

# YGROUP EXERCISE™

## Fall 2010

August 23<sup>rd</sup> – October 30<sup>th</sup>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 a.m. (AR) <b>Early Bird Spin</b> Carrie	8:00 a.m. (AR) <b>Body Sculpt</b> Amber	5:30 a.m. (AR) <b>Early Bird Spin</b> Carrie	8:00 a.m. (AR) <b>Body Sculpt</b> Amber	5:30 a.m. (AR) <b>Early Bird Spin</b> Miguel	8:30 a.m. (AR) <b>Boot Camp</b> Danille
8:00 a.m. (AR) <b>Zumba</b> Maria	8:30 a.m. (U) <b>Pilates</b> Sarah	8:00 a.m. (AR) <b>Zumba</b> Maria	8:30 a.m. (U) <b>Pilates</b> Sarah	8:00 a.m. (AR) <b>Zumba Toning</b> Alma	
9:05 a.m. (G) <b>Power Walk</b> Danille	9:05 a.m. (AR) <b>Super Spin</b> Danille	9:05 a.m. (G) <b>Power Walk</b> Monica	9:05 a.m. (AR) <b>Turbo Kick</b> Amber	9:05 a.m. (G) <b>Power Walk</b> Danille	9:30 a.m. (AR) <b>Super Spin</b> Miguel
9:30 a.m. (U) <b>Pilates</b> Monica	10:00 a.m. (U) <b>Yoga</b> Lynn				10:00 a.m. (U) <b>Zumba</b> Alma
10:00 a.m. (AR) <b>AOA</b> Danille	10:00 a.m. (AR) <b>Silver Sneakers</b> Danille	10:00 a.m. (AR) <b>AOA</b> Monica	10:15 a.m. (AR) <b>Silver Sneakers</b> Danille	10:00 a.m. (AR) <b>AOA</b> Danille	
		11:00 a.m. (AR) <b>Zumba Gold</b> Lupita			
5:00 p.m. (AR) <b>Zumba Toning</b> Maria	5:00 p.m. (AR) <b>Boot Camp</b> Danille	5:00 p.m. (AR) <b>Zumba Toning</b> Alma	5:00 p.m. (AR) <b>Zumba (KIS)</b> Sarah	5:00 p.m. (AR) <b>Zumba (KIS)</b> Nelly	
5:30 p.m. (U) <b>Basic Yoga</b> Beth	6:00 p.m. (AR) <b>Zumba</b> Maria	6:00 p.m. (AR) <b>Turbo Kick</b> Amber	6:00 p.m. (AR) <b>Zumba</b> Maria	<p>Sign-in is required for all Cycling classes</p> <ul style="list-style-type: none"> <li>• U - Upstairs</li> <li>• G - Gym</li> <li>• AR - Aerobics Room</li> </ul> <p><b>Revised: 08/19/2010</b></p>	
6:00 p.m. (AR) <b>Super Spin</b> Carrie	6:00 p.m. (U) <b>Pilates</b> Jessica	6:00 p.m. (U) <b>Yoga</b> Beth			
6:30 p.m. (U) <b>Power Yoga</b> Beth					
	7:00 p.m. (AR) <b>Super Spin</b> Carrie	7:00 p.m. (AR) <b>Super Spin</b> Carrie	7:00 p.m. (AR) <b>Super Spin</b> Miguel		

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Financial Assistance is available please ask for details.

Mission: To put Christian values into practice through programs that build healthy spirit, mind and body for all.

# Descriptions of Group Exercise Classes

**Active Older Adults:** This class moves through a variety of exercises designed to increase muscular strength, range of movement, and skills required during activities for daily living. Hand weights, elastic tubing, and balls are offered for resistance, and a chair is used for seated and standing support.

**Body Sculpt:** A complete toning and sculpting class using weights, bands, fit balls, and a variety of equipment combined with cardiovascular exercises. This class is suitable for all fitness levels. This class will end with 15 minutes of abs.

**Boot Camp:** This athletic class offers everything! It includes sport specific drills, kickboxing, step, and strength training.

**Pilates:** An increasingly popular form of “mind-body” exercise that helps improve core muscle strength, flexibility, balance and posture.

**Power Walk:** Power Walking, Power strength drills, and power abs.

**Power Yoga:** Intermediate to Advanced levels; this yoga class focuses on strength and flexibility poses moving at a faster pace.

**Silver Sneakers:** Muscular Strength & Range of Movement – 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.

**Super Spin or Early Bird Spin:** Feel those legs burn! Indoor cycling classes are easy on the joints. A great cardio workout!

**Turbo Kick:** It's a combination of intense kickboxing moves all perfectly choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intense intervals strength/endurance training, and a relaxing cool-down. Turbo Kick® requires no previous kickboxing experience or equipment.

**Yoga or Basic Yoga:** This is an effective way to build strength, stamina and flexibility while cultivating a sense of peace and well-being. All levels welcome.

**Zumba:** Dance your way to fitness! Exciting and unique Latin moves will keep you moving.

**Zumba Gold:** Basic class to dance your way to fitness! Exciting and unique Latin moves will keep you moving.

**Zumba (KIS) Keep it Simple:** Basic class to dance your way to fitness! Exciting and unique Latin moves will keep you moving.

**Zumba Toning:** The original Zumba dance-fitness class taken to the next level utilizing an innovative muscle training protocol and the addition of light weight dumbbells