

Member Benefits

IPSWICH FAMILY YMCA

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Fall 2010

Sept 7-Oct 2

Monday

5:45-6:45AM	30/30 Step& Muscle	Jane & Nancy
6:00-7:00AM	Sunrise Yoga*	Ann
8:00-9:00AM	Zumba	Jan
9:30-10:30AM	Adult Circuit Training \$	Cam
9:00-10:00AM	Step & Pump Interval	Patricia
10:00-10:45AM	Balls, Bells, Balance*	Karen
4:30-5:30PM	Y-Pump	Patricia
5:30-6:30PM	Y-Cycle	Wendy
6:40-7:30 PM	Pump, Jump & Jab	Sarah
7:00-8:15PM	Kundalini Yoga*	Jessie
7:30-8:30PM	Aqua Zumba (Pool)	Chrystina

Tuesday

5:45-6:45AM	Y-Cycle	Alicia
8:00-9:00AM	Fitness Works	Karen
8:15-9:30AM	Hatha Yoga*	Michelle
9:00-10:00AM	Cardio Kick Box	Sarah
10:00-11:00AM	Strong Men/Women	Blaze
11:15-12:15PM	Fitness Dance \$	Karen
4:30-5:30PM	Y-Cycle	Carla
5:30-6:40PM	Kick Boxing Plus	Jan
6:30-7:45PM	Power Yoga *	Osha
6:45-7:45PM	Muscle Conditioning	Cynthia

Wednesday

5:45-6:45AM	Abs /Step/Muscle	Jane
8:45-9:25AM	Y-Cycle Express	Tracey
9:00-10:15AM	Kundalini Yoga*	Jessie
9:30-10:30AM	Cardio Sculpt	Emily
9:30-10:30AM	Aqua Zumba (Pool)	Chrystina
4:30-5:30PM	Y-Pump	Patricia
5:30-6:30PM	Pilates	Jennifer
6:00-7:15PM	Yoga for All*	Christyne
6:30-7:30PM	Y-Cycle	Brad

Thursday

5:45-6:30AM	Y-Cycle	Regina
8:00-9:00AM	Fitness Works	Karen
9:00-10:00AM	Kardio Kickbox	Sarah
10:00-11:00	Strong Men/Women	Blaze
10:00-11:00AM	Gentle Stretch*	Karen
11:15-12:15PM	Fitness Dance \$	Karen
4:30-5:30PM	Zumba	Jan
5:30-6:30PM	Y-Cycle	Alicia/Krista
6:30-7:30PM	Muscle Conditioning	Erica
6:30-7:30PM	Yoga Basics*	Christyne

Friday

5:45-6:45AM	Ab/Step/Muscle	Jane
7:30-8:30AM	Muscle Conditioning	Cynthia
9:00-10:00AM	Aqua Zumba (Pool)	Chrystina
8:30-9:30AM	Step	Patricia
9:30-10:30AM	Y-Cycle	Tracey
9:30-10:30 AM	Adult Circuit Training \$	Jen

Saturday

7:30-8:30AM	Y-Cycle	Alex
8:00-9:00AM	Kripalu Yoga*	Ann
8:30-9:40 AM	Kick & Sculpt	Jan
9:45-10:45AM	Pilates	Stephanie/Rose

Sunday

8:05-9:05AM	Y-Cycle	Kristin
9:30-10:30AM	Body Ball	Cam/Kathy

Ipswich Family YMCA

110 County Road
Ipswich, MA 01938
978.356.9622
www.northshoreymca.org

Hours of Operation

Monday-Friday

5:45AM to 10:00PM

Saturday

7:00AM to 6:00PM

Sunday

8:00AM to 5:00PM

Babysitting Hour's

(free with family membership)

Monday-Friday

8:30AM to 12:30PM

Monday-Thursday

3:30PM to 7:00PM

Saturday

8:00AM to 12:00PM

Questions or comments

about this schedule
contact

gauthiert@northshoreymca.org

* = class held in the program room

\$ = fee for the class

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Go to www.northshoreymca.org for
Group Exercise, Pool, Gym schedules and more

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30/30 Step/Muscle – Mix it up with this fun combination of step & muscle conditioning with two dynamic instructors.

Ab/Step/Muscle – Cardio, muscle conditioning and some focused time spent on ab work.

Balls, Bells and Balance – Fun strength training class for everyone. Improve abdominal and back strength while toning muscles and learning techniques to improve balance.

Body Ball – Full body workout using multiple types of exercise ball equipment including stability balls, fit balls and bosu balance balls. Use dumbbells to help maximize caloric expenditures.

Cardio Kickboxing – 40 minutes of cardio kickboxing techniques, followed by muscle conditioning exercises to improve overall muscular strength and endurance for a total body workout.

Cardio Sculpt – Tone the body and burn calories. A combination of high intensity cardio intervals with toning exercises for arms, legs and abs.

\$Fitness Dance – A progressive choreographed routine. This is a low-intensity, safe and effective workout. Weight and abdominal work are done within the routine.

Fitness Works – Similar to Muscle Conditioning Classes, with lighter weights and gentler exercise modifications.

Gentle Stretch – Work safely on mats and in standing poses to improve balance and overall well-being.

Hatha Yoga - Renew your body, mind, and spirit with Hatha yoga. Inspired by the Iyengar tradition, the practice of yoga postures aligns the physical body to relieve stress and promote health and well-being. The use of "props" such as blocks, belts, and blankets allows beginners to experience the postures fully and safely.

Kick & Sculpt - Kickboxing moves with the bag followed by cardio and muscle conditioning for a workout with results.

Kripalu Yoga– Open your doorway to the living yoga of Kripalu while exploring body awareness. Everyone is welcome. Inhale, exhale, and find yourself as we inquire into the world of yoga with the flow of breath, postures, and mantras.

Kundalini Yoga – A systematic discipline comprised of postures, breathing and mantras. Kundalini is the yoga of grace in all you do! Open to ALL levels.

\$Lifestyle Fitness Challenge BACK BY POPULAR DEMAND!

Take the challenge and see lifestyle improvements. Receive 12 weeks of group personal training (twice a week), weight management, body fat testing, as well as lifestyle coaching. Session runs October 4th-December 23rd. (Registration starts now! space limited)

Muscle Conditioning – This class improves your muscular strength and endurance; including abdominals and lower back. Receive an overall body workout, ending with stretches to improve flexibility and range of motion.

Pilates – Bring balance to your body. Focus on the core postural muscles that keep the body balanced. Pilates teaches awareness of breath and alignment of the spine while strengthening the deep torso muscles.

Power Yoga – Explore the mind, body and breathe in a safe, encouraging environment. Power Yoga will challenge your mental & physical body while creating space to grow and change. Open to ALL levels, providing modifications and props for beginners.

Pump, Jump & Jab – Kickboxing, classic cardio paired with tough strength training segments.

Step– Great conditioning class that incorporates straight forward step with strength training for an overall total body workout.

Strong Men/Women – For 40 years of age and older who have been relatively sedentary. Increase muscle mass & strength, weight loss, and bone density. Reduce risk of heart disease, arthritis, obesity and diabetes.

Sunrise Yoga - Awaken and walk with the universe with some gentle morning yoga movements incorporating body awareness and breath. Come explore your body's capabilities with Sunrise Yoga. Everyone welcome.

***Y-Cycle** – Indoor cycling on our new Keiser M3 bikes with computer display providing RPM, Power, Heart Rate, Calories, Time and Distance. Get a more effective and efficient workout. The instructor guides you through a ride set to music, great cardio for an endurance building workout.

***Y-Cycle Express** – Squeeze in a workout with our shortened version of the popular Y-Cycle class

Y-Pump – Endurance based workout that tones each muscle group through continuous sets of reps with barbells.

Yoga for All – Yoga for beginners and continuing practitioners. Experience longer held postures for the health and flexibility of the joints. A basic flow that builds core strength and endurance.

Yoga Basics – Foundational aspects of yoga and how to make each pose your own: sun salutations, standing poses, seated poses, twisting poses, balancing poses & inversions.

ZUMBA!!! Come join the party!

The fusion of Latin and International dance music provides a hot aerobic dance workout! Routines are a mix of aerobic/fitness interval training with a combo of slow and fast rhythms that tone and sculpt.

\$ Program Fee Required

***Sign up required at front desk
You may sign up 48 hours prior.**