

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			WEEKEND		
MORNING															SATURDAY		
Aerobic Room 1	Aerobic Room 2	Spin	Aerobic Room 1	Aerobic Room 2	Spin	Aerobic Room 1	Aerobic Room 2	Spin	Aerobic Room 1	Aerobic Room 2	Spin	Aerobic Room 1	Aerobic Room 2	Spin	Aerobic Room 1	Aerobic Room 2	Spin
Boot Camp 5:45-6:45 Cheryl/Alex	Muscle Cond. 7:15-8:10 ♥ Meredith D.	Spinning 5:45-6:30 Whitney		Muscle Cond 5:45-6:30 Rosemary	Spin Express 5:10-5:40 Jackie	Boot Camp 5:45-6:45 Cheryl/Alex	Muscle Cond. 7:15-8:10 ♥ Jaime	Spinning 5:45-6:30 Jim	Express Workout 6:45-7:15		Spin Express 5:10-5:40 Abbey	Boot Camp 5:45-6:45 Cheryl/Alex	Muscle Cond. 5:30-6:25 Abbey	Spinning 5:45-6:30 Meredith D.	Couch to 5K 8:15-9:10	Muscle Cond. 7:00-7:45 Marci	Spinning 7:00-7:55 Donna
Aqua Zumba 8:00-9:00 (P) Kim	Muscle Cond. 8:30-9:25 Jaime	Spinning 8:30-9:25 Jill	Butt n' Gutt 8:45-9:25 Danielle	Interval Sculpt 8:30-9:25 Keli	Spinning 5:45-6:30 Abbey	Interval Sculpt 8:30-9:25 Keli	Muscle Cond. 8:30-9:25 Martha	Spinning 8:30-9:25 Jo-an	Butt n' Gutt 8:45-9:25 Danielle	Interval Sculpt 8:30-9:25 Christine	Spinning 5:45-6:30 Whitney	Zumba 6:00-6:55 Kim	Muscle Cond. 7:15-8:10 ♥ Meredith D.		TRX Express 8:30-9:00 Jill	Muscle Cond. 8:00-9:15 Cheryl	Spinning 8:15-9:10 Sarah
Muscle Cond. 9:00-9:55 Keli	Cardio Blast 9:30-10:25 Laurie-Sue	Spinning 9:30-10:25 Marci		Zumba 9:30-10:25 Kim	Spinning 7:30-8:15 Nancy	Ball Workout 9:30-10:25 Martha	Kickboxing 9:30-10:15 Chrissy	Spinning 9:30-10:25 Laurie-Sue	Muscle Cond. 9:30-10:25 Danielle	Running Y Endurance 9:00-10:00 Wendy	Spinning 8:30-9:25 Jo-an	Body Bar 8:30-9:25 Martha	Spinning 8:30-9:25 JoAnna	Kickboxing 9:15-10:15 Chrissy	Dance Mania 9:30-10:25 Sarah	Spinning 9:30-10:25 Keli	
Tabata Circuit 9:30-10:15 JoAnna	TRX Express 10:45-11:15 Laurie-Sue		PIYo 9:30-10:25 Laurie-Sue	Zumba Gold 10:30-11:25 ♥ Kim	Spinning 8:30-9:25 Annalisa	Total Abs 10:30-10:50 Laurie-Sue	Bodies in Motion 10:30-11:25 ♥ Keli		Treadmill Interval 10:00-10:45 JoAnna	Dance Mania 9:45-10:40 Lisa G.	Spinning 9:30-10:25 Lisa	Ball Workout 9:30-10:25 Martha	Cardio Blast 9:30-10:25 Laurie-Sue	Spinning 9:30-10:25 Nancy	Beginner Fitness 9:30-10:15 Meredith	Dance Mania 10:40-11:35 Marco	Spinning 10:40-11:30 Jill
Moms in Motion 10:00-10:55 Keli	Bodies in Motion 10:30-11:30 ♥ Barbara	Spinning 12:00-12:45 Barbara	Interval Sculpt 12:00-12:45 Meredith M. Starts 1/10		Spinning 9:30-10:25 Jill			Begin to Spin 1st Wednesday of the Month 10:45 am Annalisa	NIA 10:30-11:25 Lisa-Anne	Standing Pilates 11:45-12:40 Lisa-Anne	Spin & Pilates 10:35-11:40 Laurie-Sue	Senior Magic 10:30-11:25 ♥ Sarah	Core Express 10:30-11:10 Laurie-Sue	Spinning 12:00-12:45 Jo-an	Muscle Cond. 11:00-11:55 Meredith Starts 1/14	Zumba 4:30-5:30 Emily	
AFTERNOON/EVENING															SUNDAY		
			Cardio Cond. 5:30-6:25 Nancy M.	Zumba 5:30-6:25 Jenn	Spinning 4:20-5:00 Jo-an	Muscle Cond. 4:30-5:25 ♥ Barbara	Cardio Step 5:30-6:25 Marci	Spinning 5:30-6:25 Barbara	Cardio Cond. 4:15-5:10 Meredith	Zumba 5:30-6:25 Bridget	Spinning 4:20-5:00 Ryan		Muscle Cond. 4:30-5:25 Jessica		Aerobic Room 1	Aerobic Room 2	Spin
	Muscle on the Ball 5:30-6:25 Jaime	Spinning 5:30-6:25 Keli	Workout & Weigh In 6:30-7:15 Ryan	Muscle Cond 6:30-7:25 Jaime	Spinning 6:15-7:00 TBD	Beginner Fitness 5:45-6:15 Alexa	Prenatal Exercise 6:30-7:10 Alexa		Stretching 5:15-6:00 ♥ Judy		Spinning 6:15-7:00 Rosemary		Family Zumba 6:00-6:30 Kim			Cardio Cutz 8:00-8:55 Kate	Spinning 8:10-9:05 Nancy
Zumba 6:00-6:55 Jackie	Kickboxing (Int/Adv) 6:30-7:25 Chrissy	Spinning 6:30-7:25 Ryan			Begin to Spin 1st Tuesday of the Month 7:15 pm Keli	Muscle Cond. 6:30-7:25 Keli	Kickboxing 6:30-7:25 Shari	Spinning 6:30-7:25 Maria	Workout & Weigh In 6:15-7:00 Ryan	Lower Body Power 6:45-7:25 Chrissy			Family Zumba 6:30-7:00 Kim			Zumba 9:00-9:55 Whitney	Spinning Hour 9:15-10:25 Barbara
	Athletic Cond. 7:30-8:25 Chrissy					Aqua Zumba 7:00-8:00 (P) Kim	Zumba 7:30-8:25 Kellie	Spinning 7:30-8:15 Keli	Zumba Toning 7:30-8:25 Kim							Abs & Arms 5:20-6:00 Jaime	Spinning 4:30-5:15 Jaime

Yoga & Pilates held in the Boston Ballet Studio 1 <i>Please remove your street shoes before entering the studio</i>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Yoga Basics 8:15-9:25 ♥ Marnie	Vinyasa Yoga 8:30-9:45 Jeanne	Kripalu Yoga 8:10-9:25 Michelle	Yoga Basics 8:30-9:45 ♥ Steve		
Stretching 8:30-9:15 ♥ Martha		Yoga 11:00-12:15 Lisa P.	PIYo 9:30-10:25 Laurie-Sue		Vinyasa Yoga 8:00-9:10 (Grand A) Jeanne	Vinyasa Yoga 9:15-10:30 Julia
Save Your Back! 9:30-10:25 Martha				Lunchtime Yoga 11:45-12:45 Sarah M.		
Hatha Yoga 11:00-12:15 Lisa D.						
Mat Pilates 7:15-8:15 Yvonne	Gentle Yoga 6:15-7:25 ♥ Julia					Vinyasa Yoga 4:30-5:45 Jessica
Yoga 7:30-8:45 Michelle		Vinyasa Yoga 7:30-8:25 Steve	Hatha Yoga 6:15-7:25 Sarah O.			

Winter Workshops: Girls 40+ What's Going On, New Year New You Holistic Nutrition Workshop, Love Yourself Healthy, Yoga to Support Lower Back (New Date, 1/28), Exercise to Save Your Back, Restorative Stretch, Motivation to Exercise For Life! Check out website or program guide for details.

LYNCH/VAN OTTERLOO YMCA ADULT GROUP EXERCISE SCHEDULE

WINTER 2012: JANUARY 2—FEBRUARY 19

For Group Exercise Updates & Notifications register at: www.northshoremca.org/lvogroupex.cfm

Spinning Classes require advanced sign-up: www.northshoremca.org/spinning.cfm
Registration opens 49-hours before the start of class

Schedule and Instructor are subject to change
Group Exercise Classes are for participants ages 16+

■ Classes shaded in black denotes that there is an additional fee & pre-registration is required. Classes may be cancelled due to low enrollment.

♥ Denotes a gentler paced class

(FF) Classes are held on the Fitness Floor

(P) Classes are held in the Pool

See reverse side for class descriptions





Lynch/van Otterloo YMCA

Group Exercise Schedule, January 2—February 19, 2012

Lynch/van Otterloo YMCA
40 Leggs Hill Road
Marblehead, MA 01945
781-631-9622

Fitness Class Descriptions

Strength Training and Combination Classes (Following classes should be performed on non-consecutive days to allow for muscle repair)

Muscle Conditioning/Upper Body/Total Body Conditioning: Build muscle strength and endurance using resistance equipment including free weights, body bars, bands, medicine balls and more.

Butt and Gutt : Strengthen & tighten your abs and glutes! Weights, body weight, and resistance tubing will be used as you perform exercises targeting your lower half.

Interval Sculpt: Total body sculpting combining low impact muscle conditioning with high energy cardio segments creating both muscular and cardiovascular endurance for an all-over body workout.

Athletic Conditioning (Intermediate/Advanced): A total body conditioning class that explores functional movement and cutting edge conditioning exercises. Using multi compound movements with weights or your own body weight you will take your workout to the next level.

Cardio Cutz: Get your cardio and strength training needs met in under an hour! Combine strength training with simple yet progressive cardio drills for a heart pumping, muscle burning good time.

Express Sculpt: A 30 minute body sculpt class combining multi-joint exercises to work various muscle groups at once. Work everything in this 30 minute blast.

Ball Workout: A variety of resistance equipment is used with the stability ball & the medicine ball to challenge your core, improve balance, coordination & more.

Muscle on the Ball: Total body conditioning utilizing the Stability Ball.

Body Bar: A full body workout using the weighted body bar.

Cardio Classes (Following classes can be performed every day)

Cardio Step: A fun cardiovascular workout consisting of choreographed combinations on and around the classic Step platform. No previous Step experience needed, all levels welcome!

Walking Wednesday: Come enjoy the nice weather, get in a workout and meet new people. Meets at the Y. All paces and abilities are welcome.

Cardio Classes (continued)

Cardio Blast: Calorie-burning cardio...simple, fast & fun. Be ready for intervals that may include plyometrics, jump rope, athletic drills & more. Elevate your heart rate, your spirits & sweat yourself into that fit body.

Kickboxing : Combines elements of boxing, martial arts, and aerobics to provide overall physical conditioning and toning. Instructors emphasize proper form and technique, which are essential to developing maximum speed, power, and precision, as well as preventing injury.

Kickboxing (Intermediate/advanced): For the Intermediate/advanced kickboxer who feels comfortable with their punches and kicks and is ready for a greater challenge.

Zumba/Dance Mania: Inspired by traditional salsa, samba and meringue music Zumba and Dance Mania pairs great music with fun dance moves.

Nia: Combining carefully selected movements and concepts from Yoga, Tai Chi, Tae Kwon Do, Aikido, Jazz, Modern Dance and other movement forms. Nia classes offer total-body cardiovascular conditioning and cross-training for any sport or activity. All Nia movements are adaptable and can be personalized for any level of fitness and agility.

♥ Gentler Paced Classes (Great for those new to exercise, older adults or those recovering from an injury or physical limitation)

Zumba Gold: A low impact aerobics class. The choreography is fun and easy to learn but you'll definitely work up a sweat!

Bodies in Motion: An overall body workout using light/moderate hand weights and occasionally using chairs and/or balls to adapt to everyone's individual needs.

All classes end with stretch and relaxation.

Senior Magic: Dance, Stretch, Yoga...you name it, this class does it!! Something different every week to get you moving and have fun doing it!

Stretching: Experience simple and effective stretches and learn creative ways to weave them into workouts and everyday life! Includes a variety of static stretching, active-isolated stretching, as well as myofascial release techniques using tennis balls.

Total Body Toning: A beginning muscle conditioning class to teach you the basics to improving overall muscle strength and endurance. Great for those new to group exercise!

Yoga

Gentle Yoga (Beginner/Intermediate): A gentle style of yoga with an emphasis on affirmations for each posture to concentrate the mind and uplift the consciousness, safety and alignment, adaptation of the pose to your body, and relaxation at all times--even in the midst of effort.

Yoga Basics (Beginner/Intermediate): This class links breath with classic yoga poses, building strength, flexibility, relaxation and calmness. We will cover the fundamentals of yoga practice, emphasizing form, muscular action and working with the breath in basic poses. Great for the beginner or someone looking for a more gentle and slower approach.

Hatha Yoga (Beginner/Intermediate): A slow-flow class that emphasizes breathing, alignment, concentration, balance and strength. The class will start with breathing and gentle stretching to warm up the muscles and joints and will progress into more challenging poses. The last ten minutes of every class is spent on the floor doing twists, abdominals and a final relaxation pose.

Vinyasa Yoga (Intermediate/Advanced): This class links sequences of yoga poses for a gentle yet energetic experience. Intermediate yogis are given modifications to ensure success and enjoyment while the more advanced students are guided toward deepening their practice with more challenging poses.

Kripalu Yoga (Intermediate/Advanced): Stretch and strengthen muscles, deeply relax your body and calm your mind. The gentle and effective Kripalu teaching method encourages honoring your limitations and adapting postures accordingly.

Lynch/van Otterloo YMCA Hours of Operation

Monday - Friday:	5:00am to 10:00pm
Saturday:	6:00am to 7:00pm
Sunday:	7:00am to 7:00pm

Babysitting Hours:

Monday-Friday:	8:00am to 2:00pm 3:00pm to 7:30pm
Saturday:	7:45am to 1:00pm
Sunday:	8:00pm to 11:30am

Question or comments about this schedule?

Contact:
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