

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

G. Cecil Pruett Community Center Family YMCA

Peggy Donaldson – Aquatics/Wellness Director

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# Nov.

**\*Don't miss the Zumba Master class Fundraiser Friday, 11/06/09. Registration opens at 6p, photos with Erick 6:30 and Master class 7p. Open to EVERYONE so bring friends! \$20. All proceeds go to Partner with Youth**

	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
<b>MON.</b>	6:00-7:00 AM	Group Cycling	Becci	Cycle Studio
	<b>8:30-9:30 NEW CLASS!</b>	<b>★Yoga</b>	<b>April</b>	<b>Teen Center</b>
	9:00-10:00	Intermediate/Advance H2O	Colleen	Pool
	9:15-10:15	Cardio & Sculpt	Irene	Large Studio
	10:00-11:00	★Beginner H2O Aerobics	Colleen	Pool
	10:15-11:15	Power Zumba	Tracy	Large Studio
	11:15-12:15PM	★Yoga/Pilates Combo	Beth	Large Studio
	4:15-5:30	Youth In Motion	Coach Steve	Gym
	4:15-5:15	Turbokick(30) & Sculpt(30)	Judy	Large Studio
	5:45-6:45	★ Zumba	Debbie	Large Studio
	6:00-7:00	Group Cycling	Lucy	Cycle Studio
	6:30-7:30	★Beginner H2O Aerobics	Dawn	Pool
	7:00-8:00 PM	★Yoga	Lynne	Large Studio
	<b>TUE.</b>	8:30-9:30AM	Group Cycling	Tina
9:15-10:15		Power Pump	Tracy	Large Studio
9:00-10:00		Intermediate./Advance H2O	Laura	Pool
10:15-11:15		Dance Fusion	Tracy(Dance/Kickboxing/Power Moves)	Large Studio
10:00-11:00		Beginner H2O Aerobics	Laura	Pool
11:15-12:15		★Athletic Core\Pilates	Gina	Large Studio
1:00-1:50PM		★Aqua Gold	Brenda/Pam	Pool
4:15-5:15		Group Cycling	Lucy	Cycle Studio
4:15-5:15		Youth In Motion	Coach Steve	Gym
6:00-7:00		Group Cycling	Gina	Cycle Studio
6:00-6:55		20(Cardio)20(Sculpt)20(abs)	Karen/Debbie	Large Studio
6:30-7:30		★Beginner H2O Aerobics	Colleen	Pool
7:00-7:55		★Pilates	Karen/Lisa	Large Studio
<b>WED.</b>		6:00-7:00 AM	Group Cycling	Becci
	<b>8:30-9:30 NEW CLASS!</b>	<b>★Pilates</b>	<b>Tracy</b>	<b>Teen Center</b>
	9:00-10:00	Intermediate/Advance H2O	Stacey	Pool
	9:15-10:15	Group Cycling	Wendy	Cycle Studio
	9:15-10:15	Total Body Conditioning	April (High Intensity drills)	Large Studio
	10:15-11:15	Cardio Kickboxing	April	Large Studio
	10:00-11:00	★Beginner Water Aerobics	Stacey	Pool
	11:15-12:15PM	★Yoga	Lynne	Teen Center
	11:15-12:15	★Zumba Gold/Beginner	Barbara	Large Studio
	4:15-5:30	Youth in Motion	Coach Steve	Gym
	4:15-5:15	★Yoga Dance 30/ Yoga 30	Tracy	Large Studio
	<b>6:00-7:00NEW TIME!</b>	<b>Boot Camp</b>	<b>Tracy</b>	<b>Large Studio</b>
	6:30-7:30	★Beginner H2O Aerobics	Dawn	Pool
	<b>7:00-8:00 NEW TIME!</b>	<b>★ Yoga</b>	<b>Lynne</b>	<b>Large Studio</b>

Any class with a ★ next to it, is a class that is appropriate for someone new to Group Exercise or anyone in THE COACH APPROACH®

For additional information about these classes or THE COACH APPROACH-An Exercise Support Process®, please contact Tracy Heimerl.

	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
<b>THURS.</b>	9:00-10:00	Intermediate/Advance H2O	Gina	Pool
	9:00-10:00	Boot Camp	Tracy(High intensity drills)	Large Studio
	10:00-11:00	Intermediate/Advance H2O	Gina	Pool
	10:00-10:30	Zumba Xpress	Tracy	Large Studio
	10:30-11:30	★Pilates	Tina	Large Studio
	10:30-11:00	Mommy & Me	Kerry	Gym
	<b>11:30-12:30 NEW CLASS!POWER PUMP</b>		<b>Irene</b>	<b>Large Studio</b>
	1:00-1:50 PM	★Aqua Gold	Brenda/Pam	Pool
	4:15-5:15	★Pilates	Stacey	Large Studio
	4:15-5:30	Youth In Motion	Coach Steve	Gym
	6:00-7:00	Group Cycling	Gina	Cycle Studio
	6:00-6:55	Power Step	Debbie	Large Studio
6:30-7:30	★Beginner H2O Aerobics	Brandie/Angie	Pool	
7:00-8:00	★Zumba	Debbie	Large Studio	
<b>FRI.</b>	6:00-7:00 AM	Cycling & Treadmill Circuit	Becci	Cycle Studio
	8:30-9:30	Group Cycling	Tina	Cycle Studio
	9:30-10:30	★Beginner H2O Aerobics	Darryl	Pool
	9:00-10:15	Full Body Strength	Gin Miller	Large Studio
	10:15-11:15	Dance Fusion(1)Boot camp(2)Zumba(3)Kickboxing(4)Kickboxing(5)		Large Studio
	11:15-12:15PM	★Pilates	Irene	Large Studio
	4:30-5:30	★Zumba & Toning	Barbara	Large Studio
5:30-6:30 PM	★Pilates	Lucy/Win	Large Studio	
<b>SAT.</b>	9:00-10:00 AM	Beginner H2O Aerobics	Colleen/Becci/Colleen/Colleen	Pool
	9:15-10:15	Group Cycling	Tina/Tina/Brandie/Brandie	Cycle Studio
	10:00-10:55	★ Zumba	Tracy/Debbie/Debbie/Tracy	Large Studio
	11:00-12:00	★Pilates	Tracy/Win/Win/Tracy	Large Studio
<b>SUN.</b>	1:15 – 2:15 PM	★Zumba	Lucy/Lucy/Barbara/Barbara/Barbara	Large Studio
	2:30- 3:30 PM	★Yoga	Win/Pam/Win/Karen/Karen	Large Studio

- \*Aqua Gold/Beginner,Intermediate,Advanced H2O Classes: Water aerobics classes that will give you a great cardio workout with less impact on the body since the water provides a natural girdle around the bodies using a lot of energy and burning a bunch of calories!
- \*BootCamp: A high energy, high intensity class filled with a variety of interval drills, strength conditioning drills, agility drills and core work. A challenging, high fat burning workout. This class is for any fitness level. You will set your own intensity.
- \*Cardio & Sculpt: Interval training switching from step aerobics to sculpting exercises. A creative class that keeps you guessing as to what's next. Fun for everyone!
- \*Dance Fusion: This class has it all; Dance, Kickboxing drills and Power/Plyometric moves. It's a fun, challenging workout to motivating music (pop, hip hop, rock, 50s, Latin to name a few) that will burn a lot of calories while strengthening the body and working the abs.
- \*Full Body Strength: Using barbells, hand weights, body bars and more working all the major muscles to strengthen the body.
- \*Group Cycling: A cycle class with motivating music where you set your own intensity and cadence. Go at your own fitness level. A high intensity, high fat burning, interval class. Group cycling is for everyone – beginner to advanced.
- \*Kids In Motion: Join Coach Steve in the gym for a fun filled workout just for kids, ages 5-12!
- \*Mommy and Me: 1-5 year olds participate in a class with Mom or Dad. Social interaction with other children along with working out with a parent. It's a fun, social class for the little ones.
- \*Pilates: A great abdominal workout while strengthening and stretching the entire body. Low stress on the body.
- \*Power Pump: A class similar to the popular BodyPump style. You will work a particular muscle group per song, fatiguing the muscles to produce more lean muscle mass. A great strength conditioning class using hand weights, body bars, tubing, balls and more!
- \*Power Step: A fun, challenging, high energy, high intensity step class.
- \*Step & Sculpt: Using a raised platform, stepping to music. A wonderful cardio workout combined with weights to sculpt the body.
- \*Total Body Conditioning: High intensity drills followed by lower intensity drills for active recovery. A high energy, interval, high fat burning class. Beginners to Advanced – set your own pace and build up to the full drills.
- \*Turbokick: A fun, energizing kickboxing class to popular, motivating music.
- \*Yoga: Stretching and strengthening the body while rejuvenating and relaxing the mind, body and spirit. Focusing on slow, deep relaxing breath control techniques.
- Yoga Dance: Yoga for everyone – easy on the body, flowing through the yoga poses with gentle breath control. Light stretching for the body.
- \*Zumba: A dance class to Latin music and Latin dance steps such as the Salsa, Merengue, Cumbia and more!
- \*Zumba Gold: Beginner Zumba class, slower paced to learn the dance steps.