CHANGED



**Pool Hours**  
 Mon - Fri 5:30am - 9:30pm  
 Saturday 7:00am - 7:30pm  
 Sunday 9:00am - 6:30pm

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# Water Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 - 9:00am Shallow Water Aerobics (Brian)		8:00 - 9:00am Shallow Water Aerobics (Brian)		8:00 - 9:00am Shallow Water Aerobics (Brian)	9:00 - 9:45am Deep Water Aerobics (Cathy)	
9:10 - 10:00am Deep Water Aerobics (Brian)		9:10 - 10:00am Deep Water Aerobics (Brian)		9:10 - 10:00am Deep Water Aerobics (Brian)		1:00pm - 2:00pm Open Water Exercise Time (No Instructor)
6:30 - 7:30pm Aqua Aerobics (Cathy)	6:30 - 7:30pm Aqua Aerobics (Cathy)		6:30 - 7:30pm Aqua Aerobics (Cathy)			

**YMCA Alexandria**  
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[www.ymcadc.org/alexandria](http://www.ymcadc.org/alexandria)

**Effective January 2017**