



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP FITNESS SCHEDULE

FRANZ ROSS YMCA

MAY 2012

Times	Mon	Tue	Wed	Thurs	Fri	Sat.
5:40-6:40	SPIN-CYCLE MR Gail	★ BODYPUMP Gail (begins May 15 <sup>th</sup> )	SPIN-CYCLE MR Gail	★ BODYPUMP Gail (begins May 17 <sup>th</sup> )	SPIN-CYCLE MR Gail	
8:30 - 9:30		SPIN-CYCLE MR Ethie  BODYPUMP Challenge!!! Tracy	★	SPIN-CYCLE MR Brenda  BODYPUMP Challenge!!! Tracy	★	8:15 AM SPIN-CYCLE MR Tracy/Brenda BODYPUMP Challenge EXPRESS! Brenda/Tracy
9:00-10:00	CROSS TRAINING (Step/strength/tone) Anissa  CYCLE-KETTLEBELL fusion MR Tracy		ANYTHING GOES! Anissa  CYCLE-KETTLEBELL fusion MR Brenda		STEP-N-MORE Ethie	
9:45-10:45	10:15-11:15 YOGALOCA Tracy		10:15-11:15 PILATES Mitzi ★			9:35-10:35 ZUMBA! Rosario/Toni
10:45-11:45					INTRO TO YOGA Joanie	GENTLE YOGA Joanie
11:00-12:00	Silver- Sneakers@ MSROM Marcelle MR	Silver- Sneakers@ MSROM Brenda MR  ON THE BALL! Mimi	Silver- Sneakers@ CARDIO FIT Ethie MR	Silver- Sneakers@ MSROM Mimi MR  ZUMBA! Krysten	11:15-12:15 Silver- Sneakers@ CARDIO FIT Cindy MR	
11:30-12:30	FOREVER FIT Mimi		FOREVER FIT Mimi			
P.M.						
12:15-1:15		GENTLE YOGA Marcelle/Joanie		BEG/ADV YOGA Marcelle		
4:15 - 5:15	KETTLEBELL-STEP COMBO Brenda  5:15-6:00 MR SPIN-Cycle Brenda	★ BODY PUMP Mitzi (begins May 15 <sup>th</sup> )	STEP COMBO Ethie	BODYPUMP Anissa	STEP COMBO Gail	
5:30 - 6:30	BODYPUMP Cheryl  ★	STEP II Ethie SPIN-CYCLE (PILATES STUDIO) Brenda	YOGA Marcelle	BELLY DANCE Ethie SPIN-CYCLE MR Brenda	5:30-6:30 BEGINNER ZUMBA! Rosario	
6:45-7:45	6:30-7:30 MR TAI-CHI Zac  ZUMBA! Christy	KICKBOX FUSION Brenda	ZUMBA! Toni	FREESTYLE BODY WORKOUT Brenda	6:00-7:00 MR TAI-CHI Zac	

# Group Exercise Class Descriptions- SUMMER 2012

<b><u>Anything Goes!</u></b> :	Instructor demonstrates low impact, high intensity and power moves. Combine 30 minutes of aerobics and 30 Minutes floor work, followed by stretching. <i>(All fitness levels)</i>
<b><u>Belly Dancing:</u></b>	A fun, low impact Belly Dance Workout with powerful body-shaping movements. Improve cardiovascular and Muscular endurance, balance & coordination. <i>(All levels)</i>
<b><u>Body Pump Challenge Express:</u></b>	30 minute Body Pump class following a 30 minute cardio interval training class. Work your way through the major muscles in this shorter version of the Original Barbell Class plus a quick cardio class all in one!
<b><u>Body Pump/Challenge:</u></b>	Body Pump is a proven method to sculpting lean, strong muscles for your entire body! Choreographed, beat-driven movements With a adjustable barbell ,systematically working your way through each and every muscle group ! ( All levels Welcome) (Challenge classes begin with 30 minute of cardio interval training , then a full hour of PUMP!)
<b><u>Cardio-fusion:</u></b>	Low-impact cardio and/ or step fused with strength-training & stretch. Cover all bases in this class! <i>(Beginner-advanced Fitness levels)</i>
<b><u>Cross Training:</u></b>	This is how you jump off of that fitness plateau! This exciting class will keep you motivated. <i>(All fitness levels)</i>
<b><u>Cycle/Kettlebell fusion:</u></b>	The best of both worlds! 30 minutes of Cycle followed by 30 minutes of Kettlebell cardio and sculpting! <i>(All fitness levels)</i>
<b><u>Fit Mix:</u></b>	Class is designed with using the step platform and hand held weights for One Fit Body! ( All levels Welcome)
<b><u>Forever Fit:</u></b>	FUN in fitness is the name of the game in this class! Class format includes lower body toning and low impact / Variable intensity cardiovascular training. <i>(All levels, especially Active Older Adults)</i>
<b><u>Free Style Workout:</u></b>	Strength train, tone, and condition your cardio respiratory system utilizing the Step, hand held weights, rubber tubing, and small balls. Floor work will be included for challenging and improving your abdominal strength and all over flexibility. (All fitness levels)
<b><u>Gentle Yoga/Intro to Yoga:</u></b>	A great class to get acquainted with this age-old discipline of deep breathing, body awareness, guided postural moves and relaxed concentration_ <i>(All fitness levels)</i>
<b><u>"Get on the Ball":</u></b>	Utilizing the stability ball to develop core strength, flexibility, balance and coordination, cardiovascular health in a dynamic <i>FUN</i> atmosphere. <i>(Beginner / Intermediate level)</i>
<b><u>Kardio Kick/Fusion :</u></b>	60-minute low impact exercise class that combines kicks, punches and other martial arts movements followed by a stress-relieving flexibility. Kardio-Kick is non-contact, Kardio Fusion is a mixture of Kick and other low impact power moves. (For all fitness levels)
<b>Silver Sneakers</b> <b><u>MSROM:</u></b>	<b><u>Muscular Strength &amp; Range of Movement</u></b> -Have fun and move to the music through a variety of exercises designed to increase muscular strength range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.
<b>Silver Sneakers</b> <b><u>CARDIO FIT:</u></b>	Get up and Go with this heart-healthy class that's easy on the joints. Easy to follow, low-impact movements, upper body strength-training and abdominal exercises followed by stretching & relaxation!
<b><u>Spin-Cycle:</u></b>	Get a great cardiovascular workout riding to great tunes! Build energy and tons of endurance. Enjoy the RIDE! <i>(All fitness levels)</i>
<b><u>Step Combo:</u></b>	25-minutes of cardio using combinations on the step, 20-minutes of muscle toning exercises with weights, 10-minutes of Abs to help strengthen the core muscles and a Cool down stretch at the end. Burn up to 350 calories (Intermediate to Advance levels).
<b><u>TAI-CHI:</u></b>	Learn the ancient art of Tai-Chi! Slow, fluid, movements that build strength and joint mobility. Beginner level .
<b><u>Total Body Workout,</u></b> <b><u>Muscle Up! or</u></b> <b><u>Power Mix</u></b>	Target every muscle group through the use of hand weights, tubing and your own body weight. Muscle strength, variable intensity cardiovascular training. <i>(All fitness levels)</i>
<b><u>YOGALOCA:</u></b>	Power Yoga fused with Pilates, light weights and the body bar set to up-beat music and fun for a total body sculpting experience! It's Yoga, but it's Crazy! (Intermediate-Advanced)
<b><u>ZUMBA:</u></b>	Ditch the "workout" attitude and join the party! Turn your exercise session into a real fitness fiesta!

**NOTE: All classes can be modified to accommodate all fitness levels with the help of the instructor. Ages 13 yrs and Up**

- Please review Group Exercise policies (copies available)
- (Ages 12 and under not permitted in group exercise room while class is in progress)

**CHILDWATCH HOURS: Mon. through Fri. 8:00AM – Noon / 4:00 PM – 8:00 PM Sat. 8:00 AM – Noon**  
**\$\$ Fee applies, please register at the Welcome Center MR= Multi Purpose Room**

**Contact Tracy Morgan, Wellness Coordinator @ (941) 629-9622 or email [tmorgan@charlottecountyyymca.com](mailto:tmorgan@charlottecountyyymca.com)**