



YMCA Land & Water Fitness Classes (effective 2-1-2012)

Monday				Thursday				
	Time	Class	Intensity Location		Time	Class	Intensity Location	
morning	5:45-6:30am	Aqua Fit (Water)	Beg/Int Rouzie	morning	5:45-6:30am	Cycle Strength	Int/Adv Cycle	
	5:45-6:40am	Muscle Work	Beg/Int S1		5:45-6:40am	Zumba	Beg/Int S1	
	5:45-6:30am	Cycle	Int/Adv Cycle		8:45-9:40am	Power Tone	Beg/Int M&B	
	8:45-9:40am	Forever Fit	Beg S1		8:45-9:40am	Cardio Circuit	Beg/Int S1	
	8:45-9:40am	Vinyasa Yoga	Int M&B		8:45-9:30am	Cycle	Int/Adv Cycle	
	8:45-9:30am	Cycle	Int/Adv Cycle		9:45-10:40am	Zumba	Beg/Int/Adv S1	
	9:00-9:50am	Aqua Fit (Water)	Beg/Int Rouzie		9:45-10:40am	SilverSneakers®MSROM	Beg M&B	
	9:45-10:40am	Muscle Work	Beg/Int S1		10:45-11:40am	Core & More Level 1	Beg M&B	
	9:45-10:40am	Chair Yoga	Beg M&B		11:05-11:55am	AA Water Fitness	Beg Kerr	
	11:05-11:55am	AA Water Fitness	Beg Kerr					
noon	12:05-12:50pm	Cycle	Int/Adv Cycle	noon	12:05-12:50pm	Vinyasa Yoga	Int M&B	
	12:15-12:45pm	Ultimate Circuit	Beg/Int S1		12:05-12:50pm	Noon Double Step	Int S1	
					12:15-12:45pm	Cycle Express	Beg/Int Cycle	
evening	4:00-4:20pm	Ab Blast	Beg/Int S1	evening	4:00-4:20pm	Ab Blast	Beg/Int S1	
	4:30-5:15pm	Cycle	Int/Adv Cycle		4:30-5:25pm	Kickboxing	Int/Adv S1	
	4:30-5:25pm	Muscle Work	Beg/Int S1		4:30-5:25pm	Power Tone	Int/Adv M&B	
	5:30-6:25pm	Super Step	Int/Adv S1		5:30-6:25pm	Super Step	Int/Adv S1	
	5:30-6:25pm	Yoga on the Move	Int/Adv M&B		5:30-6:15pm	Cycle	Int/Adv Cycle	
	5:30-6:15pm	Cycle	Int/Adv Cycle		5:30-6:25pm	Zumba	Beg/Int/Adv Y Gym	
	5:30-6:25pm	Zumba	Beg/Int/Adv Y Gym		5:30-6:15pm	Kids' Group Fitness/Circuit	Beg M&B	
	5:30-6:15pm	Kids' Fitness-Running	Beg Track		6:30-7:25pm	Muscle Work	Beg/Int S1	
	6:00-6:50pm	Water in Motion	Beg/Int Rouzie		6:30-7:25pm	Beginning Yoga	Beg M&B	
	6:30-7:15pm	Cycle	Int/Adv Cycle		7:30-8:25pm	Middle Eastern Dance	Beg S1	
	6:30-7:25pm	Beginning Yoga	Beg M&B		7:30-8:25pm	PM Yoga	Beg/Int M&B	
	6:30-7:25pm	Cardio Blast	Int/Adv S1					
	7:30-8:25pm	Zumba	Beg/Int/Adv S1					
Tuesday				Friday				
	Time	Class	Intensity Location		Time	Class	Intensity Location	
morning	5:45-6:30am	Cardio Blast	Int/Adv S1	morning	5:45-6:30am	Ultimate Circuit	Beg/Int S1	
	5:45-6:30am	Cycle	Int/Adv Cycle		5:45-6:30am	Cycle	Int/Adv Cycle	
	8:45-9:40am	Power Tone	Int/Adv M&B		7:45-8:30am	Silver Riders	Beg Cycle	
	8:45-9:40am	Cardio Circuit	Beg/Int S1		8:45-9:40am	Vinyasa Yoga	Int M&B	
	8:45-9:30am	Cycle	Int/Adv Cycle		8:45-9:30am	Cycle	Int/Adv Cycle	
	9:45-10:40am	Zumba Gold	Beg S1		8:45-9:40am	Kickboxing	Int/Adv S1	
	9:45-10:40am	Water in Motion	Int/Adv Rouzie		9:00-9:50am	Aqua Fit (Water)	Beg/Int Rouzie	
	9:45-10:40am	SilverSneakers®MSROM	Beg M&B		9:45-10:40am	Ultimate Circuit	Int S1	
	10:45-11:40am	Pilates 1	Beg M&B		9:45-10:40am	Beginning Yoga	Beg M&B	
	11:05-11:55am	AA Water Fitness	Beg Kerr		11:05-11:55am	AA Water Fitness	Beg Kerr	
noon	12:05-12:50pm	Vinyasa Yoga	Int M&B	noon	12:15-12:45pm	Ultimate Circuit	Beg/Int S1	
	12:05-12:50pm	Zumba	Beg/Int/Adv S1		12:05-12:50pm	Cycle	Int/Adv Cycle	
	12:15-12:45pm	Cycle Express	Beg/Int Cycle					
	4:30-5:25pm	Zumba	Beg/Int/Adv S1		4:30-5:15pm	Cycle	Int/Adv Cycle	
	4:30-5:25pm	Power Tone	Int/Adv M&B		4:30-5:25pm	Zumba	Beg/Int/Adv S1	
	5:30-6:25pm	Kickboxing	Int/Adv Y Gym		5:30-6:25pm	Cardio Blast	Int/Adv S1	
evening	5:30-6:15pm	Cycle	Int/Adv Cycle	evening				
	5:30-6:15pm	Kids' Zumbatomic	Beg S1					
	6:30-7:25pm	Muscle Work	Beg/Int S1					
	6:30-7:25pm	Zumba	Beg/Int/Adv Y Gym					
	6:30-7:15PM	Easy Rider	Beg Cycle					
	7:30-8:25pm	P.M. Yoga	Beg M&B					
Wednesday				Saturday				
	Time	Class	Intensity Location		Time	Class	Intensity Location	
morning	5:45-6:30am	Aqua Fit	Beg/Int Rouzie	all day	7:00-7:55am	Cycle	Int/Adv Cycle	
	5:45-6:40am	Muscle Work	Beg/Int S1		8:00-8:55am	Muscle work	Beg/Int S1	
	5:45-6:30am	Cycle	Int/Adv Cycle		9:00-9:55am	Water in Motion	Beg/Int Rouzie	
	8:45-9:40am	Forever Fit/Drums	Beg S1		9:00-9:55am	Saturday Step	Beg/Int/Adv S1	
	8:45-9:40am	Vinyasa Yoga	Int M&B		9:00-9:55am	Cycle	Int/Adv Cycle	
	8:45-9:30am	Cycle	Int/Adv Cycle		9:00-9:55am	Zumba	Beg/Int/Adv Y Gym	
	9:00-9:50am	Aqua Fit	Beg/Int Rouzie		9:00-10:15am	Dynamic Yoga (75 min)	Int/Adv M&B	
	9:45-10:40am	Muscle Work	Beg/Int S1		10:00-10:55am	Muscle Work	Beg/Int S1	
	9:45-10:40am	Gentle Yoga	Beg M&B		11:00-11:55am	Cardio Blast	Int/Adv S1	
	10:45-11:40am	Gentle Chair Yoga	Beg M&B		12:00-12:50pm	Zumba Gold	Beg S1	
	11:05-11:55am	AA Water Fitness	Beg Kerr					
noon	12:05-12:50pm	Cycle	Int/Adv Cycle					
	12:15-12:45pm	Ultimate Circuit	Beg/Int S1					
Sunday				Sunday				
	Time	Class	Intensity Location		Time	Class	Intensity Location	
evening	4:30-5:25pm	Yoga on the Move	Beg/Int M&B	all day	10:00-10:55am	Kickboxing	Int/Adv S1	
	4:30-5:25pm	Muscle Work	Beg/Int S1		11:00-11:55am	Zumba	Beg/Int/Adv S1	
	4:30-5:15pm	Cycle	Int/Adv Cycle		11:00-11:55am	Cycle	Beg/Int Cycle	
	5:30-6:25pm	Zumba	Beg/Int/Adv Y Gym		12:00-12:55pm	Sunday Step	Beg/Int S1	
	5:30-6:25pm	Ultimate Circuit	Beg/Int S1		12:00-12:55pm	Power Tone	Int/Adv M&B	
	5:30-6:15pm	Cycle	Int/Adv Cycle		2:00-3:15pm	Vinyasa Yoga (75 min)	Beg/Int M&B	
	6:00-7:15pm	Power Yoga	Int/Adv M&B					
	6:00-6:55pm	Aqua Power	Beg/Int Rouzie					
	6:30-7:25pm	Step	Beg/Int S1					
7:30-8:25pm	Zumba Gold	Beg S1						

YMCA Land and Water Fitness



S1-Main Studio-Main Floor Kerr (Warm) Pool
 Cycle-Cycle Studio-Ground Floor Rouzie (Cool) Pool
 M&B-Mind/Body Studio-Ground Floor

Land Fitness Class Descriptions

Ab Blast: A quick full core workout. This quick 20 minute class will give you an intense core workout.

Beginning Yoga: Basic Yoga postures emphasizing correct alignment while incorporating breath and relaxation.

Cardio Blast: A combination of intense cardio segments and total body conditioning will take your workout to the next level! Alternating between aerobic and anaerobic intervals, cardio blast will challenge you and help you reach your max fitness performance. Not recommended for beginners.

Chair Yoga: Increase strength, flexibility and concentration using a chair for support for traditional Yoga poses. Breath and relaxation techniques will be incorporated to complete this safe, relaxing class.

Gentle Chair Yoga: A very light yoga class that will utilize a chair for balance and posture support. Basic, simple, and easy to follow yoga move that will help increase balance, flexibility, and muscular strength.

Cardio Circuit : Combine fun with fitness with cardio and strength exercises to improve overall strength and cardiovascular endurance.

Core & More Level 1 : Basic instruction in both Pilates and Yoga in a level 1 class.

Cycling: One of the most popular group fitness classes at the Y. No complicated choreography with easy to learn techniques. Intensity is controlled by you, making cycling appropriate for all levels of fitness. Video Cycling classes incorporate the use of a big screen to take your mind off your workout. Cycle express is a quick 30 minute class.

Drums Alive: With a pair of drumsticks and an exercise ball sitting atop risers, let the jamming begin!!! Shuffle, tap, drum & jump to the beat of the music. The powerful beat and pulsating rhythms of the music will get your heart pumping and your feet tapping.

Noon Double Step: A cardio workout for the intermediate stepper focusing on building your cardio endurance followed by toning exercises set to music.

Dynamic Yoga: A more challenging vinyasa based class designed to tone the body and calm the mind by incorporating a variety of postures designed for balance, strength, and flexibility. Previous yoga experience is recommended before attending this class.

Easy Rider: Learn the basic rules of the road and cycling techniques. Work on building endurance while working at a pace you are comfortable with.

Forever Fit: A low impact class focusing on flexibility, range of motion, strength and cardiovascular fitness.

Gentle Yoga: This gentle class will challenge muscular strength, endurance, flexibility and increase stamina.

Kickboxing: Cardio kickboxing uses easy to follow steps for a total body cardio workout!

Middle Eastern Dance-(Belly dancing): A fun total body workout! The fluid motions of this dance class will help loosen muscle and build stamina, balance flexibility and strength.

Muscle Work : Group strength training for all fitness levels set to music using barbells, dumb bells, fit balls, Glides and resist-a-bands. Focuses on all major muscle groups. Improve muscular tone, endurance and strength.

Pilates 1: Basic instruction that will ensure proper body alignment, technique, and posture focusing on the basic Joseph Pilates' exercise method.

PM Yoga: Yoga postures that will prepare the body for resting. Light to moderate intensity. A great way to end the day!

Power Tone: This class incorporates strength, balance and flexibility training using basic Pilates exercises and various equipment. Hand weights, resistance bands, small Pilates balls, large fit balls, and BOSU's will provide variety, fun and results!

Power Yoga: This class will focus on a series of powerful poses linked with the breath. Improve strength, balance and flexibility for your mind, body and spirit. Moving at a fairly fast pace between sun salutations and intense postures, this class is suitable for advanced students.

Saturday Step: A double step cardio workout for the intermediate stepper focusing on building cardio endurance.

Silver Riders: A more gentle cycle class geared toward the novice rider. This class will consist of 30 minutes of steady cycling cadence.

SilverSneakers® Muscular Strength and 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.

Step: A cardio step workout for the beginner to intermidate stepper ready for a challenge.

Sunday Step: A cardio step workout for the beginner to intermidate stepper ready for a challenge.

Super Step: Double step cardio workout for the already fit exerciser. Fun choreography keeps you moving and grooving. This class is not appropriate for beginners.

Ultimate Circuit: This class incorporates cardio segments and strength training, increasing the overall intensity of the class. Focuses on all major muscle groups to improve muscular tone, endurance, strength, and cardiovascular fitness.

Vinyasa Yoga: Sequences of yoga postures that synchronize breath with movement. May include Sun Salutations. Moderate to intense, previous yoga experience recommended.

Yoga on the Move: Experience the mind and body connection in this flowing class that links breath and movement. You'll get a total body workout and leave feeling de-stressed and energized.

Zumba®: Zumba fuses hypnotic latin rhythms and easy-to-follow moves to create a dynamic fitness program that will blow you away. Combine calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba®.

Zumba Gold®: Zumba Gold is designed for anyone, any age, and any ability level! Lower intensity levels, but using the same rythms of Zumba guaranteed to be fun and effective total body workout.

Water Fitness Class Descriptions

WATERinMOTION® is the newest aqua exercise workout that provides a low impact, high-energy challenge for participants of all ages, skill and fitness levels.

AA Water Fitness: This 50 minute workout includes aerobic, strengthening and flexibility exercises appropriate for all fitness levels.

Aqua Power: This 45 minute deep-water workout focuses on cardiovascular endurance using a combination of flippers and/or floatation belts.

Aqua Fit: This workout focuses on aerobics and toning in the shallow and deep water.

Aqua Express: This quick workout focuses on aerobis and toning in shallow and deep water.