



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**THE GROUP EXERCISE SCHEDULE AND INSTRUCTORS ARE SUBJECT TO CHANGE AT ANY TIME.
IT DOES NOT RUN ON AN 8 WEEK SCHEDULE AS THE PAID CLASSES DO. THE YMCA RESERVES THE
RIGHT OF STUDIO OCCUPANCY AT ALL TIMES.**

Yoga Descriptions

Beginner Yoga– A great place to enjoy the benefits of yoga with poses and postures broken down to simple form, in slower motions. Relax, enjoy the simplicity of the beginner class, and begin your yoga journey.

Yoga Basics-Beginner Level

Class includes breathing exercises, stretching/warmups, yoga postures and relaxation. It is recommended for students before taking intermediate level yoga courses. Yoga Basics is for All Levels and will challenge the beginner to experienced level member to a wonderful workout. Classes are 75 minutes. No sign up required.

Yoga Spirit-Moderate Level

All level class that offers simple, safe, and practical techniques that quickly reduce tension and stress. Learn strength building for greater resistance to stress, safe, gentle exercises that bring more energy to the body and breathing techniques that support healthy mood management. Soft and gentle, but can be intensified as desired. Free for members.

Hatha Yoga: All levels Classic yoga postures (asanas) combine with meditation, breathing techniques, and deep relaxation, to increase strength, flexibility, balance, and body awareness.

Kripalu Yoga-Moderate Level

This meditative, slow practice focuses on balancing the spirit. Breath work is part of every class. Students let go of audible sighs, then inhale peace and calm. Poses are held for several breaths, but teachers often highlight one asana per class to hold longer, with the idea of experiencing willful surrender, which is part of Kripalu. Free for members.

Power Yoga-Advanced

Inspiring workout that guides you through brisk Vinyasa sequences specifically designed to build your energy reserves, inner strength, stamina and endurance. Will most likely appeal to those that are confident in yoga practice and looking for a more vigorous yoga workout, although modifications are available to help you through. Free for members.

Pilates/Yoga Fusion-Moderate

Lengthens, strengthens all the major muscle groups for a long lean body. Work your core muscles, promote strength in postural muscles, promote awareness of spine and protect it from injury. Free for members.

Vinyasa/Power Yoga-Advanced

Power Vinyasa emphasizes the sequential movement between postures, coordinated with and guided by deliberate breath. The Vinyasa practice becomes a moving meditation that creates strength, freedom, and fluidity, in the body and mind. All levels are welcome to join this vigorous practice in finding ones state of flow. Free for members.

Yin/Yang Yoga-Moderate-Intermediate

Designed specifically for the Yoga Practitioner who enjoys moving slowly through a form class.

Slow Rockin' Flow Yoga– Moderate/Intermediate

For the Yoga practitioner who enjoys using their knowledge of form in a slow flow class.

Budokon Yoga– **Must have completed 10 or more Vinyasa classes** to attend this blend of Yoga, Martial Arts, and Pilates. Open your hips and shoulders, while cultivating a powerful core.

Aerobic Descriptions

Muscle Conditioning – Improves muscular strength and endurance of all muscle groups using dumbbells, tubing, body bars and more. A complete strength training workout from head to toe. **All Levels, No Impact**

Seniorise – This class is geared towards the older adult with emphasis on building cardiovascular endurance and muscular strength. **All Levels**

Hi/Low Impact Aerobics – An aerobic workout including movement patterns and hi/low intervals of cardio. A fun workout to motivate and get you in shape. **All Levels**

ZUMBA– A fun Latin dance workout that's sure to make you smile and sweat. **All Levels**

Spinning – A stationary cycling class using the stationary Schwinn bikes. Workout consists of 40+ minutes of moderate to advanced cardiovascular conditioning. Advanced sign-up at front desk is required. Get a great sweat, burn calories and have fun! **All Levels**

Step – 30-40 minutes of step routines to burning calories and motivating you with creative, fun choreography. **Intermediate Level.**

Basic Training –A boot camp style class includes cardiovascular, strength and sports conditioning exercises for a total body workout. A different workout for each class. **Intermediate/Advanced**

Cardio Kickboxing: combines techniques of martial arts with high energy, aerobic moves. Learn proper kicking techniques, boxing moves and Kickbox combinations to work your body in a whole new way! **Intermediate/Advanced**

Total Body Ball – A great total body workout using stability balls, Bender Balls, and Medicine Balls. Great for shaping and toning your body and strengthening your core. **All levels**

Step Circuit – Alternate between energizing step routines and muscle/strength training exercises. A fun, fat-burning workout. **Intermediate/Advanced**

Total Body Conditioning– A head to toe workout with challenging body-weight exercises, strength training exercises and endurance moves. **Advanced**

Circuit Blast–You will never know what's coming: Circuits, Stations, Interval Training and tons more. Combines cardio and strength moves getting you in shape and keeping you motivated. **Intermediate**

Express Classes:–For all levels-30 minutes

Core/Abs: Works glutes, back, abs and hips. Strengthen your core with body weight exercises, dumbbells, stability balls, gliding disks and more.

Upper Body: Strengthen your Biceps, Triceps, back, chest and shoulders with various body weight exercises, dumbbells, body bars, stability balls, resistance tubing and more.

Step Into Shape– Simple, easy to follow step combinations combined with strength exercises, giving you a full body, fat burning workout. Uses dumbbells, medicine balls, body bars, and more. **Intermediate**

Fit Combo–20 Minutes of Spin, 15 Minutes of Strength, and 10 Minutes of Abs. **All levels**–must sign up for spin class.

PIYO–a unique blend of yoga/pilates that is sure to please the fitness enthusiast. Tons of core, lots of power, and major shaping and toning. **All levels.**

Fall II 2011
Paid Classes Run
October 29th–December 23rd

**Free Group Exercise Classes are for
ages 17 & Up .**

New Online Spin Sign-Ups

Our Spin Class bike reservations are now done online. Please log on to:

www.northshoreymca.org

**Greater Beverly
Group Exercise
Spinning**

Here you will find all the tools you need to make a reservation, cancel/delete a reservation, and view the spinning schedule.

Our No-show policy is also available on-line for you to view. Please make sure you cancel your reservations and do not incur a No-Show penalty. Phone in registrations are excepted on a limited basis for those without internet access.

For questions or comments about this schedule, please contact:

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The YMCA Reserves the right of studio occupancy at all times. Members must clear the studios 15 minutes prior to the start of any class, and may not enter a studio until all class participants and the instructor/trainer have cleared the studio.

Use of the studios is a privilege and we sincerely appreciate your efforts to closely follow this policy and adhere to the schedule/studio guidelines.

Members may not workout in the studios while a class is in session.

Please do not interrupt a class in session in the studios.

Go to www.northshoreymca.org or call 978-564-3907 for more information about the Sterling YMCA Group Exercise Schedule.