

CAPE ANN YMCA - GROUP EXERCISE SCHEDULE

WINTER 2012

MONDAY

Main Studio	Spin Studio	HP/Gym/ Outside
7:15-8:30 Moderate Yoga Dianna	5:35-6:45 Cycle + Abs Layce	6:00-7:00 Rise & Shine Bootcamp Erin/Courtney \$ (gym)
8:30-9:00 Butts & Guts Amanda		
9:00-10:00 Muscle Conditioning Carol P	9:30-10:30 TRX Amanda \$	
10:00-11:00 Mature Fit Juliana		
12:00-1:00 20/20/20 Lisa S	3:30-4:30 Teen TRX Andrew \$	
4:00-5:00 Yoga Ball Juliana	4:30-5:30 TRX Haley \$	
5:00-6:00 Zumba@ Liz	5:30-6:15 Express Cycle + Abs Jenn (for a limited time only)	
6:00-7:00 Fitness Tribal Bellydancing Kristen	6:15-7:00 Express Cycle + Abs Jenn	

TUESDAY

Main Studio	Spin Studio	HP/Gym/ Outside
6:00-7:00 TBC Chrissy	7:00-8:00 TRX Andrew \$	6:00-7:30 Vinyasa Yoga Bob (HP)
8:30-9:30 Zumba@ Nina	8:00-9:00 Cycle Andrew	
9:30-10:00 Lower Body Blast Blake	9:00-10:00 TRX Erin \$	
10:00-11:00 Stretch Mary		
11:00-12:00 Senior Longevity Training Juliana	12:00-1:00 Cycle Chrissy	
5:00-5:55 PiYo@ Haley	5:00-6:00 TRX Amanda \$	
6:00-7:00 Hooping Blake	6:00-7:00 Cycle Wendy	6:00-7:00 Couch to 5k Jenn \$ (outside)
7:00-8:30 Hatha Yoga Nicole		

WEDNESDAY

Main Studio	Spin Studio	HP/Gym/ Outside
7:15-8:30 Gentle Yoga Elaine	5:35-6:45 Cycle + Abs Layce	6:00-7:00 Rise & Shine Bootcamp Erin/Courtney \$ (gym)
8:30-9:15 PiYo@ Haley	7:30-8:30 TRX Haley \$	
9:15-10:00 Muscle Conditioning Haley	9:00-10:00 TRX Amanda \$	
10:00-11:00 Mature Fit Juliana		
12:00-1:00 Zumba@ Nina		
5:00-5:30 Butts & Guts Amanda		
5:30-6:30 TurboKick@ Liz	5:30-6:30 Cycle Coley	
6:30-7:30 Total Body Conditioning Lisa S		5:45-7:00 Align & Flow Yoga Elaine (HP)

THURSDAY

Main Studio	Spin Studio	HP/Gym/ Outside
6:00-7:00 TBC Chrissy		6:00-7:30 Vinyasa Yoga Bob (HP)
	8:15-9:00 Cycle Shannon	
9:05-10:00 Step Shannon	9:00-10:00 TRX Amanda \$	
10:00-11:00 Stretch Mary		11:00-12:00 Walking Club Juliana (outside)
	12:00-1:00 Cycle Jenn	
	4:00-5:00 TRX Amanda \$	
5:00-6:00 Family Zumba@ Nina (AGES 8+ ONLY)		
6:00-7:00 StepShred Carol P	6:15-7:00 Express Cycle + Abs Chrissy	6:00-7:00 Vinyasa Yoga Lisa C (HP)

FRIDAY

Main Studio	Spin Studio	HP/Gym/ Outside
7:15-8:30 Moderate Yoga Dianna	5:35-6:45 Cycle + Abs Layce	6:00-7:00 Rise & Shine Bootcamp Erin/Courtney \$ (gym)
8:30-9:00 Butts & Guts Amanda	7:00-8:00 TRX Andrew \$	
9:00-10:00 Muscle Conditioning Lisa S		
10:00-11:00 Zumba@ Gold Kim	12:00-1:00 TRX Erin \$	
12:00-1:00 Muscle Conditioning Amanda		
5:00-6:00 Zumba @ Basic Liz		

SATURDAY

Main Studio	Spin Studio	HP
8:00-9:00 PiYo@ Haley	8:00-9:00 Run Fit Jenn \$ (outside)	8:30-10:00 Vinyasa Yoga Bob
10:00-11:00 TurboKick@ Liz	9:00-10:00 Cycle Haley	

SUNDAY

Main Studio	Spin Studio	HP
		8:30-10:00 Ashtanga Yoga Bob
10:00-11:00 Zumba@ Liz	8:30-9:30 Cycle Wendy	

Last Updated: 1/30/12

- **Classes in bold are NEW either in class type or time!**
- Please arrive on time in order to warm up! (Do not enter classes late.)
- All classes are age 16+ (those under 16 may attend with Director permission)
- Classes may be cancelled or subbed without prior notice.
- Classes with low attendance may be removed from the schedule, so be sure to come to your favorites!
- Please sign up for spin classes in advance and adhere to sign-up policies.
- Class schedules run in accordance with program session dates and are ever-changing and evolving to create a dynamic and challenging atmosphere for all members.
- For questions, contact: Courtney Milligan, Health & Wellness Director, milliganc@northshoreymca.org

KEY

- \$ Fee-based program (reference program guide)
- HP Former Health Project





Cape Ann YMCA

Group Exercise Class Descriptions

Cape Ann YMCA
71 Middle Street
Gloucester, MA
978.283.0470

20/20/20 – 20 minutes of cardio, 20 minutes of muscle strength, and 20 minutes of core!

Abs Blast – Just what you need to finish off your cycle session! 15 minutes of intense abs/core work!

Align & Flow Yoga – This is a flow class that has a strong emphasis on correct alignment. Poses are held longer to allow the body to open and to work at a deeper level. There is often a breakdown of poses in this playful class. All levels are welcome, but expect some intermediate level yoga.

Ashtanga Yoga – A high-intensity, fast-paced, athletic form of yoga.

Beginner Yoga – A class on yoga basics, working on fundamentals, poses, and increasing flexibility.

Body Sculpt – Explore many ways to sculpt and tone the body – pyramid sets, multiple sets, wall pushups, the use of balls, bars and resistance bands as well as hand weights. Special consideration is taken with the novice as well as those recovering from injury. You will not be injured in this class and you will have a fun workout!

Butts & Gutts – The focus of this class is on the abdominals, buttocks, and hips. A wide variety of exercises are used to target these muscles with the intent to tone and strengthen.

Cycle – An aerobic workout on a stationary bike. Every day a different ride; the music sets the tone!

Hatha Yoga – This class emphasizes body alignment, breath awareness, stretching and relaxation.

Hooping – This fitness class uses a series of cardio and toning exercises focusing on core and muscle strength and balance, arm toning techniques, and leg strengthening. You will learn to use a large weighted hula hoop for exercise and dance.

Lower Body Blast – Looking for a great way to tighten and tone your bottom half? This class pulls out all the stops to challenge muscles you didn't know you had, and build strength and endurance.

Mature Fit – A class that is perfect for the mature adult and anyone recovering from injury. Starting with a rhythmic warm-up, the class moves to low impact aerobics and progresses to a resistance workout that may use hand weights, weighted bars, balls and resistance bands. The cool down is comprised of a Line Dance routine and Ballet for balance and grace. Non-dancers will enjoy this class!

Moderate Yoga – An energizing Vinyasa flow that fuses the breath with the movement. You'll find creative sequencing set to fun music, focusing on opening the heart & mind, along with the body. All levels of practice are welcome & encouraged!

Muscle Conditioning – This class focuses on strength training using a variety of equipment to improve both muscle strength and endurance for all muscle groups including the abs and lower back.

Pilates – A no stress workout with traditional mat pilates moves with a vinyasa flow, focused on the core. This class helps participants achieve better posture, lean muscles, and increased flexibility.

Pilates/Yoga Ball – This class covers the classic Joseph Pilates theory and practice as well as basic Yoga poses. Elegance, core strength, flexibility, MINDFUL moving/breathing and relaxation are emphasized. Be prepared to feel like a new person when you leave this class!

PiYo® – An athletic fusion of yoga, pilates, and mat strength training. Great for all levels, plentiful modifications available!

PowerYoga – 5 minute meditation, 5 minute warm-up, 20 minutes of core exercises, and 20 minutes of a vinyasa/power flow, ending with balance and floor poses to cool down.

Step – A high energy low-impact aerobic workout, with intervals of stepping learning patterns and choreography.

StepSHRED – A fun step workout with high energy music and an awesome muscle shred using free weights and body resistance exercises!

Stretch – This class provides a routine for stretching from "toes to nose" and is appropriate for all levels of flexibility, including those with arthritis or orthopedic limitations. Stretching is an important part of any fitness routine. It can reduce fatigue and pain and protect from injury by lengthening and opening up tight muscles. Stretching improves circulation, flexibility, strength, and posture. You'll be surprised at your results!

Total Body Conditioning (TBC) – Pulling out all the stops to get your body in the best shape of your life. Mixing up cardio, strength, and balance training to improve endurance, muscle tone, posture, and flexibility!

Turbokick® – the fat-blasting, ab-defining cardio workout that is sweeping the nation and allows you to burn up to 1,000 calories an hour! A mix of kickboxing and simple dance grooves set to heart pounding dance music that will have you looking forward to your next workout!

Tribal Bellydance – A fun and exciting class utilizing the art of bellydance to tighten and tone as well as giving you a great cardio workout and increasing core strength! A great class to mix up your routine and push yourself to new levels!!

Vinyasa Yoga – A moderately-paced series of poses connected together by breath-activated movement. This flow of yoga postures build strength, flexibility, and endurance.

ZUMBA® – Come find out what all the rage is about! Do you want to have fun during your workout? Shake your hips and laugh out loud? This is the class for you! Salsa, sweat, and sizzle your way to a slimmer, trimmer, hip shaking you! Great for beginners!

Zumba® Gold – An upbeat and super fun Zumba class for the active older adult!

Family Zumba® – Our fun-loving Zumba class great for everyone age 8 and up!