

CLASS DESCRIPTIONS

Basic Conditioning: Moderate exercise to enhance flexibility and strength.

Fit Challenge: Experience a full body workout using aerobics, strength training, and stretching through upbeat music.

Floor, Core, and More: Increase stability and balance by targeting muscles of the abdominals, back, glutes, and other major muscle groups.

Forever Fit: Build lean muscle through mild exercise in the aerobics room and the resistance machine room to enhance flexibility, strength, and mobility in the older adults.

Pilates: A core centered workout that increases flexibility, improves posture, and tones the body.

PiYo™: A unique class designed to build strength & gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and will make you sweat. It's about energy, power, and rhythm. Think sculpted abdominals, increased overall core strength, and greater stability.

SilverSneakers®: Have fun with a variety of exercises designed to increase muscular strength, range of motion, and activities for daily living for older adults.

SPINNING®: Experience the ride of your life through the ultimate indoor cycling workout. Follow your instructor through a simulated ride through fun climbs, sprints, and more! Control your own pace and resistance level appropriate to your fitness level and goals.

Tone it Up! Formerly known as 'Body Sculpting'. Increase your muscular strength and endurance with a variety of functional equipment, while getting a total body workout.

Turbo Kick®: Burn calories like never before with this addictive workout that combines shadow boxing, kickboxing, sports drills, hip hop, and PiYo® in a high energy environment.

Yoga: Gain strength, stamina, and balance as you control your mind, body, and breath through a series of poses and stretches.

Young at Heart: Have fun with cardiovascular training through low impact aerobics set to upbeat music and easy to follow moves.

Zumba®: "Ditch the Workout, Join the Party!" while burning major calories with fun and easy to follow dance moves inspired by Latin, American, and International music. No experience necessary!

Zumba Gold®: Experience the same benefits of Zumba at a more leisurely pace.

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GROUP EXERCISE TWIN RIVERS YMCA

Winter 2011-2012



www.trymca.org
YOU BELONG AT THE Y!



Monday	Tuesday	Wednesday	Thursday	Friday
*6 AM Floor, Core & More (KANDY)	*6 AM Basic Conditioning (KANDY)	*6 AM Floor, Core & More (KANDY)	*6 AM Basic Conditioning (KANDY)	7 AM SPINNING® (DENNIS)
7 AM SPINNING® (DENNIS)	8:30 AM Young at Heart (SUSAN)	7 AM SPINNING® (LEN)	8:30 AM Young at Heart (SUSAN)	8 AM Forever Fit (DENNIS)
8 AM Forever Fit (NANCY)	9:30 AM Fit Challenge (SUSAN)	8 AM Forever Fit (NANCY)	9:30 AM Fit Challenge (SUSAN)	9 AM Zumba® (ALEJANDRA)
9 AM Zumba Gold® (SHARON)	10:30 AM SilverSneakers® (DUFFY)	*8:30 AM Zumba Gold® (SHARON)	*10:30 AM Yoga (CANDY)	*9:30 AM Pilates (PAT)
*9:30 AM Pilates (PAT)	5:30 PM Zumba® (ALEJANDRA)	9 AM Turbo Kick® (RANDI)	10:30 AM SilverSneakers® (DUFFY)	10 AM +Tone it Up! (DUFFY)
10 AM +Tone it Up! (KIRA)	6:30 PM Turbo Kick® (RANDI)	*9:30 AM Pilates (SHARON)	5:30 PM Zumba® (ALEJANDRA)	*10:30 AM Yoga (CANDY)
11 AM Zumba® (ALEJANDRA)	*6:30 PM Yoga (MARY LYNN)	10 AM +Tone it Up! (KIRA)	6:30 PM Turbo Kick® (RANDI)	11 AM PiYo™ (RANDI)
5:30 PM SPINNING® (KIRA)		11 AM Yoga (CANDY)	*6:30 PM Yoga (MARY LYNN)	<p><i>Child Watch Hours:</i> Monday-Friday AM 8am-12:30pm Saturday AM 9am-11am Monday-Thursday PM 5pm-7:30pm</p> <p>YMCA MISSION To put Christian principles into practice through programs that build healthy spirit, mind</p>
6:15 PM SPINNING® (KIRA)		5:30 PM +Tone it Up! (DUFFY)		
*6:30 PM Pilates (DUFFY)		*6:30 PM Pilates (DUFFY)		
		6:30 PM SPINNING® (JEANETTE)		

*Classes meet in the Multipurpose Room. For Yoga & Pilates classes, please bring your own mat.
+ Please provide your own mat