



# SOUTH COUNTY YMCA

## GROUP EXERCISE SCHEDULE

JULY 1-AUG. 31 2017 (BEGINS 7/1/17)

**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	BodyPump+++◆ Megan	Cycle++◆ Barbara	Sculpt++ Interval Training Liz	Cycle++◆ Barbara	Power Sculpt++ Interval Training Liz
6:30	Cycle++◆ Jaimee		Cardio Mix ++ Holly		Cycle++◆ Holly
7:45	Abs Xpress++ Interval Training Jaimee(20min)				Abs Xpress++ Interval Training Holly
8:15	Cardio Mix+++■ Interval Training Danielle S.	On the Ball ++■ Strength & Conditioning Juli	Cardio Kickboxing++■ Strength & Conditioning Mel	Weights & More++■ Strength & Conditioning Bridget	Cardio Mix+++■ Interval Training Bridget
9:15	Balls & Bands++ ■ Peter	Cardio Mix+++■ Interval Training Holly	Body Pump+++◆■ Xpress Danielle S.	Cycle & Strength++■ Interval Training Jaimee	Body Pump+++◆ Xpress■ Danielle
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(45min)	Chair Yoga+■ Sarah	Silver Sneakers+■ (Enhanced Fitness) Carolyn(60 Min)	Zumba® Gold+■ Danielle K.	Silver Sneakers+■ (Enhanced Fitness) Sarah/Phyllis(60min)
12:30		Rock Steady \$•• (Parkinson's)	Rock Steady \$•• (Parkinson's)	Rock Steady \$•• (Parkinson's)	
4:30	Balls & Bands++■ Strength & Conditioning Peter		Weights & More++■ Holly		
5:30	Zumba®Party+++ ■ Tara	Body Pump+++◆■ Michael S.	Cardio ++■ Kickboxing Peter	Zumba Party+++■ Anne	
6:30	Rock Steady \$•• (Parkinson's)			Body Pump+++◆■ Erin	



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TIME	SATURDAY	SUNDAY
7:15	Cycle++◆ Danielle W.	Virtual Cycle++◆ Jen
8:30	Step Combo ++ ■ Interval Training++ Shelly	BodyVive++ ■ Interval Training Liz
9:30	Sculpt++ ■ Interval Training Shelly	BodyPump+++◆■ (Full) Michael S./Erin
10:30	Zumba Party++ ■ Anne	

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

**CHAIR YOGA** is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support.

**CYCLE/CYCLE LITE/CYCLE & STRENGTH** This instructor-led stationary bike workout is set to motivating music for a challenging bike ride. The strength class portion(CYCLE & STRENGTH) 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! These 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 pro

**VIRTUAL CYCLE** This instructor-led stationary bike workout is set to motivating music and simulates a challenging bike ride. **24 Hour pre-registration is required.**

**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.

### 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.

**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 KICKBOXING** This is a high energy martial arts workout that is non-contact. Burns up to 700 calories per class! Release stress, have a blast and feel like a champ! Bring your best fighter attitude and leave inhibitions at the door.