

Y GROUP EXERCISE™

SML YMCA

New Yoga and Zumba Classes!

Check out our new

We build strong kids, strong families, strong communities.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Early AM	9:00-9:55 Cardio Sculpt ♥♥ (Karen)	9:00-9:55 Cardio Sculpt ♥♥ (Mary Ruth)	9:00-9:55 Cardio Sculpt ♥♥ (Mary Ruth)	9:00-9:55 Cardio Sculpt ♥♥ (Mary Ruth)	9:00-9:55 Cardio Sculpt ♥♥ (Karen)	9:00-10:00 Cardio Craze ♥♥ (Karen)
		9:00-9:45 Senior Spin Ⓢ (Karen M.)		9:00-9:45 Senior Spin Ⓢ (Karen M.)		
AM	10:00-10:45 Interval Training Ⓢ (Melissa)	10:00-11:00 Yoga (Mary Ruth)	10:00-10:45 Interval Training Ⓢ (Mary Ruth)	10:00-11:00 Yogalates (Mary Ruth)	10:00-10:45 Interval Training Ⓢ (Melissa)	
	10:00-11:00 Spin ♥♥ (Karen)		10:00-11:00 Spin ♥♥ (Karen)		10:00-11:00 Spin ♥♥ (Karen)	
	11:00-11:55 Pilates (Yvonne)	11:00-11:55 Dance Aerobics ♥♥ (Mary Ruth)	11:00-11:30 Extreme Abs Ⓢ (Mary Ruth)	11:00-11:55 Zumba ♥♥ (Jessica)	11:00-11:55 Pilates (Yvonne)	
Lunch			11:30-12:30 Gentle Yoga (Mary Ruth)			
	1:00-1:45 Stronger Seniors Ⓢ (Melissa)		1:00-1:45 Stronger Seniors Ⓢ (Melissa)		1:00-1:45 Stronger Seniors Ⓢ (Melissa)	
PM	4:30-5:25 Pilates (Yvonne)					
	5:30-6:30 Sculpt & Tone Ⓢ (Lois)	5:30-6:25 30-30 ♥♥ (Mary Ruth)	5:30-6:25 Sculpt & Tone Ⓢ (Lois)	5:30-6:25 30-30 ♥♥ (Mary Ruth)		
				5:30-6:30 Spin ♥♥ (Karen)		
	6:00-6:30 Extreme Abs Ⓢ (Karen)					
	6:30-7:30 Spin ♥♥ (Karen)	6:30-7:30 Yoga (Mary Ruth)	6:30-7:45 Tai-Chi (Dennis)	6:30-7:30 Yoga (Mary Ruth)		



Ⓢ - Strength Training

Ⓢ - 30-minute class

♥♥ - Cardio Class

Class Descriptions

Extreme Abs: concentration on strengthening and toning the abdominals, oblique's and back.

Cardio Sculpt: traditional cardiovascular high and low impact exercises combined with resistance training using weights, bands, and tubes to strengthen and tone muscles.

Cardio Craze: a mixture of cardio step, kick boxing, and much more. This class is ever changing. Don't expect the same class twice.

Dance Aerobics: High intense cardio—dance inspired with aerobic aspects. Fun and exciting.

Gentle Yoga: Traditional yoga designed at a gentle pace focusing on improving balance, flexibility, relaxation and proper breathing techniques.

Interval Training: High intensity, cardiovascular exercise, alternated with periods of lower intensity activities involving weights, bands & exercise balls.

30-30: Traditional cardiovascular exercise

utilizing floor and step for 30 minutes and 30 minutes of toning exercises.

Pilates: Similar to yoga, Pilates utilizes various mat exercises to develop strength in the core areas of the body such as the abs, glutes and quads.

Sculpt & Tone: A total body fitness class that emphasizes on slow precision movements that strengthen, condition, and tone your muscles. The workout uses resistance training, free weights, bands, stability balls, tubes and is adjusted to the fitness level of the participants.

Spinning: Come prepared to sweat and be sure to bring lots of water. A full hour of non-weight bearing, high calorie burning cardio cycling for all levels from beginner to advanced.

Senior Spin: An energy packed yet low impact cardio workout on spin bikes for older adults. Light upper body work will be incorporated into this class for the enthusiastic senior. Be sure to bring water!

Stronger Seniors: A class designed for seniors to get your heart rate up from a seated position while working out both upper and lower body

muscles.

Tai-Chi: An ancient art and gentle exercise practice designed to promote Martial awareness, spiritual enhancements and health benefits.

Yoga concentrates on improving balance, flexibility, relaxation and breathing techniques. This is a great way to learn how to manage and relieve stress.

Yogalates: A combination of Pilates and Yoga mixed!

Zumba The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!