



EFFECTIVE - January 1, 2012

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE CLASSES

<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>	<u>STUDIO</u>
MONDAY			
8:15 - 9:15 AM	Just Dance	Sandi	Program Studio
9:30 - 10:30 AM	Pilates	Sarah	Program Studio
9:30 - 10:15 AM	Chair Yoga	Terri	Art Studio
10:30 - 11:15 AM	Silver Sneakers (MSROM)	Sarah	Gym - Court 1
11:30 - 12:00	Cycling	Sarah	Spin Studio
4:30 - 5:15 pm	Cycling	Frank	Spin Studio
4:30 - 5:15 pm	BootCamp	Amie	Program Studio
5:30 - 6:15 pm	Turbokick™	Dawn	Program Studio
5:30 - 6:15 pm	Cycling	Robbi	Spin Studio
6:30 - 7:15 pm	Power Yoga	Robbi	Program Studio 1
TUESDAY			
5:45 - 6:30 AM	Cycling	Earl	Spin Studio
8:30 - 9:15 AM	PiYo™	Kate	Program Studio
12:00 - 12:45 pm	Yoga	Terri	Program Studio
4:30 - 5:15 pm	Pilates	Terri	Program Studio
4:45 - 5:15 pm	Cycling	Amie	Spin Studio
5:30 - 6:00 pm	Core-Set	Amie	Program Studio
6:15 - 7:15 pm	Turbo & Tone	Cherish	Program Studio
WEDNESDAY			
5:45 - 6:30 AM	Bootcamp	Becky	Program Studio
8:15 - 9:15 AM	Toning	Dawn	Program Studio
9:30 - 10:30 AM	Just Dance	Sandi	Program Studio
9:30 - 10:15 AM	Chair Yoga	Terri	Art Studio
10:30 - 11:15 AM	Silver Sneakers (Cardio Circuit)	Terri	Gym - Court 1
12:00 - 12:45 pm	Cycling	Frank	Spin Studio
4:30 - 5:15 pm	Step	Amanda	Program Studio
5:30 - 6:15 pm	Just Dance	Lorena	Program Studio
5:30 - 6:30 pm	Cycling	Deanna	Spin Studio
6:30 - 7:15 pm	Yoga	Sarah	Program Studio
THURSDAY			
5:45 - 6:30 AM	Cycling	Andy	Spin Studio
8:30 - 9:00 AM	Cycling	Dawn	Spin Studio
12:00 - 12:45 pm	Yoga	Terri	Program Studio
4:30 - 5:15 pm	Pilates	Terri	Program Studio
4:45 - 5:15 pm	Cycling	Amie	Spin Studio
5:30 - 6:00 pm	Core-Set	Amie	Program Studio
6:15 - 7:00 pm	Toning	Amanda	Program Studio
7:15 - 8:00 pm	Just Dance	Sandi	Program Studio
FRIDAY			
5:45 - 6:30 AM	Bootcamp	Becky	Program Studio
8:15 - 9:15 AM	Cardio Craze	Cherish (1st Friday) Dawn (2nd & 4th) Kitty (3rd) Sandi (5th)	Program Studio
9:30 - 10:15 AM	Yoga	Sarah	Program Studio
10:30 - 11:15 AM	Silver Sneakers (Cardio Circuit)	Sarah	Gym
11:30 - 12:15	Cycling	Sarah	Spin Studio
SATURDAY			
8:15 - 9:15 AM	Cycling	Frank	Spin Studio
9:00 - 10:00 AM	Power Yoga	Robbi	Program Studio

30 MIN CLASSES ARE IN
BOLD
CLASS DESCRIPTIONS
ON BACK

All classes are ongoing, and are open to members 13 and up...join in anytime. Classes are canceled with PCPS cancels school due to inclement weather.

YMCA HOURS:
Monday - Thursday
5:30 AM - 10 PM
Friday
5:30 AM - 9 PM
Saturday
8 AM - 6 PM
Sunday
1 PM - 6 PM

KIDSZONE HOURS:
Monday - Thursday
8 am - 1 pm
4 pm - 9 pm
Friday
8 am - 1 pm
4 pm - 8 pm
Saturday
8 am - 12 noon





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GROUP EXERCISE CLASS DESCRIPTIONS

MULTI LEVEL – Classes listed below offer a variety of ways to get fit and toned. Classes may be predominantly strength and toning or predominantly conditioning but may contain both.

- **Cardio Craze** – Cardio Fun!! The class is dependent on the instructor. Turbokick™, Hip Hop Hustle, Zumba™, Step and Circuit are all in the rotation.
- **Chair Yoga** – Using a chair for both seated and standing poses, we will bring our awareness to our breath, improving our flexibility and becoming more mindful. Please wear clothes that you can move comfortable in.
- **Core – Set** – Improve your posture and build core muscle groups through a variety of exercises designed to strengthen your abdomen, back and glute muscles while increasing your balance and flexibility through functional moves.
- **Cycling** – Highly motivating, fun and social. This group class offers a challenging workout for all fitness levels. Energetic and encouraging instructors guide you in riding your way to a leaner, stronger body.
- **Hip Hop Hustle** – NO EXPERIENCE REQUIRED! Impossible you say? Not for us! This class is a completely pre-designed hip-hop dance class that's easy to follow and easy to teach. Which, by the way, makes it even better because anyone can do the moves and make them their own!
- **Just Dance** – Burn up the dance floor and burn calories too, while we combine hip-hop, Latin and other dance rhythms for a good time and a great workout.
- **Pilates** – This class focuses on the core muscle groups to build strength, stabilization, and a tight waistline through stability ball and resistance exercises. Additional focus is given to a progressive total body workout to shape and strengthen all muscle groups.
- **Silver Sneakers™ – MSROM** – is a class designed to increase muscular strength , range of motion and functional activities for daily living.
- **Silver Sneakers™ – CARDIO CIRCUIT** – Is a standing class alternation segments of non-impact cardio work with muscular strength and flexibility exercises.
- **Toning** – A total body workout to shape and strengthen muscles using free weights, stability balls, resistance bands and your body weight.
- **Yoga** – This class is for beginners or someone who would like a slower pace practice. We will learn to breath, the foundation of each pose and mindfulness.
- **Zumba™** – Looking for a fun class? Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away while creating new and fun ways to workout!!

FITNESS ENTHUSIAST – For those looking for an additional challenge in their exercise routine. Classes are at an intense pace.

- **Bootcamp** – Every class is different but has a combination of strength, agility, speed and balance exercises. This class will bring your fitness to a new level.
- **PiYo™** – This class is a fusion style workout combining Pilates, yoga, dance and strength in a flowing sequence.
- **Power Yoga** – Vigorous total body workout that will improve joint flexibility, muscle strength, physical endurance and stamina while easing tension and stress.
- **Turbokick™** – Inspired by dance, boxing, tae kwon do and funk, this revolutionary group exercise program has changed the direction of kickboxing today. This class creates a fun atmosphere that will have you lining up for more.

