



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The Group Exercise classes are included with your membership.

GROUP EX. NORTH PORT JANUARY, 2012

Mon	Tues	Wed	Thurs	Fri	Sat
AM					
<u>8:05 – 8:55</u> Gentle Yoga <i>Jim</i>		<u>8:05 – 8:55</u> Gentle Yoga (first session) <i>Jim</i>		<u>8:05 – 8:55</u> Yoga <i>Jim</i>	<u>9:00-12:00</u> SWIM LESSONS (POOL) MUST PRE-REGISTER
<u>9:05 – 9:55</u> On The Ball <i>Ralanda</i>	<u>9:05 – 9:50</u> CORE-STRONG (ABS, OBLIQUES, LOW-BACK, GLUTES) <i>Jim</i>	<u>9:00 – 10:00</u> SilverSPLASH® <i>Maria</i>	<u>9:05 – 9:55</u> FIT FUSION <i>Ralanda</i>	<u>9:05 – 9:55</u> Freestyle Muscle-Up <i>Ralanda</i>	
<u>9:00 – 10:00</u> SilverSPLASH® <i>Maria</i>		<u>9:05 – 9:55</u> Yoga (2nd session) <i>Jim</i>			
<u>10:00-11:00</u> WATER AEROBICS (POOL)	<u>10:00-11:00</u> WATER AEROBICS (POOL)	<u>10:00-11:00</u> WATER AEROBICS (POOL)	<u>10:00-11:00</u> WATER AEROBICS (POOL)	<u>10:00-11:00</u> WATER AEROBICS (POOL)	
		<u>10:05 – 11:00</u> Zumba! <i>Cindy B.</i>			
<u>11:30-12:30</u> SilverSneakers® Cardio Fit <i>Cindy</i>	<u>11:30-12:30</u> SilverSneakers® Cardio Fit <i>Michelle</i>	<u>11:30-12:30</u> SilverSneakers® Cardio-Fit <i>Michelle</i>	<u>11:30-12:30</u> SilverSneakers® Cardio-Fit <i>Cindy</i>		
PM					
	<u>12:45-1:45</u> SilverSneakers® M.S.R.O.M. <i>Michelle</i>		<u>12:45-1:45</u> SilverSneakers® M.S.R.O.M. <i>Cindy</i>		
<u>6:35-7:30</u> INDOOR CYCLING <i>Heather</i>	<u>6:35-7:30</u> Freestyle Muscle-Up <i>Heather</i>		<u>6:35-7:30</u> Freestyle Muscle-Up <i>Michelle</i>		

ALSO PLEASE NOTE: WEATHER PERMITTING, SOME YOGA AND OTHER CLASSES MAY BE HELD ON THE POOL DECK.

North Port Family YMCA 5930 Sam Shapos Way, North Port, FL 34287 P: 941 429 2269 F: 941 429 4877 charlottecountyyymca.com
MEMBERSHIP INCLUDES FULL USE OF FACILITIES AND CLASSES OFFERED AT FRANZ ROSS PARK IN PORT CHARLOTTE. CHECK WEBSITE FOR UPDATED SCHEDULE OF CLASSES. charlottecountyyymca.com Click on Healthy Living – Group Exercise PDF schedules are posted monthly

GROUP EXERCISE CLASS DESCRIPTIONS

CORE STRONG: The name says it all! Focus on the center of your being for close to an hour, sculpting, defining and strengthening the hips, glutes, obliques, lower back and front abs.

FREESTYLE MUSCLE UP: This total body toning class combines upper & lower body exercises that will give you the definition your muscles deserve. This class involves strength and motion, burning MAXIMUM calories with fun movements. Dumbbells and bodyweight resistance sometimes rebound steps and resistance tubing is used. High energy aerobics followed by creative muscle conditioning and flexibility training. This class is so much fun you'll forget you are exercising!

ON THE BALL: The primary focus of this class is "Core Strength" and at the same time, a total body workout results. You will perform a number of different exercises, all with the stability ball that will help strengthen, shape and define your arms, legs, shoulders and back. There are usually a few laughs too. Fun and fitness – what a combination.

FIT FUSION: Instructors choice! Cardio and strength combined through a variety of different and challenging exercises—with a dose of fun each time.

SilverSneakers® Muscular Strength & Range of Movement: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support.

SilverSneakers® Cardio Fit: Put your body in motion with low impact exercises to improve your circulation, lungs and heart health. Don't worry, be healthy. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support.

Silver Splash®/WATER AEROBICS/: exercises done in our heated-outdoor pool are gentle to the joints and effective at improving cardiovascular health and muscle-building fun for all fitness levels.

YOGA: Relax your mind while strengthening your body ! Try this great non-aerobic class that will increase your flexibility while rejuvenating your spirit with the postures, and breathing techniques of yoga. Achieve total peace and harmony with this great full body workout. Learn breathing techniques and focus to find a peaceful balance of overall physical wellness with a more advanced format.

ZUMBA : A fusion of Latin and international music - dance themes creating a dynamic, exciting, effective fitness system! Routines feature aerobic/fitness interval training with a combination of fast & slow rhythms that tone and sculpt the body.

(Ages 12 and under not permitted in group exercise room while class is in progress)

**CHILD WATCH HOURS ARE MON-FRI 9:00am-12:00pm & MON-FRI 6:00-8:00pm*

****Reservations Required** call 941.429.2269*