



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Central Group Exercise Schedule

August 2014
Central YMCA

| Studio 1 | | | | | | |
|---|---|---|---|---|--|--|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Cycling 05:45-06:45am Dorian | | Cycling 05:45-06:45am Dorian | | Cycling 05:45-06:45am Dorian | | |
| | | | | | Vinyasa Yoga 07:00-08:00am Lynn | |
| | Advanced Pilates 08:15-09:15am Stephanie | | Advanced Pilates 08:15-09:15am Stephanie | | Taiji for Health & Wellness 08:00-09:00am Jerry | |
| Tai Chi for Better Balance 09:00-10:00am Jerry | Zumba Toning 09:45-10:45am Ioanna | | | Tai Chi for Better Balance 09:00-10:00am Jerry | | Stretch, Strengthen & Balance 09:00-10:30am Sungalina |
| | | AOA Muve 10:00-10:45am Maggie | | | | |
| Sit & Get Fit Yoga Stretch 11:15-12:15pm Kathy | Parkinson's 11:30-12:30pm Jerry | Silver&Fit (Level 2) 11:15-12:15pm Kathy | Parkinson's 11:30-12:30pm Antonella | Silver&Fit (Level 2) 11:15-12:15pm Antonella | | |
| | Pilates 04:30-05:30pm Al | | | | | |
| | Turbo Kick 05:30-06:30pm May | | Zumba 05:45-06:30pm Annette | Zumba 05:00-06:00pm Ioanna | | |
| Vinyasa Yoga 06:30-07:45pm Mackenzie | Zumba 06:30-07:30pm Annette | Vinyasa Yoga 06:30-07:45pm Mackenzie | | Hot Hula Fitness 06:00-07:00pm Julee | | |
| Studio 2 | | | | | | |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| | | | | | Zumba 07:45-08:45am Kelly/Tiffany | Zumba 07:45-09:00am Janice |
| Cardio Dance 08:00-09:15am Melinda Gaborno | Hatha Yoga 08:25-09:40am Derek | Low II/Ball 08:00-09:15am Kathy | Hatha Yoga 08:25-09:40am Derek | Low II/Bosu 08:00-09:15am Kathy | | |
| AOA Low Impact I 09:30-10:15am Kathy | Vinyasa Yoga 09:45-11:00am Peter | | Vinyasa Yoga 09:45-11:00am Peter | Zumba Gold 09:30-10:30am Kathy | Boot Camp 09:30-10:45am Stephanie | Tummy Tush Toning 09:00-09:45am Janice |
| | Step Express 11:30-12:00pm Rosalie | | Step Express 11:30-12:00pm Rosalie | | | |
| Zumba 12:15-01:15pm Tori | Burn II 12:00-01:00pm Rosalie | | Burn II 12:00-01:00pm Rosalie | Zumba 12:15-01:15pm Jenna | | |



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| Studio 2 | | | | | | |
|---|---|---|--|--|----------|--------|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Step II/Burn I 04:45-05:40pm Al | | Step II/Burn I 04:45-05:40pm May | BOSU Circuit 04:45-05:25pm Al | Step II/Burn I 04:45-05:40pm Al | | |
| Gut Cut 05:40-05:55pm Al | Burn II 05:30-06:30pm Al | Gut Cut 05:40-05:55pm May | Burn II 05:30-06:30pm Al | Gut Cut 05:40-05:55pm Al | | |
| Power Combo Extreme 06:00-07:00pm Al | | | | | | |
| Gym | | | | | | |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Zumba 05:00-06:00pm Kelly | | Zumba 05:00-06:00pm Tori | | | | |
| Pool | | | | | | |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| | H2O Fit 10:15-11:15am Lauren | | H2O Fit 10:15-11:15am Lauren | Aqua Zumba 10:15-11:15am Tori | | |



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Descriptions

AOA LOW IMPACT I - For our members 55+- a half hour low intensity cardiovascular class with easy to follow choreography.

AOA MUVE - Structured improvisational dance; explore movement possibilities, loosen joints; rhythms from around the world. All levels. AOA. No experience required.

ADVANCED PILATES - Improve core strength, posture to and overall body awareness. More advanced moves, faster pace, and less focus on theory.

AQUA ZUMBA - Fusion of Latin Dance without the impact. Join the party in the pool and get a great workout.

BOSU CIRCUIT - BOSU (Both Sides Up) balance trainer can be used with the platform side up or down for different exercise and fitness levels. Expect a total body workout through constant core stability and balance challenge. All levels with modifications, as many moves are intermediate.

BOOT CAMP - A combination of creative and intense exercises using step, bosu, weights, to thoroughly work your body in a simple to follow format. Intermediate Level.

BURN II - Uses bar/plate system focusing on improving strength; more complex moves.

CARDIO DANCE - Cardio /fitness cardiography to new pop, oldies & Zumba music, followed by weights & isometric exercise to tone arms, legs & abs.

CYCLING - Non-impact, high-energy cardio ride on stationary bikes, simulating a road bike workout to music. Monday: Moderate Intervals, Wednesday: Hill simulation, Friday: Steeper Climbs.

GUT CUT - Abdominal training focusing on surface muscles using the step, fit ball & floor. Lower back exercises are also incorporated. All levels.

H2O FIT - Ideal for those wanting a less weight bearing, low impact exercise that uses water as resistance. Ideal for anyone recovering from injuries or whom may have any physical limitations. Use of aqua bells and noodles. T-shirt cover ups are acceptable. Aqua shoes/gloves are optional. Bring water bottles. ALL levels. AOA.

HATHA YOGA - Focus on the breath for relaxation brings together the connection of the mind, body & spirit. Improve posture, alignment & balance. All levels.

HOT HULA FITNESS - Easy to perform dance movements to the sounds of Polynesian drums fused with funky Reggae for a modern, hip fitness workout. Increases strength & definition to the core, glutes, quads & arms. All ages & fitness levels.

LOW II/BALL - Low impact, high intensity aerobics, followed by weights and core training on ball.

LOW II/BOSU - Low II/Bosu

PARKINSON'S - If you suffer from Parkinson's disease, there is a class specifically for you. This class focuses on posture, balance, strength, & vocal expansion.

PILATES - Improve core strength, posture to and overall body awareness.

POWER COMBO EXTREME - Cardio, Resistance, Power & Endurance training in a fast paced rockin' fitness environment. All levels.

SILVER&FIT (LEVEL 2) - Focus on increasing flexibility, joint stability, dynamic balance, coordination, muscular strength and cardiovascular endurance. Strengthening exercises using resistance bands & dumbbells are partnered with various cardio walks, and agility and reaction time exercises. Participants



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can start in a seated position and progress to standing if desired. For moderately active older adults.

SIT & GET FIT YOGA STRETCH - Seated and standing yoga postures designed to increase flexibility, balance and range of movement. Restorative breathing and relaxation exercises promote stress reduction and mental clarity. Chair provided for stability while doing poses.

STEP EXPRESS - A half hour step workout.

STEP II/BURN I - Fast paced cardio class with complex choreography. Strength/functional training using bar/plate system, focusing on improving strength with more complex moves.

STRETCH, STRENGTHEN & BALANCE - 3 A's of yoga—Attitude, alignment, action. Poses focus on stretching muscles and connective tissue, and building strength for a balance foundation.

TAI CHI FOR BETTER BALANCE - Endorsed by the Center for Disease Control as an effective fall prevention program.

TAIJI FOR HEALTH & WELLNESS - Introduction to some general concepts and principles utilized in Taiji practice. Forms and workout regimens from Yang, Sun, and Chen styles will be presented.

TUMMY TUSH TONING - Work the abs, gluts, legs & core, then stretch them out.

TURBO KICK - Pre-choreographed kickboxing classes that are taught the same by each instructor. Low impact but high intensity, fun and easy to follow. All levels.

VINYASA YOGA - Improve flexibility, strength & stamina. Asanas that form and shape your body while liberating your mind. All levels.

ZUMBA - Fusion of Latin dance (Salsa, Merengue, Cumbia) and aerobics. Great Fun!

ZUMBA GOLD - Fusion of Latin dance (Salsa, Merengue, Cumbia) and aerobics with an easier pace for Active Older Adults (AOA). Join the Party!

ZUMBA TONING - Zumba circuit training with light weights. Dance & tone.