



Health and Wellness

Classes are **FREE** with **YMCA Membership** unless denoted with \$\$

All Classes are held in All Purpose Room unless otherwise denoted

Key Code: **B=Beginners I=Intermediate A=Advanced**

Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:30a The Gauntlet Brian I,A			5:15-6:00a Rockin' w/ Robin I,A	7:00-8:00a Yoga Anna B,I,A	8:00-9:00a Yoga/Pilates Anna/Valerie B,I,A Mini Room	
8:00-9:25a Yoga Anna B,I,A	7:15-8:30a Ashtanga Yoga Brian I,A	8:00-9:25a Yoga Anna B,I,A	7:15-8:30a Ashtanga Yoga Brian I,A	9:00-9:25a Absolutely Abs Kim B,I,A	8:00-9:00a Body Sculpt Donna R. B,I,A	
	8:35-9:05 Absolutely Abs Tracey B,I,A		8:35-9:05 Absolutely Abs Tracey B,I,A			
9:30-10:25a Power Pump Mariella B,I	9:15-10:15a Cardio-Core Larissa B,I,A	9:30-10:25a Power Pump Mariella B,I	9:15-10:15a Cardio-Core Larissa B,I,A	9:30-10:30a Sports Conditioning Donna W. B,I,A	9:00-10:00a Shape-Up Linda/Robin B,I,A	9:15-10:45a Yoga Valerie B,I,A
	12:10-2:00p AOA Silver Sneakers Gym & Swim (AP) *Register at Cranston Sr. Ctr. For AOA	10:30-11:30a Step Combo Holly B,I,A		12:45-2:15p AOA Silver Sneakers Gym & Swim (AP) *Register at Cranston Sr. Ctr. For AOA		
5:30-6:30p Beach Body Boot Camp Robin B,I,A	5:30-6:25p Cardio Mix Cathy B,I,A	5:30-6:30p Turbo Kick Robin B,I,A	5:30-6:25p Cardio Mix Cathy B,I,A	5:30-6:30p Turbo Kick Robin B,I,A		
	6:30-7:25p Aerodance Lisa/Folu B,I,A		6:30-7:25p Aerodance Lisa/Folu B,I,A	6:30-7:25p Aerodance Lisa/Folu B,I,A		
7:00-8:30p Yoga Anna	7:30-8:30p Pilates Valerie	7:00-8:30p Yoga Anna	7:30-8:30p Pilates Valerie			
Due to unforeseen circumstances schedule is subject to change. Any cancellations will be posted on the aerobic studio door.				<u>Baby Sitting Hours</u> Mon.-Fri. 9:00a-1:00p & 5:00p-8:30p Saturdays: 9:00-12:00p <u>Prime Time Hours</u> Mon.-Thurs. 5:00p-8:30p		

Group Exercise Class Descriptions Cranston YMCA

HEALTHSEEKER: If you're just getting started or trying to get back on track, these classes are for you! Instructors will provide personalized help.

The Basics Series of classes are entry-level to ensure personalized attention as you learn the fundamentals of an exercise class.

Pilates: Exercise performed on mats; focus on breathing, body-awareness, and core strength.

Yoga I: Gain a comfort level with basic yoga poses and terminology that will help you progress to multi-level classes.

Silver Sneakers : Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

HEALTHSEEKER

MULTI-LEVEL B,I,A: Classes listed below offer a variety of ways to get toned and in shape. Classes may be strength and toning or predominantly conditioning, but many contain both!

Aero Dance: A number of choreographed dances put together to burn calories.

Absolutely Abs: Work your body to the core, focusing on the muscles of abdomen, glutes, and lower body. Using a stability ball, you will stretch, strengthen and tone with this "all-ball" workout.

Cardio Mix: A variety of aerobic and strength training exercises using the Reebok Step to produce a vigorous workout.

20/20/20

Combo: This "mixed variety" class is made up of 3 distinct twenty-minute segments, including step, weights, and cardio training.

Cardio-Core

Fusion: A fun class that uses a variety of training techniques targeting core muscles through the use of free weights, bars, stability balls and other gym equipment.

Power Pump: A low impact, high intensity aerobics class sure to elevate your heart rate and keep you moving.

Kickboxing: High impact, total-body workout! Includes stretching, punching, elbow strikes, kicking, defensive & footwork drills.

Shape-Up: A balanced fitness class consisting of three segments; cardiovascular training, exercise toning, and a cool-down.

Sports

Conditioning: This class will focus on the body's functional use of muscles. A variety of techniques will be used including various reps, weights, plyometrics, and cardiovascular enhancing drills for a total body workout.

FITNESS ENTHUSIAST I,A: For those looking for an additional challenge in their exercise routine. Classes move at fast, intense pace! Always exercise at your fitness level.

STEP Combo: A non-stop, high energy, aerobic workout incorporating creative combinations and challenging patterns using the popular step platforms.

Turbo Kick™: Turbo Kick™ is a workout that combines shadow boxing, kickboxing, sports drills, dancing, yoga, and simple dance moves in a party atmosphere. It is an interval based class that allows participants of any fitness level to join and custom tailor their workout.

Beach Body

Boot Camp: A high-energy workout consisting of a series of athletic conditioning drills and calisthenics, this class is sure to challenge your strength, cardiovascular fitness and endurance. Late arrivals and early departures are welcome so come prepared to sweat! Get those beach bodies ready for some sun!

Ashtanga

Yoga: If you prefer a faster-paced, sculpting, form intensive, athletic workout, Ashtanga yoga, commonly referred to as "power or core yoga," may be best for you. This vigorous, physically demanding practice moves smoothly through poses with very little stopping. Each pose is linked to the next by a specific way of breathing and moving, which results in an athletically challenging, yet graceful and flowing sequence. The speed of the workout creates heat and energy flow. Unlike other yoga practices, Ashtanga yoga does not emphasize long pre-post workout meditations..

Ashtanga yoga will improve your strength, flexibility and stamina. CHATARANGA!