

WINTER/SPRING SESSION 2010

ALL CLASSES HELD IN AIR CONDITIONED COMFORT - PRIME TIME CHILD WATCH FREE TO FAMILY MEMBERS

Health & Wellness Group Exercise/Mind/Body Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TIME	MORNING CLASSES						
5:30-6:00	Cycle	Sculpting	Cycle	Sculpting			
6:00-6:45	Pilates		Pilates				
6:00-7:00		Cycle		Cycle			
6:45-7:45						Cycle	
8:00-8:50	Sculpting	Step	Sculpting	Step	Sculpting	Step	
8:45-10:00	NEW Y Cycle/Pump		NEW Y Cycle/Pump			Yoga (9:00-10:00)	Boot Camp (9:00-10:00)
9:00-10:30	Cardio & Sculpting		Cardio & Sculpting		Cardio & Sculpting		
9:30-10:45	Basic Yoga						
10:00-11:00		Zumba	Yoga Gentle	Cycle			Yoga Mixed
11:00-11:45	Silver Sneakers®		Silver Sneakers®		Silver Sneakers®		
11:00-12:00				Yoga Mixed		Zumba	
11:45-12:15					Abs & Stretch		
11:45-12:30	Pilates		Pilates				
12:30-1:30					Basic Yoga		
TIME	NEW EVENING CLASSES						
5:30-6:30	Sculpting	Cardio	NEW Cycle/Pump	Y Pump	NEW		
5:30-6:30							
6:00-7:00					NEW Dance Flow		
6:30-7:30	Kick Boxing	NEW Y Pump	Zumba	Zumba			
6:30-8:00	Yoga Ashtanga		Yoga Basic (6:30-7:30)				
7:15-8:15			Cycle				

- Class descriptions on page 11.
- **PLEASE CONSULT YOUR PHYSICIAN PRIOR TO BEGINNING AN EXERCISE PROGRAM.**
- For your safety, please do not enter an exercise class more than 5 minutes after the class has begun.
- Participants must be 13 years of age to participate in adult fitness classes.
- Schedules are subject to change based on school vacations, instructor availability, member participation and YMCA scheduling needs.
- Shaded classes are held in the new Tranquility Room.

Group Exercise Classes


FREE WITH MEMBERSHIP.

NON-MEMBER DROP-IN FEE: \$10 OR **NEW** PUNCHCARD 8 VISITS FOR \$48

LIMITED TIME OFFER - VALUE OF \$80

Newman encourages all participants to try any Group Exercise, Pilates, Yoga or Senior Fitness class. For those of you who want more direction in class selection, we have developed the following guidelines:

Beginner (B) Intermediate (I) Advanced (A)

NEW BOOT CAMP (B/I/A)	<ul style="list-style-type: none"> Advanced training techniques for men & women Increase your strength, speed & agility Push yourself to the limit 	Sundays 9:00-10:00am	Members Non-Members	FREE \$10 Drop-in
CARDIO (I/A)	<ul style="list-style-type: none"> Varied intense cardio routines Step, hi/lo, calisthenics Ab work & muscle toning 	See schedule page 10	Members Non-Members	FREE \$10 Drop-in
NEW COUNCIL ON AGING	<ul style="list-style-type: none"> Arthritis Foundation Water Class Water Aerobics Country Line Dancing 	M/W/F 9:00-9:45am W/F 9:45-10:30am TBA	Members Non-Members	FREE \$3 Drop-in
CYCLE CLASS (I/A)	<ul style="list-style-type: none"> Indoor cycling Stay in shape all year No weather worries Sprint, jump, climb and race 	See schedule page 10	Members Non-Members	FREE \$10 Drop-in
NEW CYCLE PUMP (B/I/A)	<ul style="list-style-type: none"> All the benefits of cycling Added sculpting benefit 	Tu/Thur 9:00-10:00am Wed 5:30-6:30pm	Members Non-Members	FREE \$10 Drop-in
KICKBOXING (B/I/A)	<ul style="list-style-type: none"> Martial arts inspired Kick, punch, jump rope Pace yourself All over toning 	See schedule page 10	Members Non-Members	FREE \$10 Drop-in
PILATES (B/I/A)	<ul style="list-style-type: none"> Emphasis on core abdomen and waist Lengthen and strengthen total body Reshape without joint stress 	Mon & Wed 6:00-6:45am Wed 11:45am-12:30pm Tue & Thur 5:30-6:30pm	Members Non-Members	FREE \$10 Drop-in
SCULPTING (B/I/A)	<ul style="list-style-type: none"> Use weights, bands and more Total body sculpting Emphasis on problem areas 	See schedule page 10	Members Non-Members	FREE \$10 Drop-in
SILVER SNEAKERS® MUSCULAR STRENGTH & RANGE OF MOTION (B)	<ul style="list-style-type: none"> 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. Hand-held weights, elastic tubing with handles, a SilverSneakers® ball are offered for resistance, and a chair is used for seated and/or standing support. 	Mon, Wed, Fri 11:00-11:45am Note: Silver Sneakers members can attend any or ALL classes listed on pages 11 & 12		FREE WITH 
STEP (B/I/A)	<ul style="list-style-type: none"> Step up and down on platforms Intense cardio Patterned moves Plus sculpting and body work 	See schedule page 10	Members Non-Members	FREE \$10 Drop-in
NEW Y PUMP (I/A)	<ul style="list-style-type: none"> Serious conditioning using bars & weight plates Fast results Co-ed class Take your body to the next level 	Tue 6:30-7:15pm Thur 5:30-6:30pm	Members Non-Members	FREE \$10 Drop-in

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