



Winter Group Exercise Schedule

NEW Classes Start January 2, 2012

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
PR #1	Alt Location	PR #1	Alt Location	PR #1	Alt Location	PR #1	Alt Location	PR #1	Alt Location	PR #1	PR #1
6:00-7:00 SPIN <i>Richard</i>		6:00 -7 :00 BODY FIT <i>Tom</i>		6:00 - 7:00 SPIN <i>Richard</i>		6:00 -7:00 TBC <i>Karen</i>		6:00 - 7:00 SPIN <i>Richard</i>		7:00-8:00 SPIN <i>Michelle</i>	
8:00 - 9:00 TAI CHI <i>Herbert</i>				8:00 - 9:00 TAI CHI <i>Herbert</i>						8:00-9:00 YOGA <i>Hillary</i>	
9:00 - 10:00 STEP N'SCULPT <i>Carey</i>	9:00-9:45 Tini Yogini PR#2 <i>Maria</i>	9:00 - 10:00 ZUMBA <i>Stephanie</i>		9:00-10:00 PUNK ROPE <i>Deb</i>		9:00 - 10:00 PEDAL N' PUMP <i>Deb</i>	9:00- 9:45 Budding Buddha's PR #2 <i>Ann</i>	9:00 - 10:00 TBC <i>Karen</i>	9:00-10:00 KARATIO <i>Kurt</i> Basketball court	9:00-10:00 ZUMBA <i>Jen</i>	9:00-10:00 ZUMBA <i>Trisch</i>
10:00-11:00 PILATES <i>Sharon</i>	10:00-10:45 Budding Buddha's PR#2 <i>Maria</i>	10:00 - 11:00 TBC <i>Karen</i>		10:00-11:00 STRENGTH & TONE <i>Deb</i>		10:00-10:45 PILATES 50/50 <i>Ann</i>		10:00 - 11:00 ZUMBA <i>Stephanie</i>			10:00-11:00 YOGA <i>Tom O.</i>
		11:00 - 12:00 GENTLE FLOW YOGA <i>Hillary</i>				11:00-12:00 ZUMBA <i>Stephanie</i>		11:00 - 12:00 GENTLE YOGA <i>Ann</i>			
5:00-5:30 FLAT BELLY'S <i>Tom</i>		4:30 - 5:30 SPIN <i>Deb</i>		5:00 - 6:00 SPIN <i>Valerie</i>		4:30 -5:00 FLATBELLY'S <i>Tom</i>					
5:30 - 6:30 20/20/20 <i>Renee</i>		5:30 - 6:00 ALL ABS <i>Deb</i>		6:00 - 6:30 EXPRESS PUNK ROPE <i>Jaime</i>		5:00 -6:00 SPIN <i>Valerie</i>					
6:30 - 7:30 SPIN <i>Deb</i>	6:30- 7:30 YOGA PR #3 <i>Bill</i>	6:00 - 7:00 ZUMBA <i>Jan</i>		6:30 - 7:30 YOGA <i>Allison</i>	6:30-7:30 PILATES <i>Sharon</i> PR#3	6:00 - 7:00 ZUMBA <i>Trisch</i>	6:30- 7:30 YOGA PR #3 <i>Liza</i>				
		7:00-8:00 KICKBOXING <i>Karen B</i>				7:00 - 8:00 STEP N SCULPT <i>Renee</i>					

Health and Wellness Notes:
 This Winter, we are excited to offer you
 MORE classes,
 NEW classes & NEW Times &
 NEW instructors.
ALL 1 hour classes will run 55 minutes in length.
 New Classes are highlighted with a purple star
 throughout the schedule.
 Time changes are highlighted with an orange
 oval.
 Be sure to attend any of these to
 CHANGE your body by changing your routine,
 CHALLENGE yourself physically and mentally,
 LEARN new and exciting ways to exercise.

- Classes with consistently less than 4 people will be cancelled.

Classes in RED are CARDIO classes. Recommended everyday !

Classes in BLUE are STRENGTH classes. 2-3 times a week.

Classes shown in GREEN are combined STRENGTH and CARDIO. These are a great way mix it up and get both done !

Classes shown in YELLOW are YOGA and TAI CHI. Recommended everyday for flexibility, stress and injury prevention.

Classes shown in GREY are FEE BASED. Information about them can be found in our program guide.

Group Exercise Class Descriptions

20/20/20- This mix of low impact aerobics, muscle toning, stretching and abdominal work will be sure to burn those calories having a blast!

Body Fit- A unique training methodology based on cross training principles. By using constantly varied, high intensity functional movements, you will become leaner, fitter and more durable in the real world. No matter what your current fitness level, this class will allow you to achieve more, in less time.

Cardio-Kickboxing- Fun packed athletic kickboxing class will focus on proper execution of basic kickboxing drills combined with toning exercises and abdominal work for a complete workout.

Punk Rope- A playful cross between recess and boot camp, which combines rope jumping, creative calisthenics, cooperative activities, relay races and core training.

Tai Chi- Traditional Chinese exercise that involves the spirit, mind & body.

TBC or Total Body Conditioning- a combo of strength training & core conditioning. Proper body alignment and correct techniques will be taught for all exercises with low weights and bands.

Spinning- Come sweat it up on one of our spinning bikes to your favorite music. Class will certainly get your heart rate pumping and burn those calories. **Intensity can be adapted for ANY level!**

Pedal and Pump- This is a 55 minute class that will combine spin with strengthening exercises. Great for all levels of participants to get cardio and strength in one shot!

Step- Challenge yourself to stay fit with this high energy step class. Class involves step aerobic combinations to keep your heart rate elevated.

Step n' Sculpt- This energetic class incorporates strength training segments within the aerobic portion of class. After a 10 minute warm-up/stretch, members will participate in intervals of step aerobic routines and muscle conditioning exercises. Class concludes with a 5 minute cool down and stretching.

Strength-N-Tone- This class is for all levels of fitness. A muscle conditioning class that incorporates strength and toning muscles of the whole body.

Yoga- Classes consist of classic yoga exercises modified for class comfort and intensity level.

Gentle Yoga is a great introduction to yoga poses and meditation. Enjoy the stretching benefits

Power Yoga is a more intense class that flows between postures to stretch and strengthen. Class meets for 1.5 hours.

Zumba- is a fusion of Latin and International music - dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Body Fit - This class has it all. You will improve your strength, power, flexibility, and endurance. Your body fat percentage is sure to drop as a result of this dynamic full body transformation.

All Abs - Tired of waiting for the magical secret to a flat stomach? Well combined with a clean diet, this class will give you the best possible chance to slim your waist line and develop a rock hard mid section.

All Core - This class is going to make your safer, more durable and just flat out more efficient out there in the real world. You will develop a strong and capable mid section that will help you live life to the fullest, and be able to do so pain free.

Functional Fitness - This class takes Functional Core one step further by inviting the rest of your body to the party. Here you will not only develop the body you always wanted from a visual standpoint, but also from a practical standpoint. Feel the power!

Pilates - A smooth combination of two of the most effective Pilates styles of our time, this class is a 50/50 split between mat Pilates and Standing Pilates. Sure to get your core in shape and show you a new meaning for the word "Fit".

Young at Heart Yoga - If your focus is living longer, better, healthier, with more vitality and your over 65, then this class is for you.

KARATIO- This class is an intense cardiovascular workout that combines a variety of aerobic & plyometric exercises with martial arts techniques.



Questions or comments about this schedule?

Contact:

Tom Lavigne,
Health and Wellness Director
978-374-0506 ext. 1607

Babysitting Hours

(free with family membership)

Monday-Friday

8:45 am-2:00 pm

Monday-Friday

3:30 pm-7:30 pm

Saturday

9:00 am-12:00 pm

Sunday

9:00- 12:00 pm

Hours of Operation

Monday-Friday

5:00 am to 9:30 pm

Saturday

6:00 am to 8:00 pm

Sunday

8:00 am to 4:00 pm

Haverhill YMCA

81 Winter Street

Haverhill, MA 01830

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