

Member Benefits



Lynch/van Otterloo YMCA
Summer Session June 26-September 5

TIME	Monday			Tuesday			Wednesday			Thursday			Friday		
	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>			
5:45-6:45am	Boot Camp* (Gym) <i>Cheryl/Beth/D</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/D</i>	Muscle Cond. (7:15-8:10) <i>Paulette</i>	Spinning (5:45-6:30) <i>James</i>		Dance Mania (6-6:45)	Spinning (5:45-6:30) <i>Whitney</i>	Boot Camp* (Gym) <i>Cheryl/Beth/D</i>	Muscle Cond. (5:30-6:25) <i>Paulette</i>	Spinning (5:45-6:30) <i>Lisa</i>
8:30-9:25am	Express Sculpt (8:15-8:45) <i>Paulette</i> Muscle Cond. (9:00-9:55) <i>Keli</i> Fun Runs (9:15-10:15 meets in Fitness Center) <i>Dennis</i>	Muscle Cond. <i>Martha</i> Stretch & Flexibility (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> Butt & Gutt (8:45-9:25) <i>Danielle</i>	Cardio & Strength Circuit <i>Christine</i> Running Endurance* (9-9:55 in Fitness Center) <i>Dennis</i>	Spinning (8:30-9:25) <i>Nancy</i>	Cardio & Strength Circuit <i>Keli</i> Vinyasa Yoga (8:30-9:45 in MP Room) <i>Jeanne</i>	Muscle Cond. <i>Martha</i> Commit to Get Fit* (9:30-10:45 in Conf. Rm 1) <i>Jaime</i>	Spinning <i>Jo-an</i>	Butt & Gutt (8:45-9:25) <i>Danielle</i>	Cardio & Strength Circuit <i>Jaime</i> Kripalu Yoga (8:30-9:45 in MP Room) <i>Michelle</i>	Spinning (8:30-9:25) <i>Jo-an</i> Running Endurance* (9-9:55 in Fitness Center) <i>Dennis</i>	Basic Yoga (8:30-9:45 in MP Room) <i>Jeanne</i> Body Bar & More <i>Martha</i>	Core Express* (8:45-9:25 starts 7/9) <i>Laurie-Sue</i>	Spinning <i>JoAnna</i>
9:30-10:25am		Cardio Blast <i>Laurie-Sue</i>		PiYo* (starts 7/6) <i>Laurie-Sue</i>	Zumba <i>Kim</i>	Senior Fit Club (Fitness Center)	Kickboxing <i>Danielle</i>	Whole Body Ball Workout <i>Martha</i>	Spinning <i>Laurie-Sue</i>	PiYo* (starts 7/8) <i>Laurie-Sue</i>	Zumba (9:45-10:40) <i>Lisa G.</i>	Spinning (9:40-10:35) <i>Jaime</i>	Whole Body Ball Workout <i>Martha</i>	Cardio Blast <i>Laurie-Sue</i>	Spinning <i>Nancy</i>
10:30-11:25am	Baby Boot Camp* Keli	Senior Cond. <i>Barbara</i>		Youth/Teen Zumba* <i>Kim</i>	Sr. Move & Groove <i>Nancy</i>		Total Abs (10:35-10:55) <i>Laurie-Sue</i>	Senior Cond. <i>Keli</i>	Teen Spinning* <i>Jackie</i>	Zumba Light (last class 7/22) <i>Cindy</i>			Nia* <i>Lisa-Anne</i>	Senior Magic <i>Sarah</i>	
11:30-12:25pm	Hatha Yoga (11:00-12:15) <i>Lisa</i>	Teen Strength & Conditioning for Soccer* 12pm	Endurance Spin Ride (12-12:45)				Gentle Yoga (11:00-12:15) <i>Tracy</i>	Strength & Conditioning for Soccer* 12pm	Triathlon Training* (10:30) <i>Wendy</i>		Youth/Teen Strength Training (4:00pm)* Fitness Floor				Spinning (12-12:45) <i>Jill</i>
4:30-5:25pm				Youth/Teen Strength Training* (4:00pm) Fitness Floor		Spinning (4:15-5:00) <i>Jo-an</i>		Muscle Conditioning <i>Paulette</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>		Cardio Blast <i>Marci</i>	Spinning (6:15-7) <i>Annalisa</i>	Upper Body Conditioning (6:30-7) <i>Keli</i>	On the Ball <i>Jaime</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 Cond. (6:30-7) Butt & Gutt (7-7:30) <i>Meredith</i>	Kickboxing (Int/Adv) <i>Chrissy</i>	Spinning <i>Keli</i>	Gentle Yoga (6:15-7:25) <i>Tracy</i> Mat Pilates* (7-7:55 pm in MP Room) <i>Lisa-Anne</i>	Muscle Cond <i>Jaime</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>	Running Endurance* (in Fitness Center) <i>Dennis</i>		Family Zumba (6:30-7:00) <i>Kim</i>	
7:30-8:25pm	Hatha Yoga <i>Lisa</i>	Whole Body Ball Workout <i>Chrissy</i>			Evening Boot Camp* (7:35-8:35) <i>Jaime</i>		Vinyasa 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>Abbey</i>			
TIME	Saturday			Sunday											
7:00-7:55am		Muscle Cond. (7-7:45) <i>Christine</i>	Spinning <i>Donna</i>												
8:00-8:55am	Vinyasa Yoga (8-9:10) <i>Jeanne</i>	Muscle Cond. (8:00-9:15) <i>Cheryl</i>	Spinning (8:15-9:10) <i>Sarah</i>	Vinyasa Yoga (9:15-10:30) <i>Jeanne/ Julia</i>	Cardio Blast <i>Kate</i>	Spinning (8:10-9:05) <i>Nancy</i>									
9:30-10:25am		Zumba <i>Sarah</i>	Spinning <i>Keli</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>	Dance Mania (10:40-11:35) <i>Marco</i>	Spinning (10:40-11:30) <i>Jo-an</i>	Prenatal* (10-10:55 in Aerobic Rm 2) <i>Alexa</i>											

Over 100 Classes Free with Membership

*Please note classes in red require an extra fee. See program guide for details.

Check out our new classes for the Summer!!

Spinning Thursdays 9:40am-10:35am

On The Ball Wednesdays 5:30pm-6:25pm

Evening Boot Camp* Tuesdays 7:35pm-8:35pm

Schedule and instructors subject to change.

New ONLINE SPINNING SIGN UPS

All Spin classes require advanced sign up. **Sign up online 49 hours in advance of class.**

Go to www.northshoreymca.org/spinning.cfm to register for an account.

Fitness Class Descriptions

Summer Schedule

June 26 to September 5

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

Summer Babysitting

Hours:

Monday-Thursday

8:00am to 1:00pm

3:00pm to 7:30pm

Friday

8:00am to 1:00pm

Saturday

7:45am to 12:00pm

Sunday

8:00am 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!

Cardio & Strength 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.

Express 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!

On the Ball - This class is designed to train your entire body using the physioball, dumbbells and body weight. It will focus on increasing your muscle strength, endurance, coordination and balance.

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!

Dance Mania: A Zumba inspired class incorporating several styles of dance and movement. Great music, great moves and lots of fun.

Fun Runs: Runners of all abilities are welcome for these weekly outdoor runs. Different routes will be provided to accommodate different levels.

Senior Fit Club: An "at your own pace" exercise club that meets on the Fitness Floor that may include the use of cardiovascular equipment and/or strength equipment.

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: 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.

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.

Hatha Yoga (Beginner/Intermediate/Advanced): 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.

Kripalu Yoga: Nourish your body and mind with this new yoga class. You'll 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. The class is suitable for all levels of experience.