



Time	Monday		Tuesday		Wednesday		Thursday		Friday	
	Aerobic Stu.	Whipple Rm.	Aerobic Stu.	Whipple Rm.	Aerobic Stu.	Whipple Rm.	Aerobic Stu.	Whipple Rm.	Aerobic Stu.	Whipple Rm.
5 - 6am	Step 101 (5:25-6:30) <i>Joy</i>		Spin and Condition <i>John</i>		Step 101 (5:25-6:30) <i>Joy</i>		Spin and Condition <i>John</i>		Hi/Low Interval (5:15-6:15) <i>Joy</i>	
6 - 7am	Boot Camp * (Small Gym) <i>Corey</i>				Boot Camp * (Small Gym) <i>Corey</i>	Power Flow (6:30-7:45) <i>Jerry</i>	Spinning <i>Keli</i>		Boot Camp * (Small Gym) (6:00-7:15) <i>Corey</i> Performance Spin (6:15-7:15) <i>Rex</i>	Power Flow (6:30-7:45) <i>Jerry</i>
7 - 8am			Cardio Care (7 - 8:15) <i>Pauline</i>				Cardio Care (7 - 8:15) <i>Pauline</i>			
8 - 9am	Group 101 w/Ball <i>Pauline</i>		Butt and Gutt (8:15-9) <i>Paulette</i>		Group 101 w/ Step <i>Pauline</i>		Butt and Gutt (8:15-9) <i>Paulette</i>		Group 101 <i>Pauline</i>	
9 - 10am	Cardio Blast <i>Paulette</i>		Muscle Conditioning <i>Lisa</i>		Cardio Kickboxing <i>Paulette</i>	Hatha Yoga (9:00-10:15) <i>Lisa</i>	Muscle Conditioning <i>Lisa</i>		Cardio Blast <i>Paulette</i>	
					Women on Weights * (Fitness Floor) <i>Liz</i>					
10 - 11am			Zumba (10:15 - 11) <i>Lisa</i>	Intermediate Yoga L1 (10:30-11:45) <i>Michelle</i>		Intermediate Pilates * (10:20-11) <i>Laura</i>	Zumba (10:15 - 11) <i>Lisa</i>	Intermediate Yoga L1 (10:30-11:45) <i>Michelle</i>		
11am - 12pm	Bosu <i>Corey</i>				Bosu <i>Corey</i>				Bosu <i>Corey</i>	Ananda Yoga L2 <i>Tracy</i>
12 - 1pm	Cardio Blast <i>Elise</i>		Spinning (12:10-12:50) <i>Debbi</i>			Pilates 101 <i>Laura</i>	Spinning (12:10-12:50) <i>Debbi</i>		Cardio Blast <i>Elise</i>	
1 - 2pm					Cardio Blast <i>Elise</i>					
4 - 5pm			Spinning <i>Dennis</i>				Spinning <i>Dennis</i>			
5 - 6pm			Zumba! (5:30-6:25) <i>Ashley</i>	Pilates L3 * (5:30-6:30) <i>Laura</i>			Zumba! (5:30-6:25) <i>Ashley</i>	Pilates L3 * (5:30-6:30) <i>Laura</i>	Teen Spinning * (5:30-6:30) <i>Sarah</i>	
6 - 7pm	Muscle Conditioning (6:15-7) <i>Beth</i>	Vinyasa Yoga (6:15-7:30) <i>Laura</i>	Cardio Kickboxing (6:30-7:30) <i>Jessica</i>		Muscle Conditioning (6:15-7)	Hatha Yoga L1-2 (6:15-7:30) <i>Michelle</i>	Cardio Kickboxing (6:30-7:30) <i>Beth</i>			Hatha Yoga L1 (6:15-7:30) <i>Liz</i>
7 - 8pm	Spinning (7:15-8:15) <i>Freddi</i>				Spinning (7:15-8:15) <i>Joe</i>		Teen Cardio-Kick * (7:30-8:30) <i>Mark</i>			

Time	Saturday		Sunday	
	Aerobic Studio	Whipple Rm.	Aerobic Studio	Whipple Rm.
6 - 8am	Spinning (6-7) <i>John</i>		Spin and Sculpt (7:30-9) <i>Emily</i>	Vinyasa Yoga L2 (8-9:30) <i>Julie</i>
8 - 10am	Turbo Step and Resistance (8:30-10)	Hatha Yoga L1 (9-10) <i>Donna</i>	Spinning (9-10) <i>Debbie</i>	
10 - 11am	Muscle Conditioning <i>Lisa</i>		Body Sculpting (10:15-11:15) <i>Paulette</i>	
11 - 12am	Zumba! Zumba! <i>Lisa</i>		Women on Weights * (Fitness Floor) <i>Liz</i>	

BE FIT.....HAVE FUN.....MEET NEW PEOPLE!

Classes are in designated areas unless otherwise noted. *

Denotes classes that require an extra fee. See program guide for details.

Questions or comments about the schedule? Contact: Elizabeth Schultz,
Health and Fitness Director: 978-744-0351x1503 or schultze@northshoreymca.org



Strength Training Classes (The following classes should be performed on non-consecutive days to allow for muscle repair)

Butt & Gutt: Strengthen and tighten your abs and glutes. Weights, body weight and other equipment used as the class moves through a variety of effective exercises such as lunges, squats, leg lifts and much, much more. A fast paced class to ensure muscles are challenged and maximum results for abs and gluteus achieved.

Muscle Conditioning: A class designed to improve the muscular strength and endurance of many muscle groups giving you an overall workout. The exercises included will work out all major muscle groups including abdominal and lower back. The instructor will use body bars, dumbbells, dynabands, and/or tubing to give you an overall body workout ending with stretches to improve flexibility and range of motion.

Pilates: A program focused on the core postural muscles that help keep the body balanced. Pilates teaches awareness of breath and alignment of the spine while strengthening the deep torso muscles. Precise movements requiring control and form are utilized. The 101 class is suggested for beginners.

Cardio Classes (The following classes can be performed everyday)

BOSU Balance and Conditioning: A progressive class designed to improve your strength level and correct imbalance through creative use of the BOSU ball.

Cardio Kickboxing: This class combines techniques from Martial Arts with fun music and high-energy aerobics moves to provide an intense cardiovascular and strengthening workout.

Cardio Care: A class for people who have had a heart attack or other cardiac problems. Work out both in a group and individually on various aerobics equipment. Chart your program to ensure safety. Participants must have completed a cardiac rehabilitation program and/or have a note from a physician. Blood pressure will be taken weekly.

Cardio blast: Mix your routine with a variety of cardiovascular activities all in one class which may include: step and floor aerobics, kickboxing, cardio drills and more. Modifications are offered for you to work at your own level of ability. This class is an excellent way to burn calories and increase cardiovascular endurance.

Hi-Low Impact Aerobics: This high energy class is fun, fast moving, and ideal for the individual who would like a strong cardiovascular workout, 25-35 minutes. This class also includes some muscle conditioning exercises to stabilize and strengthen the torso muscles and finishes with a flexibility component.

Osteo Prevention: This class is aimed towards seniors with Osteoporosis and severe arthritis.

Spinning: Cycling based classes using Schwinn Evolution stationary bikes. Designed to increase cardiovascular and muscle fitness. Please note: sign-up roster is posted 1/2 hour prior to class time outside the program studio. Spin and Condition Spinning classes also include time off the bikes for floor exercises and stretches.

Step 101: A low impact step class that focuses on moving your body to some familiar standards and provides a great workout. This is a great beginner step class.

Step: A challenging workout with about 40 minutes of advanced step choreography and increased aerobics/cardiovascular intensity. Propulsion moves and pivots may be used in the routines to make the choreography more challenging. Muscle conditioning exercises for abdominal/lower back are included.

Zumba: Spice up your day with Zumba! You don't have to know how to dance to take this one. We take simple dance moves and add a little Latin flare. You'll have so much fun you'll forget you're working out.

Yoga and Stretching

Hatha/Slo-Flo Yoga (L1 & L2): A slow flow class that emphasizes breathing, alignment, concentration, balance, and strength. Good for beginners.

Ananda Yoga (L2): Very deliberate and meditative. Good for beginners and the more experienced.

Vinyasa (L2 & L3): A more rapid transition from one pose to another

Ashtanga (L3): An advanced level of Yoga requiring concentration and incorporating rapid and vigorous movement from pose to pose.