



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

***Bolded classes represent something new/time change/instructor change**

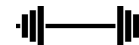
MONDAY			
6:00-6:55	CS	Cycle	Manny
6:00-6:55	1	Body Pump Express	Nekea
7:00-7:25	1	Morning Meditation	Beth H
7:30-8:25	2	Intro to Yoga	Beth H
8:00-8:45	Pool	Aqua H.I.I.T.	Mary C
8:30-9:25	1	Silver Sneakers Classic	Nicole
9:00-9:45	Pool	Water Aerobics (Deep)	Natasha
9:00-9:55	2	Stability & Balance	Kathryn
9:30-10:25	1	Zumba	Nicole
10:00-10:55	CS	Cycle	Cindy
10:00-11:30	2	Pre-school Playtime	YD Staff
10:30-11:30	1	BodyPump	Nicole
12:30-1:25	1	Tai Chi	Randy
4:00-4:45	1	Youth Yoga (Ages 8-12)	Charissa
5:30-6:30	1	Body Pump	Robin
6:30-7:30	1	Advanced Step	Barry
6:30-7:30	CS	Cycle	Megan
6:30-7:30	Pool	Aqua Pilates (Shallow)	Cathy R
6:45-7:30	2	Mat Pilates	Nekea
7:30-8:30	1	GRIT	Shanedita
TUESDAY			
6:00-6:55	1	Body Sculpt	Nancy
7:00-7:45	WF	Intro to TRX	Cindy
8:30-9:25	1	Silver Sneakers CardioFit	Nicole
8:30-9:15	CS	Cycle	Leah
9:00-9:45	Pool	Aqua Zumba	Natasha
9:30-10:25	2	Yoga	Robin
10:00-10:45	CS	Cycle	Natasha
10:30-11:25	2	Yin Yoga	Beth H
1:00-1:55	1	Tai Chi	Jeff
3:30-4:00	1	Youth Fit (Ages 5-7)	YD Staff
4:00-4:45	1	Youth Fit (Ages 8-12)	Xavier
5:45-6:25	1	Belly Dance	Latoya
6:00-7:00	2	Youth Martial Arts	Paul
6:30-7:30	Pool	Water Aerobics (Shallow)	Cathy R
6:30-7:30	Pool	Water Aerobics (Deep)	Cathy J
6:30-7:30	CS	Cycle	Melizza
6:30-7:30	1	Body Pump	Shanedita
7:00-7:55	2	Vinyasa Yoga	Dana
7:35-8:30	1	Zumba	Latoya/Melizza
8:30-9:30	2	Ju Jitsu	Rotation
WEDNESDAY			
5:45-6:15	1	H.I.I.T.	Falisa
6:00-6:55	2	Sunrise Yoga	Beth
6:30-7:00	CS	Cycle	Falisa
8:00-8:45	Pool	Aqua H.I.I.T.	Mary C
8:30-9:25	1	Silver Sneakers Classic	Nicole
8:30-9:25	2	Pilates	Jo-Ann
9:00-9:45	Pool	Aqua H.I.I.T.	Mary C
9:30-10:25	2	Zumba Gold	Nicole
9:30-10:30	1	BodyPump	Robin
10:45-11:40	2	Yoga	Marisha
10:45-11:40	1	Body Step	Robin
12:00-12:45	CS	Cycle	Mary
12:30-1:25	1	Tai Chi	Randy
5:15-7:15	2	Youth Basketball	Xavier
5:30-6:30	1	BodyPump	Anne
6:00-6:50	CS	Cycle	John
6:35-7:30	1	Zumba	Essie
7:30-8:30	2	Barre	Charissa
7:35-8:30	1	Body Combat	Shanedita

THURSDAY			
6:00-6:55	CS	Cycle	Nekea
6:00-6:30	1	GRIT	Shanedita
7:00-7:45	WF	Intro to TRX	Cindy
8:30-9:15	CS	Cycle	Kathy R
8:30-9:25	1	Silver Sneakers CardioFit	Nicole
9:30-10:25	2	Stability & Balance	Kathy R
9:30-10:25	1	Cardio Dance	Pat
10:30-11:25	2	Gentle Yoga	Beth D
1:30-2:25	1	Tai Chi	Jeff
3:30-4:00	1	Youth Fit (Ages 5-7)	Xavier
4:00-4:45	1	Youth Fit (Ages 8-12)	Xavier
5:00-6:20	1	Youth Ballet	YD STAFF
6:30-7:25	CS	Cycle	Rebekah
6:30-7:30	Pool	Water Aerobics (Shallow)	Cathy R
6:30-7:30	Pool	Water Aerobics (Deep)	Cathy J
6:30-7:30	1	BodyPump	Tamar
7:30-8:25	2	Gentle Yoga	Cindy
7:35-8:30	1	Zumba	Latoya/Melizza
8:30-9:30	2	Jiu Jitsu	Rotation
FRIDAY			
6:00-6:55	1	Body Sulpt	Nancy
8:05-8:50	Pool	Water Aerobics (Shallow)	Mary C
8:30-9:25	1	Silver Sneakers Circuit	Nicole
9:00-9:45	Pool	Water Aerobics (Deep)	Natasha
9:30-10:25	2	Yoga	Lynn/Mary
9:30-10:25	1	Zumba	Nicole
10:15-11:00	CS	Express Cycle	Charissa
10:30-11:25	2	Wall Yoga	Lynn/Mary
10:30-11:30	1	BodyPump	Nicole
11:45-12:40	1	BodyStep	Robin
SATURDAY			
7:45-8:45	1	BodyPump	Melanie
8:00-8:55	2	Power Yoga	Anne
9:00-9:55	2	Yoga	Anne
9:00-9:55	Pool	Water Aerobics (Deep)	Pam
9:00-9:55	CS	Cycle	Nancy
9:00-9:55	1	Cardio Kickboxing	Latoya
10:00-10:55	CS	Cycle	Ingrid
10:00-10:55	1	Step	Barry/Jo-Ann
10:15-11:00	2	Youth Cardio Dance	Melizza
11:00-12:00	1	BodyPump	Robin
12:05-1:00	1	Zumba	Latoya/Melizza
1:30-3:00	1	Shotokan Karate	Rotation
SUNDAY			
9:15-10:15	2	Gentle Yoga	Beth D
10:30-11:25	1	Step Circuit	Heather
10:30-11:25	2	Power Vinyasa	Natasha
11:45-1:20	1	Youth Ballet	Rotation
1:30-3:00	1	Shotokan Karate	Rotation
2:00-3:00	2	Ju Jitsu	Rotation
4:30-5:25	CS	Cycle	Nancy
5:30-6:15	1	Core Power	Nancy

All classes are geared for all participants/fitness levels! Instructors are happy to show modifications for any exercise. Group Exercise is the best way to not only achieve fitness goals, but to meet friends! Enjoy!

-Chris

- 1: Studio 1
- 2: Studio 2
- CS: Cycle Studio
- WF: Wellness Floor
- SD: Sun Deck



Only members 13+ may attend Group Ex classes.

Go to www.ymcadc.org/locations/ymca-alexandria for updates

Please email Chris.Sanders@ymcadc.org with questions, comments, or concerns

CLASS DESCRIPTIONS

All of our classes are instructed using a variety of intensity modifications, making them suitable for both beginning and advanced participants. We offer classes for all ages, all levels and all interests.

Barre: A great toning workout that uses the ballet barre and its incorporation of movements derived from ballet.

Belly Dance: This class gives you the understanding of basic belly dance technique, posturing, language, move execution and it helps you to build necessary core strength.

Body Combat™: 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 **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. Leave class feeling exhilarated.

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. Great for those who prefer quicker stepping and higher intensity workouts!

Bootcamp: You can command Power, Strength and Agility with this military inspired circuit workout that will push you to your limits. As you maneuver your way through each workout station, you'll lunge, crunch, box and more for a full body workout. In the end, you'll leave class feeling exhilarated.

Cardio Kickboxing: This high intensity class combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and intermediate athletes (This is a non-contact class.)!

Cardio Dance: Utilizing different types of dance movements to exercise your body and heart, this class helps you achieve your target heart rate and have fun while doing it. Mix up your workout routine with some dancing and fun!

Core Power: Everybody wants better abs! But more than just looks, strong abs help contribute to overall core strength. Please warm up before coming to this class as no warm-up is included. Be ready to work!

Cycle: A 45-60 minute high-energy class using stationary bikes. This class provides a blend of fun, motivating music, and a certified instructor guaranteed to give you a cardio burn!

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.I.I.T: 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!

Meditation: Awaken your creativity and center your for the day/week with a 20-minute semi-guided meditation. New to meditation? Attend this class and learn how to observe your current state of mind and body through gentle words of guidance. If you meditate frequently, use this time to deepen your practice and take home tips to keep your stress at bay.

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 Vinyasa: 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.

SilverSneakers®: 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. A chair is used for seated and standing support.

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® 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.

Stability and Balance: This class is designed to help participants become stronger and improve balance. The movements taught in class focus on improving strength and power around the core & joints, while improving reaction time. This class is designed for nearly every fitness level.

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.

Sunrise Yoga: Begin your day with a centering and awakening yoga class designed to stretch your body and enrich your spirit. Stimulate your creativity through a beginning meditation and warm up with gentle flow postures guaranteed to set you up for a successful day.

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

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.

TRX: The TRX system focuses on developing agility, speed, endurance and body resistance via a mechanism of suspension exercises.

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.

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.

Water Aerobics (Shallow): This is a low-impact water class designed to provide cardio 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.

Water Aerobics (Deep): This class utilizes the resistance of the deep water to get your heart rate up and muscles moving. We will alternate between water weights, water noodles, and hand pads to make each class fun and interesting. Non-swimmers welcome.

Yoga 1: (Beginner Friendly) This gentle class is designed for students with little or no previous Yoga experience. This class focuses on gentle movements and establishes basic yoga principles and awareness. Beginners are encouraged to attend.

Yoga 2: (Intermediate) This class is geared toward students with a little more Yoga experience who want to build progressively. More work on basic strength and flexibility, with an emphasis on standing pose.

Yoga 3: (Advanced) Taking it to the next level, we encourage those who are advanced in their practice to try this class. Poses are more advanced and include deeper binds and an increased complexity in flow sequences. Familiarity with Sanskrit is recommended.

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.

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! relaxed, noncompetitive atmosphere. The exercises are safe for all ages, but please let your instructor know if you have any physical limitations.