

# Y HEALTH & WELL-BEING™

We build strong kids, strong families, strong communities.

## Exercise Class Schedule – July 2009


Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am 6:00		<i>Cycle Reebok</i> CS		<i>Cycle Reebok</i> CS	<i>Cycle Reebok</i> CS		
5:15am 6:15	<b>LES MILLS BODYPUMP</b> A	Step N' Sculpt A	<b>LES MILLS BODYPUMP</b> A	Pilates A	<b>ZUMBA</b> A		
7:15am 8:15						<b>LES MILLS BODYPUMP</b> A	
8:05am 8:55		Pilates A		Yoga for Well-Being Studio			
8:15am 9:10	<i>Cycle Reebok</i> CS		<i>Cycle Reebok</i> CS		<i>Cycle Reebok</i> CS		
8:15am 9:15	<b>LES MILLS BODYVIVE</b> A		<b>LES MILLS BODYVIVE</b> A		<b>LES MILLS BODYVIVE</b> A		
8:25am 9:20						Kickboxing A	
8:30am 9:15	SilverSneakers® Cardio Circuit G2		SilverSneakers® Cardio Circuit G2		SilverSneakers® Cardio Circuit G2	<i>Cycle Reebok</i> CS	
9:00am 9:45		<b>ZUMBA</b> A		Latin Dance A			
9:30am 10:30	<b>LES MILLS BODYPUMP</b> A		<b>LES MILLS BODYPUMP</b> A		<b>LES MILLS BODYPUMP</b> A		
9:30am 10:30					Yoga for Well-Being Studio		
10:00am 10:45		SilverSneakers® MSROM A		SilverSneakers® MSROM A			
10:45am 11:15		SilverStretch A		SilverStretch A			
12:05pm 12:55	Hi/Lo G2	Sculpting G2	Hi/Lo G2		Hi/Lo 1,3,5 Latin Dance 2,4 G2		
12:10pm 12:50	<u>Latin Dance</u> <u>Express Lunch</u> A	<b>LES MILLS BODYPUMP</b> <u>Express Lunch</u> A	<u>Step</u> <u>Express Lunch</u> A	<b>LES MILLS BODYPUMP</b> <u>Express Lunch</u> A	<u>Yoga for Well-Being</u> <u>Express Lunch</u> A		
1:30pm 2:25							<i>Cycle Reebok</i> CS
2:30pm 3:30							<b>LES MILLS BODYPUMP</b> A
3:30pm 5:00							
4:25pm 5:25	<b>LES MILLS BODYPUMP</b> A		<b>LES MILLS BODYPUMP</b> A				
4:25pm 5:20	<i>Cycle Reebok</i> CS		<i>Cycle Reebok</i> CS				
4:30pm 5:25		<b>LES MILLS BODYVIVE</b> A		<b>LES MILLS BODYVIVE</b> A			
5:30pm 6:25	<i>Cycle Reebok</i> CS		<i>Cycle Reebok</i> CS				
5:30pm 6:25	Kickboxing A	<b>ZUMBA</b> G2	Kickboxing A	<b>ZUMBA</b> G2			
5:30pm 6:25	Tai Chi G3	Yoga for Well-Being Studio		Pilates Studio			
5:30pm 6:30	Step G2	<b>LES MILLS BODYPUMP</b> A		<b>LES MILLS BODYPUMP</b> A			
6:25pm 6:45	Ultimate Abs A		Ultimate Abs A				


A = Activities Room CS = Cycle Studio G2 = Gym 2 G3 = Gym 3 Studio = Spirit Mind Body Studio

Highlighted classes are classes that rotate.


YMCA Mission: The YMCA of Southwestern IN, Inc. following the example of Jesus Christ, responds to community needs by serving all people, especially youth, through programs that promote healthy spirit, mind, and body.

## Descriptions

 : The original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

 : is a fun, low impact, 50 to 55-minute class (depending on the time of day), integrating aerobic exercise for heart fitness, resistance training for strength and stability, with focus on flexibility, range of motion, agility, balance, and improved posture. A great class for every "body".

**Latin Dance:** Inspired by Latin dance styles, this class brings together great rhythm and high energy. It will make you sweat and put a smile on your face. It's all about letting the rhythm move you – dance your way to fitness, Latin Style!

 : A non-impact high intensity cardiovascular workout that strengthens and tones the lower body. Participants simulate a journey across fast, flat roads, through rolling hills and on long slow climbs. Workouts are designed to music and allow for individuals to challenge themselves as their fitness level improves. Sign up for a bike in the wellness area. Please bring a bottle of water.

**Hi/Lo Aerobics:** A cardiovascular floor workout performed to music that can be done at a high impact or low impact followed by muscle toning exercises.

**Kickboxing:** A total body workout consisting of upper body boxing movements combined with lower body blocks and kicks. A low impact activity which enhances aerobic capacity, strength, flexibility and agility.

**Pilates:** A challenging workout designed to tone and sculpt lean, long muscles. Reshape from head to toe.

**Sculpting:** This 50-minute class is designed to sculpt and tone like never before; using free weights to define your arms, legs, back, and abs.

**SilverSneaker® Cardio Circuit:** This low-impact, cardiovascular conditioning class is presented in a circuit format alternating resistance tool work and aerobic conditioning choreography. Designed as an advanced SilverSneakers class for those who need more of a challenge than SilverSneakers® MSROM offers.

**SilverSneakers® MSROM:** Muscular strength & range of motion offers seated and standing strength, endurance and stretching exercises. Come enjoy the music from the 40's, 50's and 60's as you perform exercises in or around a chair.

**Silver Stretch:** The class offers a variety of safe and effective options designed to increase flexibility and balance to improve each individual's sense of well being. Silver Stretch is taught from a seated or standing position to enhance the flow and energy created in combination with restorative breathing exercises.


**Step:** A great cardio workout that is challenging for the participant; utilizing the step, participants will switch between high intensity cardio drills and moderate intensity step to increase cardiovascular and muscular endurance with a bonus of core conditioning!

**Step'N'Sculpt:** A great cardio workout that is challenging for the participant; utilizing the step, participants will switch between moderate and high intensity cardio drills to increase cardiovascular and muscular endurance with a bonus of sculpting moves designed to sculpt like never before; using free weights to define your arms, legs, back, and abs.

**Tai Chi:** Tai Chi is a noncompetitive, self-paced system of gentle physical exercise and stretching. Regardless of age or physical ability, anyone can practice Tai Chi. During class you focus on movement and breathing.

**Ultimate Abs:** This class offers 20 minutes of pure abdominal and back work. Strengthening your core will improve your posture and balance and allow you to have a better workout no matter what you're doing!

**Yoga for Well-Being:** Yoga for Well-Being classes focus on flexibility, balance, relaxation and the connection of spirit, mind, and body without chanting, meditation, or non-Christian religious connotations.

 is like no other workout you will ever experience! Zumba® is a combination of Latin rhythms with red-hot international dance steps – dance your way to fitness!

**\* Zumba and Brazilian Dance may be substituted upon availability of instructors \***

Highlighted classes are classes that rotate; please note that classes marked 1, 3, 5 will meet on the first, third, and fifth class days of the month. Classes marked 2, 4 will meet on the second and fourth class days of the month.