

YHEALTH & FITNESS

We build strong kids, strong families, strong communities.

Aerobics Room Group Fitness Schedule

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:30a Body Sculpting (Ali) B,I,A		6:30-7:30a Core Conditioning (Ali) B,I,A		6:30-7:30a Core Conditioning (Ali) B,I,A		
		8:00-9:00a Bodysculpting (Mark) B,I,A			8:00-9:00a Step/Sculpt (Holly) B,I,A	9:30-10:30a 20/20/20 Cardio Sculpt (Jen/Holly) B,I,A
9:00-10:30a Spin and Sculpt! (Lisa) A ***	9:15-10:15a Bodysculpting (Nina) B,I,A	9:15-10:15a H.I.T (Nina) B,I,A	9:15-10:15a Martial Arts Conditioning (Kevin) B,I,A	9:15-10:15a Kickboxing (Nina) B,I,A	9:05-10:05a Kickboxing (Jen) B,I,A	10:15-12:15p Y-Tri (Lisa) \$\$
11:00-11:45a SilverSneakers® Level 1 MSROM (Lisa)	11:00-12:00p Tai Chi/ Qi Gong (Kevin) B,I,A	11:00-11:45a SilverSneakers® Level 1 MSROM (Toba)		11:00-11:45a SilverSneakers® Yoga Stretch (John)	10:15-11:15a Curvaceous II (Nancy) B,I	
12:00-12:30p Absolutely Abs (Lisa) B,I,A	12:05-12:50p Pilates Sculpt (Jacqui) B,I,A	12:00-1:00p Absolutely Abs (Dan) B,I,A		12:00-12:45p Y Ball (Dan) B,I,A		
	4:00-4:45 Teens of Steel (Cat) \$\$\$	YOUTH DANCE! 4:00-5:00p (Amanda/ Renee) \$\$\$		4:00-5:00p Total Body Burn (Nicole) B,I,A		
5:10-6:10p Boot Camp (Christy) I,A	5:00-5:45p Step (Jen) B,I,A	5:15-6:00p Bodysculpting (Mark) B,I,A	5:30-6:30p Basic Fitness (Nancy) B,I			
6:15-7:15p Martial Arts Conditioning (Kevin) B,I	6:00-6:45p Curvaceous I (Sarah) B,I,A	6:20-7:20 Pilates Sculpt (Jane) B,I	6:15-7:30p LiveStrong At the YMCA Registration required			
	7:00-8:00p Kickboxing (Holly) B,I,A	7:30-8:30p Alexander Technique Contact Christy Clausen to register (Mara) \$\$\$	7:20-8:05p Thai Boxing (Kevin) \$\$\$			

Schedule effective February 8th, 2010

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

Y For your safety no one will be allowed into class 10 minutes after class begins

Y Cancellations will be posted beside the studio door

Register for classes online at www.ymcagreaterprovidence.org

Group Exercise Class Descriptions East Side/Mount Hope 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.

Curvaceous I & II Get a full body workout in 30 (level I)-45 minutes (level II)! This class combines low-impact aerobics with key strengtheners for all major muscle groups. If you'd like, stick around for some mellow stretching and relaxation afterwards!

Basic Fitness: Test your speed, agility, and stamina! Start with basic combinations on the step and then finish your workout with specific conditioning for the upper body. The perfect combination of cardio and strength for the beginner in you...

Latin Cardio Make your workout fun! Improve your dance steps while getting a great **cardio** exercise routine.



The Silver Sneakers Fitness Program: 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.

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!

Absolutely Abs: A complete strength and conditioning class for the muscles of the abdomen, glutes, hips, and lower back. incorporating some upper body strengthening.

Bodysculpting: Work every major muscle group with weighted body bars, dumbbells and tubing motivating music and excellent instructors!

Thai Boxing: Learn Muay Thai, qualities include coordination, flexibility, core strength and endurance. This ultimate striking art could always be used as self defense.

Class runs with the session dates and prices. Sign up at the Welcome Center!

Core Condition: More than Just Abs, with therapeutic balls, body & hand weights.

Hybrid Kickbox Taking your favorites and putting them together! Class will include 30 minutes of kickboxing, 15 minutes of Pilates and a cool down consisting of 15 minutes of Yoga.

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

Step I & II: Step class combining high energy, fun patterns and great transitions.

Martial Arts Conditioning The focus of this class will be on balance, flexibility, posture and coordination as well as general conditioning of the mind and body.

Teens of Steel Strength and nutritional training for youth and teens. Ages 11-18, See Welcome Center to register.

Pilates Sculpt Who said you can't use weights in a Pilates class? Join us for a non traditional approach to Pilates. Combine some core strengthening poses with hand held weights for a total body workout.

Alexander Technique

The Technique is a mind-body discipline that teaches people how to go about their daily activities with less strain and tension. It helps with poise, balance and being able to move comfortably and freely.

Tai Chi/Qi Gong Tai chi is the Taoist martial art of peace. Let go of everything and pay attention to right now.

Learn how to harness your Qi flow through a fluid combination of breath and movement.

Total Body Burn High Energy, fast paced class. Full Body Work-out, different every week

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.

Boot Camp Get back to the basics with this exciting concept. No-nonsense military-style workout. Sprints, push-ups, abdominals, basic calisthenics, and weight training are all included in this intense class. Guaranteed to create rapid body-changing results.

H.I.T A 45/60 minute class that intervals short bouts of intense cardio with challenging strength training segments. Cardio intervals will consist of jump rope, speed and plyometric moves. Strength segments will include powerful upper and lower body training with weights, bands and heavy balls. Geared to most fitness levels.

Spin and Sculpt Combine the joy of indoor cycling with the benefits of weight training! Start with a 45 power ride then Move next door for a 30 minute weight training session! You must attend Cycling portion of class!

Y Tri Weekly coached training sessions that include swimming, biking, and running drills. Please ask about session dates