

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Dunigan Family YMCA

Exercise Class Schedule August 10 – December 31, 2008

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:05 am – 6:05 am	Cycling	BODYPUMP 5:15 – 6:20am	Cycling	BODYPUMP 5:15 – 6:20am	Cycling	Cycling 7:05 – 8:05am	
8:00 – 8:55 am	Cycling	*Cardio Kick 8:10 – 8:55am	Total Strength	Cardioblast	*Step	BODYPUMP 8:15-9:15am	
9:00 am – 9:55 am	Hi/Lo	BODYPUMP 9-10:05am	Hi/Lo	BODYPUMP 9-10:05am	Hi/Lo	Cardio Kick 9:25 – 10:25am	
	Silver Sneakers I 9-9:45am GYM, CT 2		Silver Sneakers I 9-9:45am GYM, CT 2		Silver Sneakers I 9-9:45am GYM, CT 2		
10:00 am – 11:00 am	Silver Sneakers I GYM, CT 2	*Silver Sneakers II 10:15 – 11a	Silver Sneakers I GYM, CT 2	*Silver Sneakers II 10:15 – 11a	Silver Sneakers I GYM, CT 2	Pilates 10:30-11:30a	
	Mommy & Me		Mommy & Me		Mommy & Me		
11:15 am – 12:00 pm		**Small Group Personal Training	*SilverStretch				
12:15pm – 1:20pm	BODYPUMP		BODYPUMP		BODYPUMP		
3:45 pm – 4:25 pm	Youthercise	Family Connection	Cardioblast	Cycling			Family Power Hour 3 – 3:55pm
4:30 pm- 5:25 pm	*Step	BODYPUMP	Cycle Connection	BODYPUMP	Cycling		Cycling 4 - 5pm
5:30 pm- 6:25 pm	*Connection	*Step	Cardio Kick	*Step			BODYPUMP 101 5:15 – 5:45pm first Sunday of each month ONLY
6:30 pm- 7:35 pm	Cycling 6:45-7:45pm	BODYPUMP	*Pilates	BODYPUMP			

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.

Class Descriptions

BODYPUMP:

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!

BODYPUMP (101):

It is highly recommended that you try this class at least once before going to BODYPUMP so that you can learn the basics, technique and exercises of BODYPUMP. This class will be offered the first Sunday of each month ONLY!

Cardioblast:

A mixture of different cardio workouts offered in a high-intensity 55-minute class! Come join the fun and variety after getting your strength workout on Thursdays!

Cardio Kick:

A total body workout consisting of upper body boxing movements combined with lower body blocks and kicks. Come try a workout which enhances aerobic capacity, strength, flexibility and agility.

Connection:

Designed for fitness enthusiasts, this demystified program provides the wonderful benefits of yoga without Sanskrit words, chanting, or religious disciplines. It focuses on stretching and relaxation, making the “Connection” of the Spirit, Mind, and Body.

Cycle Connection (NEW!):

30 minutes of cycling followed by the benefits of stretching and mind-body relaxation

Cycling:

Come and join our instructor as they guide you through an indoor cycling experience that will strengthen your legs and heart.

Family Connection (NEW!):

Come connect as a family and stretch your minds and bodies in this yoga-like class for families! A kid-friendly Connection class based on the traditional principles of the connection class, but modified to capture the attention of kids. It is appropriate for all fitness levels and ages 5 years to adult.

Family Power Hour (NEW!):

Come and spend some quality getting fit and having fun together as a family! This class is for those kids 6 years and older and their parent(s).

Hi/Lo:

This class offers high and low impact aerobics with options to challenge every intensity level. Come bring back the fun of tradition!

Mommy & Me:

An exciting, fun-filled workout for new and expectant moms, this class offers cardiovascular conditioning, resistance toning exercises, stretching and relaxation techniques. Bring your little one along and enjoy a great bonding hour as you exercise. 4 weeks—active crawlers. Medical release required prior to participation.

Pilates:

A challenging workout designed to tone and sculpt lean, long muscles and reshape your whole body, while concentrating on core stability.

SilverSneakers I – MSROM (Muscular Strength & Range of Motion):

This 45 minute class, designed for active older adults, includes work for all major muscle groups designed to increase strength, range of movement, agility, balance, and coordination and to improve participant's functional capacities, physical fitness level, and sense of well-being. Come enjoy the music from the 40's, 50's and 60's as you perform exercises in or around a chair for support.

SilverSneakers II – Cardio Circuit:

This 45 minute, 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 I offers.

SilverStretch:

SilverStretch is taught from a seated and standing position to enhance the flow and energy created in combination with restorative breathing exercises. 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.

**Small Group Personal Training (pre-registration required!):

The YMCA has certified trainers to make fitness fun, while providing accountability, encouragement, education, and social support. A group of four to six individuals can work together for seven weeks with a personal trainer to achieve their fitness goals. So, grab a group of friends together and get ready to have fun!

Step:

A high-energy cardiovascular conditioning workout that requires stepping on and off of a platform. Class types include Traditional Step, Step & Pump which incorporates weight training in addition to step, Step/Hi-Low which incorporates floor aerobics with step, and Double Step which uses two platforms.

Total Strength:

A strength-training workout for the entire body, working the core muscles of the abdominal and back combined with an intense upper and lower body weight-training program using dumbbells, body bars, stability balls, medicine balls, gliding disks, rings and tubes.

Youthercise (NEW!):

Workout with your peers and perform age-appropriate exercises designed to increase cardiovascular endurance and tone your muscles, all while having fun! A fun and exciting atmosphere for kids to exercise where you will play games, use balls, etc. to enhance the kids' overall physical well-being. This class is designed for kids ages 7 – 13.

All classes are held in Multi-purpose rooms 1 & 2 (one big room) unless otherwise specified (Gym, MP1 or MP2). One towel/person is available at the front membership desk. Please return towels to towel drop at membership desk as you leave. Water bottles and towels are allowed in the MP rooms, but please store all other items in a locker. No food/drink in rooms please. No advanced registration is required. However, the maximum # of students is set at 30 (16 for cycling) and is determined by the names on the sign-up sheet located at the room entrance. Only the first 30 (16 for cycling) members signed in will be permitted to attend class due to room size and equipment limitations. This will help to ensure a quality class for students. **We reserve the right to change the schedule and instructor as needed.** Watch the website (www.ymca.evansville.net) or call 401-9622 for more information.

* Classes with an asterisk are available for non-members to take for a cost. Please call 401-9622 for details.