SOUTH COUNTY YMCA

GROUP EXERCISE SCHEDULE

JAN. 2– MARCH 31ST 2017 (BEGINS 1/2/17)

ALL CLASSES ARE 50 MINUTES UNLESS OTHERWISE NOTED

INTENSITY LEVEL

Please note all classes can have increased or decreased intensity based on individual participation levels.

+ low (beginners)
++ moderate
+++ intense

■ Kids Care Available
◆ Call 24 Hours Ahead to Reserve Your Spot
$ Program Fee

••Registration is Required

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30	Weights & More++ Holly	Cycle++◆ Barbara	Sculpt++ Interval Training Liz	Cycle++◆ Barbara	Power Sculpt++ Interval Training Liz
6:30	Cycle++◆ Jaimee		Cycle++◆ Jen		Cycle++◆ Holly
7:45	Abs Xpress++ Interval Training Jaimee(20 min)		Abs Xpress++ Interval Training Carolyn (20 min)		Abs Xpress++ Interval Training Holly (20 min)
8:15	Cardio Mix+++■ Interval Training Danielle S.	Barre++■ Strength & Conditioning MJ	Cardio Kickboxing++■ Strength & Conditioning Mel	Weights & More++■ Kayla/Holly	Cardio Mix+++■ Interval Training Danielle S.
9:15	Zumba® (Basic)++ ■ Danielle K.	Cardio Mix+++■ Interval Training Kayla/Holly	Body Pump+++◆■ Xpress Callie	Cycle & Strength++■ Interval Training Jaimee	Body Pump+++◆ Xpress■ Callie
10:15	Nia+ ■ Low Impact Rosita	Cardio/Sculpt+■ Low Impact Carolyn	Nia+ ■ Low Impact Rosita	Cardio/Sculpt+■ Low Impact Carolyn	Sculpt+ ■ Low Impact Phyllis
11:15	Silver Sneakers®+■ Joan(45 Min)	Cycle Lite+■ Carolyn	Silver Sneakers+■ (Enhanced Fitness) Carolyn(60 Min)	Zumba® Gold+■ Danielle	Silver Sneakers+■ (Enhanced Fitness) Sarah(60 Min)
1:30		Rock Steady $•• (Parkinson's) Carolyn & Meghan (Starting Feb.)	Rock Steady $•• (Parkinson's) Carolyn & Meghan	Rock Steady $•• (Parkinson's) Carolyn & Meghan (Starting Feb.)	
4:30	Balls & Bands++■ Strength & Conditioning Peter	Cycle++■ Juli	Body Combat+++■ Megan	Cycle++■ Danielle W.	
5:30	Zumba® Party+++ ■ Jenna	Body Pump+++◆■ (Full) Megan	Step ++■ Interval Training Tara	Zumba® ++■ Anne	
6:30	Rock Steady $•• (Parkinson's) Joan S. & Rosita S.	Body Combat+++■ Megan	Body Pump+++◆■ Alysse (Starting Feb.)	Body Pump+++◆■ Danielle S.	

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TIME	SATURDAY	SUNDAY
7:15	Cycle++◆ Danielle W.	Virtual Cycle++◆ Jen
8:30	Step ++ ■ Interval Training++ Shelly	BodyVive++ ■ Interval Training Liz
9:30	Sculpt++ ■ Interval Training Shelly	BodyPump+++◆■ (Full) Callie
10:30	Zumba Party++ ■ Anne	
12:00	Rock Steady••$ (Parkinson's) Carolyn	

CLASS DESCRIPTIONS:

ABS XPRESS Target and challenge the core with this quick, intense and dynamic workout. You will learn how to effectively strengthen the core using proper form and technique.

BALLS & BANDS Strength based total body workout utilizing resistance bands and stability balls.

BARREBLEND is a combination of Pilates exercises to strengthen yoga postures, to lengthen and tone with routines for stability and balance. Class starts with core, then transitions to a series of barre exercises and a cooldown to complete the cycle.

BODYCOMBAT® This is 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! Learn moves from Karate, Taekwondo,Boxing,Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ! Bring your best fighter attitude and leave inhibitions at the door.

BODYPUMP® This class is for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout!

BODYVive® is for anyone looking to get lean, toned and fit. A low impact, whole body group cardio workout using tubes and body weight to get a full total body workout! Boost your fitness and core strength with this great new concept!

CARDIO MIX This high-energy, fat-burning workout combines a variety of high and low impact aerobic and sculpting moves. May include boot camp drills, kickboxing, step, weights and other equipment.

CARDIO/SCULPT Improve your cardiovascular fitness, muscle endurance, and flexibility. Class will utilize light weights and equipment.

CYCLE/CYCLE LITE/CYCLE & STRENGTH This instructor-led stationary bike workout is set to motivating music and simulates a challenging bike ride. The strength class portion provides an added abs & weight workout! **24 Hour pre-registration is required.(Early mornings & weekends)**

NIA Designed for all ages, body types, and fitness levels. A fusion of martial, healing, and dance arts. This expressive movement class blends rhythmic music with carefully choreographed, non-impact steps for a fun and invigorating workout.

ROCK STEADY (PARKINSON'S) Focusing on this mind-body conditioning class uses stretching, strengthening, boxing, breathing and improve posture.. Boxing works by moving your body in all planes of motion while continuously changing the routine as you progress throughout the workout! Theses classes have proven that anyone, at any level of Parkinson's, can actually lessen their symptoms and lead a healthier/happier life. increase flexibility, and improve posture.
We require all potential boxers to complete an assessment with our Coaches to determine your class placement.

SILVER SNEAKERS® MSRM Designed to increase muscular strength, range of motion, and activity for daily living skills. Hand\held weights, plastic tubing with handles, and a ball are offered for resistance; a chair is used for seating and support.

SCULPT/POWER SCULPT This full body strength training class which will use a variety of fitness equipment to strengthen and condition your body.

STEP A series of choreographed routines designed to elevate the heart rate and provide an awesome aerobic workout.

WEIGHTS & MORE A full body strengthening class using barbells and various weights. Learn proper form, and techniques! Build your confidence!

ZUMBA® BASIC Learn the basic elements of ZUMBA's exhilarating, easy-to-follow moves; along with the invigorating, party-like atmosphere.

ZUMBA® PARTY Classes feature exotic rhythms set to high-energy Latin and international beats.

ZUMBA® GOLD Classes for the active older adult featuring fun-exotic rhythms set to high-energy Latin and international beats. Let yourself go and have some fun! Low impact.