

Member Benefits

Group Exercise

Lynch/van Otterloo YMCA
Spring I Session February 27th - April 30th

	Monday			Tuesday			Wednesday			Thursday			Friday		
TIME	Aerobic Room 1	Aerobic Room 2	Spinning Room	Aerobic Room 1	Aerobic Room 2	Spinning Room	Aerobic Room 1	Aerobic Room 2	Spinning Room	Aerobic Room 1	Aerobic Room 2	Spinning Room	Aerobic Room 1	Aerobic Room 2	Spinning Room
5:10-5:40am						Spinning Express <i>Lisa</i>						Spinning Express <i>Abbey</i>		Kickboxing (beg/Int 5:30-6:25) <i>Paulette</i>	
5:45-6:45am	Boot Camp* (Gym) <i>Cheryl/Beth</i>	Muscle Cond. (7:15-8:10) <i>Paulette</i>	Spinning (5:45-6:30) <i>Whitney</i>	Sunrise Yoga <i>Jeanne</i>	Muscle Cond. <i>Lisa</i>	Spinning (5:45-6:30) <i>Abbey</i>	Boot Camp* (Gym) <i>Cheryl/Beth</i>	Muscle Cond.(7:15-8:10) <i>Barbara</i>	Spinning (5:45-6:30) <i>James</i>		Zumba (6-6:45) <i>Marco</i>	Spinning (5:45-6:30) <i>Whitney</i>	Boot Camp* (Gym) <i>Cheryl/Beth</i>		Spinning (5:45-6:30) <i>Lisa</i>
8:30-9:25am	Express Sculpt (8:15-8:45) <i>Paulette</i>	Muscle Cond. (8:30-9:15 in MP Room) <i>Tracy</i>	Spinning <i>Jill</i>	Gentle Yoga (8:30-9:45 in MP Room) <i>Tracy</i>	Cardio & Strength Circuit <i>Kiki</i>	Spinning (6:40-7:25) <i>Jim</i>	Cardio & Strength Circuit <i>Keli</i>	Muscle Cond. <i>Martha</i>	Spinning <i>Jo-an</i>	Butt & Gutt (8:45-9:25) <i>Danielle</i>	Cardio & Strength Circuit <i>Kiki</i>	Spinning (6:40-7:25) <i>Jim</i>	Basic Yoga (8:30-9:45 in MP Room) <i>Jeanne</i>	Core Express* (8:45-9:25) <i>Laurie-Sue</i>	Spinning <i>JoAnna</i>
	Muscle Cond. (9:00-9:55) <i>Keli</i>			Butt & Gutt (8:45-9:25 in Gym) <i>Danielle</i>	Running Endurance* (9-9:55 in Fitness Center)	Spinning (8:30-9:25) <i>Nancy</i>	Vinyasa Yoga (8:30-9:45 in MP Room) <i>Jeanne</i>			Small Grp Training* (9-9:55 in Gym) <i>Keli</i>	Kripalu Yoga (8:30-9:45 in MP Room) <i>Michelle</i>	Spinning (8:30-9:25) <i>Jo-an</i>	Body Bar & More <i>Martha</i>	Balance/Stability* (9:45-10:25 in MP Rm) <i>Sarah</i>	
9:30-10:25am		Cardio Blast <i>Laurie-Sue</i>			Zumba <i>Kim</i>		Kickboxing <i>Danielle</i>	Whole Body Ball Workout <i>Martha</i>	Spinning <i>Laurie-Sue</i>	PIYo* <i>Laurie-Sue</i>	Zumba (9:45-10:40) <i>Lisa G.</i>		Whole Body Ball Workout <i>Martha</i>	Cardio Blast <i>Laurie-Sue</i>	Spinning <i>Nancy</i>
10:30-11:25am	Parent/Child Yoga* (in MP Rm) <i>Jeanne</i>	Senior Cond. <i>Barbara</i>		PIYo* (9:30-10:25) <i>Laurie-Sue</i>	Sr. Move & Groove <i>Nancy</i>			Senior Cond. <i>Keli</i>		Zumba Light <i>Cindy</i>			Pilates Barre* (in Boston Ballet) <i>Andrea</i>	Senior Magic <i>Sarah</i>	
11:30-12:25pm	Hatha Yoga (11:30-12:45) <i>Lisa</i>		Spinning (12-12:45) <i>Barbara</i>				Gentle Yoga (11:30-12:45) <i>Tracy</i>	Youth/Teen Yoga* (3:30-4:25)							Spinning (12-12:45) <i>Jill</i>
4:30-5:25pm	PIYo* <i>Laurie-Sue</i>	Youth/Teen Kickboxing* <i>Shari</i>		YouthCircuit in MP Rm(ages 10+ 4:30-5)	Nia* (4:00-5:00) <i>Lisa-Anne</i>	Spinning (4:15-5:00) <i>Jo-an</i>	Youth/Teen Zumba* <i>Kim</i>	Muscle Conditioning <i>Paulette</i>			Sports Agility* (6:15-7:10)	Teen Spinning* <i>Jackie</i>		Muscle Cond. <i>Jessica</i>	
5:30-6:25pm	Cardio & Strength Circuit <i>Meredith</i>	Zumba (5:45-6:30) <i>Whitney</i>	Spinning <i>Keli</i>	Teen Circuit (ages 12+ 5-5:30 in Aerobic Rm 2)	Cardio Blast <i>Marci</i>	Spinning (6:15-7) <i>Annalisa</i>	Upper Body Conditioning (6:30-7) <i>Keli</i>	Zumba Strength & Flex* <i>Sarah</i>	Spinning <i>Barbara</i>	Stretch & Flexibility (5:15-6) <i>Tracy</i>	Cardio Blast <i>Allison</i>	Spinning (6:15-7) <i>Annalisa</i>		Family Zumba (6-6:30) <i>Kim</i>	
6:30-7:25pm	Upper Body Conditioning (6:30-7) <i>Meredith</i>	Kickboxing (Int/Adv) <i>Chrissy</i>	Spinning <i>Keli</i>	Gentle Yoga (6:15-7:25) <i>Tracy</i>	Muscle Cond (6:30-7:15) <i>Anne</i>		Butt & Gutt (7-7:30) <i>Keli</i>	Kickboxing (Beg/Int) <i>Shari</i>	Spinning <i>Jackie</i>	Gentle Yoga (6:15-7:25) <i>Tracy</i>	Muscle Cond (6:30-7:15) <i>Allison</i>			Family Zumba (6:30-7:00) <i>Kim</i>	
7:30-8:25pm	Butt & Gutt (7-7:30) <i>Meredith</i>	Whole Body Ball Workout <i>Chrissy</i>		Mat Pilates* (7-7:55 pm in MP Room) <i>Lisa-Anne</i>		Total Abs (7:15-7:45) <i>Anne</i>	Yoga <i>Steve</i>	Total Body Conditioning <i>Keli</i>		Zumba (7:30-8:15) <i>Kellie</i>	Total Abs (7:15-7:45) <i>Allison</i>	Spinning (7:15-8) <i>Glen</i>		Ballroom Dancing* (7-7:55)	

	Saturday			Sunday		
7:00-7:55am	Vinyasa Yoga (on 2/27 only)		Spinning <i>Donna</i>			
8:00-8:55am	8:15-9:25) (Starting March 6th)	Muscle Cond. (8:00-9:15) <i>Cheryl</i>	Spinning (8:15-9:10) <i>Sarah</i>		Cardio Blast <i>Kate</i>	Spinning (8:10-9:05) <i>Nancy</i>
9:30-10:25am	8:00-9:10 in Aerobic Rm 1) <i>Jeanne</i>	Zumba <i>Sarah</i>	Spinning <i>Glen</i>	Vinyasa Yoga (9:15-10:30) <i>Jeanne/ Julia</i>	Zumba (9:00-9:55am) <i>Whitney</i>	Spinning Hour (9:15-10:25) <i>Barbara</i>
10:30-11:25am	Kickboxing (9:15-10:15) <i>Chrissy</i>	Zumba (10:40-11:35) <i>Marco</i>	Spinning (10:40-11:30) <i>Keli/Jo-an</i>	Prenatal* <i>Barbara</i>		

Over 100 Classes Free with Membership

*Please note classes in red with an asterisk are our specialty classes that require an extra fee.
See program guide for details.

Check out our new classes for Spring!

Muscle Conditioning Tuesdays 5:45am-6:30am
Spinning Tuesdays & Thursdays 6:40am-7:25am
Zumba Thursdays 6:00am-6:45am

Please note changes to some of the start times for our Saturday morning classes.

This will provide more transition time between classes to help with parking.

Schedule and instructors subject to change.

Fitness Class Descriptions

Spring I Schedule

February 27th to April 30th

Lynch/van Otterloo YMCA
40 Leggs Hill Road
Marblehead, MA 01945
781.631.9622
www.northshoreymca.org

Hours of Operation

Monday - Friday

5:00am to 10:00pm

Saturday

6:00am to 7:00pm

Sunday

7:00am to 6:00pm

Babysitting Hours:

Monday-Friday

8:00am to 2:00pm

3:00pm to 7:30pm

Saturday

7:45am to 1:00pm

Sunday

8:00pm to 11:00am

Question or comments about this schedule?

Contact:

Laurie-Sue Rodrigues

Group Fitness Coordinator

781-631-1819 x 1431 or

email at

rodriguesl@northshoreymca.org

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

Muscle Conditioning: Build muscle strength and endurance using resistance equipment including free weights, body bars, bands, medicine balls and more. This class will help you develop lean muscle mass that will tone, sculpt and strengthen your entire body.

Butt and Gutt : Strengthen and tighten your abs and glutes! Weights, body weight, and resistance tubing will be used as we move through variety of effective exercises such as lunges, squats, leg lifts and much much more. A fast paced class to achieve cardio benefits and maximum calorie blast!

Strength & Cardio Circuit: Alternating between cardio and strength training you will get an overall body workout that will increase cardiovascular health and improve overall strength. Build strength and get your heart pumping with this circuit that targets your whole body.

Speed Sculpt: A 30-minute full body express strengthening class using various props and your own body weight. Work all of your muscle in creative ways.

Whole Body Ball Workout: This full body workout continuously engages the core, improves balance and coordination, and strengthens and tones all your major muscles. A variety of resistance equipment used along with the stability ball and the medicine ball will challenge you and keep it fun. Come and have a ball!

Body Bar and More – This full body workout strengthens and tones all your major muscles. A variety of resistance equipment will be used along with the stability ball and the weighted body bar.

Senior Conditioning: 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.

Cardio Classes (Following classes can be performed every day)

Cardio Blast: Mix your routine up 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 pace and level of ability. This class is an excellent way to speed up your metabolism, burn calories and increase cardiovascular endurance.

Kickboxing (Beginning/Intermediate): Combines elements of boxing, martial arts, and aerobics to provide overall physical conditioning and toning. Get a total body workout while learning simple self-defense moves. Instructors emphasize proper form and technique, which are essential to developing maximum speed, power, and precision, as well as preventing injury.

Kickboxing (Intermediate/advanced): This class is for the Intermediate or advanced kickboxers who feel comfortable with their punches and kicks and are ready to learn more complex footwork, punches, kicks, and combinations.

Zumba: Inspired by traditional salsa, samba and meringue music Zumba pairs pulsating Latin Rhythms with fun dance moves. Have a blast while you jump, shimmy and sway to the beat!

Zumba Light: A lower impact Zumba class that will still get you moving and swaying to the beat!

Move and Groove: A low impact aerobics class geared to our senior population, but also welcomes those recovering from injuries or just starting a fitness program. The choreography is fun and easy to learn but you'll definitely work up a sweat!

Yoga and Stretching

Stretch and Flexibility: Revitalize your flexibility! 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. Reduce tension, overall stress, and feel marvelous!

Gentle Yoga (Beginner/Intermediate): A meditative style of hatha 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. Also includes pranayama (energy control/breathing techniques, including Yogananda's Energization Exercises), guided meditation, and yogic philosophy. Gentle for beginners and becoming more challenging for those with experience. Taught by an Ananda Yoga® certified instructor.

Basic Yoga (Beginner/Intermediate): This class links breath with classic yoga poses, building strength, flexibility, relaxation and calmness. We will cover the fundamentals of yoga asana practice, emphasizing form, muscular action and working with the breath in basic poses. This low-key class offers opportunity to increase flexibility, core strength and body awareness and will leave students feeling relaxed and grounded. Beginners welcome: open to all levels.

Vinyasa Flow Yoga and Sunrise Yoga (Beg/Int/Advanced) *Please let the instructor know of any limitations you may have, as the sequences can be easily adapted for everybody.* This multi level class links sequences of yoga poses for a gentle yet energetic experience. Beginners are given modifications to ensure success and enjoyment while the more advanced students are guided toward deepening their practice with more challenging poses. Meditative breath, intelligent movement and stretching will lead you toward a heightened sense of awareness both on your mat and in everyday life

Hatha Yoga (L1-L2): 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.

Level of difficulty for yoga classes are indicated by L1 to L3:

L1: Beginning/moderate

L2: Intermediate/challenging

L3: Advanced/very challenging