

High Street YMCA—Class Descriptions

ABS Class—A 20 minute class focusing on your CORE. A great combination before or after another class.

Ashtanga Inspired Yoga—a set series of postures from the ashtanga practice which is faster paced.

Circuit Blast and Circuit Training: 30 minute class focusing on core work and strength with weights in a circuit training environment.

Pilates Ball Some cardio work with the use of the Stability ball and light weights. Emphasis on Strength, balance and flexibility using the ball.

Fit For Life: The class combines aspects of cardiovascular conditioning, muscle strengthening, flexibility, balance work and more for a complete body workout.

Fusion Ball: This 50 minute class uses the stability ball and combines moves from Yoga and Pilates to help you increase strength, core conditioning, balance and flexibility.

Guts and Glutes—Join us for this class that is focused on working your abdominals and glutes!

Introduction to Yoga—This class is geared for beginning yoga practices as well as for individuals with a limited range of motion. This class will introduce postures and chair support is offered.

Jump Start: Jump start your day with this fun class that includes cardio, high/low and strength for an overall workout.

Lunch Crunch: 30 minute express class designed to tone muscles in a short period of time.

Kickboxing: Action packed class blending safety and techniques into a energizing, fat-burning workout.

Mindfulness Meditation: These short sessions are designed to introduce people to this contemplative technique so that we might practice when things get stressful and our minds are adrift. Come back home-to-now!

Muscle Pump: A strength training class working opposing muscle groups with power combos to get a total body workout.

Pilates: This 8 week on-going class works on your CORE. Stretch, lengthen and strengthen your muscles. Monday class is Free to members. Please see member services to sign-up.

Powerhouse: Cardio/strength circuit exercises. Cardio positions use sprints, kickboxing, etc. While the strength portion includes a variety of exercise.

Power Yoga: This class will flow through the yoga poses at a quicker pace then in beginning yoga to get a full practice in 45 minutes. Power Up and Energized for the rest of the day.

Play Ball/Cardio Ball: Cardio and strength class using stability and medicine balls. Join us—have a ball!

Silver Sneakers®: Have fun while increasing your muscular strength and range of movement for daily living skills using hand-held weights, elastic tubing with handles, a ball, and a chair.

Total Body Training: Strength training class working opposing muscle group with power combos to get a total body workout.

Yoga Flow: Flow through a variety of yoga postures, breathing exercises and deep stretching that is a good compliment to a more vigorous workout.

Zumba: This class is a fusion of Latin and International music. Dance themes create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow that tone and sculpt the body.



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

GROUP EXERCISE

High Street YMCA

Winter 2012

(Begins January 2)

www.ymcaofcentralky.org

REMINDER: It is wise to CONSULT your doctor before beginning an exercise program. Always LISTEN, to your body, pace yourself and slow down when needed, then GRADUALLY increase when ready.

Group Exercise Classes—FREE for YMCA members!

Monday	Class	Level	Inst.
6:00-7:00 am	Jump Start	All	Debbi
8:45-9:45 am	Yoga Vinyasa Flow	All	Josette
10-11:00 am	Fit For Life	Beg/Int	Betty
11-11:30 am	Zumba	All	Emily
11:30-11:50am	ABS Class	All	Emily
12:00-1:00 pm	Play Ball	Int/Adv	Kim
5:30-6:30 pm	Kickboxing	All	Tabitha
6:30-7:30 pm	*Intermediate Pilates	All	Keri
7:30-8:30 pm	*Beginning Pilates	Beginner	Keri

Tuesday	Class	Level	Inst.
7:00-7:45 am	Pilates	All	Alicia
8:00-9:00 am	Yoga Vinyasa Flow	All	Josette
9:00-9:30 am	Circuit Training(2nd floor)	Beg/Int	Debbi
9:30-10:30 am	Muscle Pump	Int/Adv	Kim
10:45-11:30am	Silver Sneakers® MSROM	All	Jann
4:30-5:15 pm	Yoga	Beg/Int	Cheryl
5:30-6:30 pm	Powerhouse	Adv	Whit
6:35-7:35 pm	Yoga Flow	Int	Jennifer
8:30-9:20 pm	Guts and Glutes	All	Emily

Wed	Class	Level	Inst.
6:00-7:00 am	Jump Start	All	Debbi
8:45-9:45 am	Yoga Ashtanga Inspired	All	Josette
10:00-11:00am	Fit For Life	Beg/Int	Jann
11:00-11:45 am	Zumba	All	Emily
12:15-12:45pm	Lunch Crunch	All	Alicia
5:00-5:30 pm	Step	All	Josette
5:30-6:30 pm	Pilates Ball	All	Josette
6:35-7:30 pm	Zumba®	All	Lindsay

Thursday	Class	Level	Inst.
7:00-7:45 am	Pilates	All	Alicia
8:00-9:00 am	Yoga Flow	All	Erin
9:00-9:40 am	Introduction to Yoga Room 201	Beginner	Josette
9:30-10:30 am	Total Body Training	Int/Adv	Kim
10:45-11:30am	Silver Sneakers®	All	Kim
11:30-12:15pm	Power Yoga	Int	Josette
4:30-5:15 pm	Yoga	All	Cheryl
5:30-6:30 pm	Powerhouse	Adv	Whit
6:35-7:35 pm	Yoga Flow	All	Anne Dean
7:40-8:30 pm	Zumba	All	Kay
8:30-9:30 pm	Yoga	All	Matt

Friday	Class	Level	Inst.
6:00-7:00 am	Jump Start	All	Debbi
9:00-9:50 am	Fusion Ball	All	Debbi
10:00-11:00 am	Fit For Life	Beg/Int	Jann
11:00-11:30 am	Zumba	All	Emily
11:30-11:50 am	ABS Class	All	Emily
12:00 - 1:00 pm	Total Body Training	Int/Adv	Kim

Saturday	Class	Level	Inst.
9:15 -10:15 am	Powerhouse	Adv	Whit
10:30-11:30 am	Yoga	All	Rotating

Sunday	Class	Level	Inst.
3:00-4:00	Hip Hop	All	O'livia
4:00-5:00 pm	Yoga	All	Rotating
5:00-6:00 pm	ZumbaTone®	All	Kay

Did You Know?

Schedule is subject to change on short notice. Please check bulletin boards/website for updates. Be a friend on Facebook to stay updated!

- Be sure to bring water and a towel to all classes!
- Participants must be at least 14 yrs old to participate in Group Exercise classes that using weights. Members ages 10-13 must be accompanied by a parent to class. Great family activity!