

Class Descriptions

Summer
2010

Effective

August 16

Group Exercise Classes

20 / 20 / 20: This is a total body workout. Challenge yourself with 20 minutes of cardio, 20 minutes of toning, 20 minutes of core work. Great for all levels and can be modified for beginners.

Advanced Functional Training: This class is designed for the intermediate/ advanced exerciser looking for results. Total body workout to improve cardio function, muscular endurance and strength.

Cardio Kickboxing: You will be immersed in an action packed and sweat-filled kickboxing class. The class blends safety and techniques into a tough, energizing, fat-burning workout.

Cardio Pump/Body Work: These classes use barbells and/or body bars and hand weights and are suitable for all fitness levels and body types. These classes promise a total body conditioning, strength, muscle toning and cardio workout. Rev up your calorie-burning furnace with strength and cardio training!

Cardio Step: Rev up your calorie-burning furnace in this class. Get in shape fast with high intensity, step aerobics. Intensity can be modified based on participant's level of fitness. This class does include choreographed routines.

Gym Class: A challenging variety of high intensity, easy to follow, sports conditioning drills. A great cardio calorie burning workout for everyone!

Just Pump: Similar to Cardio Pump, but focuses on weights/ strength without the cardio interval drills.

Jump & Pump: Wake up and get ready to move! Strengthen your muscles and get heart healthy. This class is designed to challenge your body with lots of strength training/weights mixed with shorter, aggressive bursts of cardio utilizing the gym, stairs, jump rope and more. All fitness levels welcome..

Mat-Flex: A series of stretching and toning total body exercises. Improve muscle tone, strength and coordination, circulation, mobility and flexibility. A perfect class for all levels who want to 'shape up' their bodies.

Starter Fitness: Ideal for beginners, seniors, pre-natal, or anyone who hasn't exercised in a while. Combines cardiovascular conditioning, muscle toning and strengthening, and stretching. Come to this class if you want to feel great!

Power-Hour: No Choreography allowed!! Instructor will utilize medicine balls, tubes, weights, rings and steps. You will perform athletic style drills to include sprints, plyometrics, footwork and much more. All levels welcome and get ready to sweat!

Step Basics & Toning: An easy to follow class to help you transition from Starter Fitness to more intense classes. Learn basic step moves, get a great workout, and tone and strengthen your body.

Triple Threat: Get your three favorite workouts all in one hour. Mostly Power Pump with a little Kick and a lot of core!! Come experience the threat.

Yoga/Pilates 'Fusion'. A fusion of moves borrowed from Yoga and Pilates to help you improve, flexibility, strength, and muscle tone. An emphasis on challenging the core postural/stabilization muscles. Great for all levels of exercisers who want to feel great!

Zumba®: A fusion of Latin and international music dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic interval training with a combination of fast and slow rhythms and easy to follow dance steps that tone and sculpt the body.

Studio Cycling Classes

Beginning Cycling: Just the right pace to challenge beginning cyclists.

Cycle & Core: Burn calories, tone up and increase fitness level with interval drills, hill climbs and speed training, ending the class with core and ab exercises.

Cycle Mix: This is a fun class for all levels of exercisers. We are taking former "beginner cyclists" to the next level. Modifications for the new cyclist will be given and more challenging drills when you're ready.

Cycle & Sculpt: Intervals of cycling and sculpting exercises using the exercise bands, and balls.

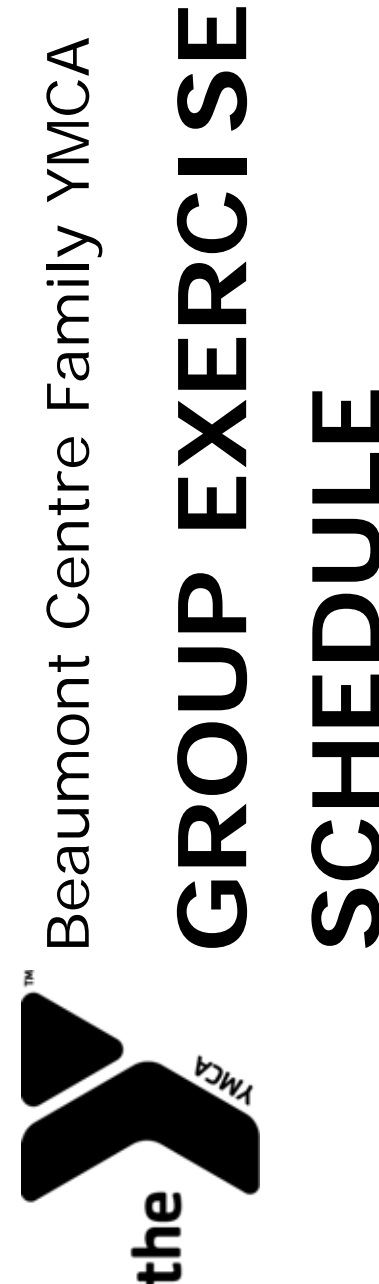
Ride & Shine: Come join us for our earliest class of the day. The perfect way to jump start your day!

Rock 'N' Ride: This great class challenges riders' endurance and toughness. Components include intervals, jumps/sprints, all while listening to great music!

Studio Cycling: Burn calories, tone up and increase your fitness level with interval drills, hill climbs, and speed training.

Did You Know?

- Schedule is subject to change on short notice. Please check bulletin boards for updates.
- Please do not enter class more than 10 minutes late, or more than 10 minutes before the previous class is over. This is for your safety and for the safety of other participants
- 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 utilize barbells during class. Youth members ages 10-13 must be accompanied by a parent to class.
- All classes are held in the downstairs Group Exercise Studio unless otherwise noted. "MP-A & B" are Multi-Purpose rooms upstairs and "MA" is the Martial Arts room located downstairs.



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Group Exercise Classes

Monday

8:55-9:50 am	Triple Threat	Pam
10:00-11:00	Step Basics and Toning	Susan
11:45-12:45	Strength & Stretch (MP-A)	George
4:30-5:30 pm	New! Cardio Step– Int/Adv	Debbie
5:40-6:40 pm	20/20/20—all levels	Heather
6:00-6:50 pm	Mat Flex (MP-A)	Robin
7:00-7:50 pm	Zumba®	Lindsay

Tuesday

6:00-7:00 am	Power Hour	Heather
8:30-9:20 am	Cardio Step– Int/Adv	Debbie
9:25-10:25am	Body Work	Pem
10:30-11:20	Starter Fitness— Beginners	Laura
11:05-12	Yoga/Pilates Mat Fusion	Karin
4:30-5:30 pm	Cardio Step – Int/Adv	Debbie
5:45-6:45 pm	Cardio Pump – Int/Adv	Alisha
7:00-7:50 pm	Zumba®	Lindsay

Wednesday

8:55-9:50 am	Cardio Kickboxing	Pam
10:00-11:00	Zumba®	Emily
11:45-12:45	Strength & Stretch	George
4:30-5:30 pm	Cardio Pump– All levels!	Debbie
5:30-6:30 pm	Yoga/Pilates Mat Fusion (MP-	Tina
5:45-6:45 pm	Adv. Functional Training	Taylor
7:00-7:50 pm	Starter Fitness	Amanda

Group Exercise Classes

Thursday

6:00-6:50 am	Jump and Pump!	Michelle
8:30-9:20 am	Cardio Step- Int/Adv	Debbie
9:15-10:15 am	Yoga/Pilates on the Ball– Int/Adv (MA)	Jeannie
9:25-10:15 am	Just Pump & Abs	Debbie
10:20-11:10	Starter Fitness – Beginners	Nicole
11:15-12:15	NEW! Zumba®	Jenni
11:05-12 Noon	Yoga/Pilates Mat Fusion	Karin
5:00-5:50 pm	Just Pump	Holly
6:00-6:55 pm	20/20/20– Great for all lev-	Alisha
7:00-7:50 pm	NEW! Zumba®	Jenni

Friday

9:00-10:00 am	Cardio Step – Int /Adv	Debbie
10:15-11:15	Power Hour	Pam

Saturday

8:25-9:00 am	Gym Class—All levels!	Liz C.
8:30-9:30 am	Mat Flex– all levels (MP-A)	Debbie
9:00-9:50 am	Just Pump– Int/Adv	Liz C.
10:00-10:55	Cardio Pump	Char-

Sunday

2:00-3:00 pm	Adv. Functional Training	Taylor
4:00-5:00 pm	Yoga/Pilates Mat Fusion	Tina
4:30– 5:30 pm	Cardio Step– Advanced	Holly

Studio Cycling Classes

Monday

5:45-6:45 am	Ride & Shine	Lori
9:15-10:15 am	Studio Cycling	Betsy
12:05-12:55 pm	Cycle & Sculpt	Pam
6:00-6:50 pm	Studio Cycling	Erin H.
7:00-7:50 pm	Beginning Cycling	Heather

Tuesday

9:15-10:15 am	Cycle & Core	Betsy
12:00-12:45 pm	Active Older Adult's Let's Ride	Garrett
6:00--6:50 pm	Studio Cycling	Eddie

Wednesday

6:00-6:55 am	Studio Cycling	Lori
6:00-6:50 pm	Cycle Mix	Heather

Thursday

9:15-10:15 am	Cycle & Core	Nicole
12:00-12:45 pm	Active Older Adult's Let's Ride	Garrett
6:00-6:50 pm	Rock 'N' Ride	Jim

Friday

5:45-6:45 am	Ride & Shine	Lori
9:15-10:15 am	Studio Cycling	Liz W.

Saturday

8:30-9:20 am	Studio Cycling	Erin H.
9:30– 10:30 am	Rock 'N Ride"	Alicia

Sign-in begins 30 minutes prior to the start of class at the Wellness Desk. Please sign in and get a wrist band. If you are new to cycling, please get to class early to learn how to set up your bike. Be sure to bring water and a towel!!

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.

COMMENTS / QUESTIONS? CONTACT ERIN JONES, WELLNESS DIRECTOR AT 219-9622 EXT 17 OR EJONES@YMCAOFCENTRALKY.ORG