



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Group Exercise

May 2012

Covington Family YMCA

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	<b>BODYPUMP™</b> with Kelli	<b>Group Cycling</b> with Denise	<b>BODYPUMP™</b> with Angela	<b>Group Cycling</b> with Denise	<b>Total Body Conditioning</b> with Kelli	
9:15 AM	<b>Step &amp; Abs</b> with Denise	<b>BODYPUMP™</b> with Monica	<b>Group Cycling</b> with Kelli	<b>Yoga</b> with Felicia	<b>8:45- 9:20</b> <b>Group Cycling</b> with Darcel	<b>9:00 AM</b> <b>Group Cycling</b> May 5- TBA May 12- Denise May 19- Connie May 26- Denise
			<b>Pilates</b> with Darcel		<b>9:30- 10:00</b> <b>Pilates</b> with Darcel	<b>9:00 AM</b> <b>ZUMBA®</b> May 5- Ruth May 12- Ruth May 19- Ruth May 26- Tanieka
10:15 AM	<b>L.I.F.E.</b> with Darcel	<b>Yoga</b> with Felicia	<b>L.I.F.E.</b> with Darcel	<b>BODYPUMP™</b> with Denise	<b>L.I.F.E.</b> with Darcel	<b>10:00 AM</b> <b>BODYPUMP™</b> May 5- <b>LAUNCH!</b> May 12- Denise May 19- Connie May 26- Denise
11:00 AM	<b>Cardio Line Dancing</b> with Darcel		<b>Cardio Line Dancing</b> with Darcel			
4:30 PM	<b>BODYPUMP™</b> with Angela	<b>Cardio Xplosion</b> with Kelli	<b>BODYPUMP™</b> with April	<b>Step and Abs</b> with Denise		<b>SUNDAY</b>
		<b>Group Cycling</b> with Denise		<b>Group Cycling</b> with Kelli		<b>2:00 PM</b> <b>Group Cycling</b> May 6- Connie May 13- Kelli May 20- Angela May 27- April
5:30 PM	<b>Cardio Xplosion</b> with Kelli	<b>BODYPUMP™</b> with Denise	<b>ZUMBA®</b> with Ruth	<b>BODYPUMP™</b> with Kelli		<b>3:00 PM</b> <b>BODYPUMP™</b> May 6- Connie May 13- Kelli May 20- Angela May 27- Denise
	<b>Group Cycling</b> with April		<b>Group Cycling</b> with Angela			
6:30 PM	<b>BODYPUMP™</b> with Connie	<b>ZUMBA®</b> with Ruth	<b>BODYPUMP™</b> May 2- Connie May 9- Kelli May 16- Angela May 23- Kelli May 30- Connie	<b>Pilates</b> with Ruth		<b>KEY:</b>
	<b>Pilates</b> with Ruth	<b>Group Cycling</b> with Connie				<b>Main Studio</b>
7:30 PM	<b>Yoga</b> with Karen					<b>After-School Building</b>

## CLASS DESCRIPTIONS

All of our Group Exercise classes are adaptable to any fitness level. Our instructors will encourage you to push yourself, but never force you to do more than you are able.

**Cardio Xplosion** (Sports Conditioning)- Forget the tricky choreography of aerobics, this class is geared to give you a cardio workout without all the frill! We will focus on testing your muscular endurance and push your anaerobic threshold by introducing plyometrics, coordination drills, and workouts with the ball. Bringing a towel and a water bottle is highly recommended. If you want a REAL challenge, then this class is for you!

**Step & Abs**- Challenging step combinations provide a fun, high-energy workout. This class is an excellent fat burner that includes lower body conditioning. Abdominal work follows the cardio segment of the class.

**BODYPUMP™** — The original barbell class that strengthens your entire body. This 55 minute workout challenges all of your major muscle groups. Great music, awesome instructors, and your choice of weight come together to give you the results you came for FAST!  
(learn more at [www.lesmills.com](http://www.lesmills.com))

**Cardio Line Dancing** — Perfect for the beginner or Active Older Adult, a low-impact aerobic dance class will have you kickin' up your heels and two-steppin' your way to a healthier you.

**L.I.F.E.** — Low Impact & Flexibility for Everybody — Get warmed up and then stretch it out. Exercises that you can do no matter what your stage in LIFE!

**Pilates** — One of the most popular workouts with dancers and professional athletes. Core strength and torso stability through a low impact, easily adaptable workout for all fitness levels.

**ZUMBA®** — Loosely translated as "move fast and have fun," this cardio Latin-dance class will get you ready to hit the club with a sculpted body and spicy moves!

**Yoga** — Low impact class that utilizes stretching to increase flexibility and sustained poses to improve muscle tone.

**Group Cycling** — Cardiovascular workout on a stationary bike that incorporates simulated hills, flat roads and drills all set to leg pumping music. Water bottle & a towel are a must!

**Total Body Conditioning**- A vigorous workout incorporating cardio, strength and core training- this class is great way to get your morning started!

**Please be courteous— some classes require several minutes to breakdown and setup equipment.**

**KID ZONE HOURS (Located in Main Building):**  
Monday—Thursday 8am-11:30am & 4pm-8pm  
Friday 8am-11:30am & 4pm-7pm  
Saturday 8:30am-12noon  
Sunday 1pm-4pm

Call ahead with your Member ID number to reserve your spot in our BODYPUMP™ & Group Cycle classes. Reservations must be made on the day of class & you must be present at the start of class to hold your spot.