



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Winter 2019

Group Exercise Room

MONDAY

STT (3)
9:00-10:00 AM
RICK AD

SILVER SNEAKERS (3)
11:00-11:45 AM
GLENN A

ABS SOLVE (3)
5:30-5:45 PM
NEKA AD

GROUP CYCLE (2)
6:00-7:00 PM
FANIA AD

STREAM LINE SCULPT (3)
7:00-8:00 PM
MILON A

TUESDAY

A
GROUP CYCLE (2)
5:45-6:45 AM
SAM

ZUMBA (2)
9:00-10:00 AM
SISTAH FLYY A

SILVER SNEAKE (3)
11:30-12:15 PM
KEITH A

GROUP CYCLE (2)
6:00-7:00 PM
FANIA A

BOOTCAMP (3)
7:00-8:00 PM
BUSTER A

WEDNESDAY

GROUP CYCLE (2)
9:00-10:00 AM
EMMA

STT (3)
10:15-11:15 AM
RICK A

ABS SOLVE (3)
5:30-5:45 PM
NEKA A

ZUMBA (2)
6:00-7:00 PM
KAY KAY (GYM)

BOXING CONDITIONING (3)
7:00-8:00 PM
MILON

THURSDAY

GROUP CYCLE (2)
5:45-6:45 AM
SAM A

T.A.G. (3)
9:00-10:00 AM
BUSTER A

SILVER SNEAKERS (3)
11:00-11:45 AM
BETH A

ZUMBA (2)
6:00-7:00 PM
NEKA (GYM) A

STT (3)
7:00-8:00 PM
RICK A

FRIDAY

POWER SCULPT (3)
9:00-10:00 AM
BUSTER AD

ABS SOLVE (3)
10:00-10:15 AM
NEKA AD

STRONG by ZUMBA (3)
6:00-7:00 PM
KISHA A

SATURDAY

GROUP CYCLE (2)
7:30-8:30 AM
EMMA A

ZUMBA (2)
10:00-11:00 AM
KISHA A

SUNDAY

Purple classes are Strength Training Classes 3PTS

Orange classes are cardio classes 2PTS

Blue classes are programs that require registration and possibly an extra fee

**Sign-up for all cycle class will begin 15 minutes before start.

*No admittance into class after 15 minutes

*Class Levels
A= All Levels
AD= Advanced

Adaptive Fitness— Registration and times vary. See wellness staff for more information.

M.O.C.H.A—The MOCHA program includes a **12 week** class focusing on key areas of men's health in addition to **weekly exercise classes**. Each week includes discussion, education and peer support surrounding each topic. Each participant participates in pre and post wellness assessments. See wellness staff for more information and registration.

CLASS DESCRIPTIONS – Group exercise classes are for all levels of fitness. Inform the instructor if you are new to the Y, we are happy to show modifications for all levels of fitness.

★ **Adaptive Fitness** – Adaptive Fitness and Sports at the Y is designed to help individuals with disabilities reach their fullest potential through support and fellowship, as well as health, wellness and sport activities. Members have the opportunity to meet with a fitness coach who will help the member set goals, design a personal exercise program based on individual needs and train participants to use adaptive or standard equipment independently or with assistance.

Abs solve – Want Washboard abs? This quick abs class is a concentration on the abdominal muscle group. All levels are welcome.

Boot Camp – This high-energy program includes an intense cardiovascular workout and strength-training drills, and is designed for those seeking an intense boost to a regular workout routine. Develop strength, stamina, and agility.

Boxing Conditioning – Experience a complete body conditioning workout with a series of boxing, weights, and core moves. This interval training workout will challenge your body with a combination of cardio and strength.

Group Cycle – A high-energy class that simulates an actual ride targeting heart rate zone training, lower body strength, endurance, and lots of sweat. Appropriate music is played to help motivate you through the ride.

★ **M.O.C.H.A.** – MOCHA stands for Men of Color Health Awareness. It was developed to improve the health and wellness of men of color. This collaborative effort enables men of color to engage in an educational and social experience with the support and motivation necessary to make lifestyle and community changes.

Silver Sneakers – Silver Sneakers Classic focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a Silver Sneakers ball. Often a chair is used for seated exercises or standing support.

Streamline Sculpt – Burn calories, sculpt and increase muscle tone – all while training your body to functionally network your muscle groups.

STT (Strength Train Together) – the most enjoyable way to train! This class will blast all your muscles with high-rep weight training. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises. Music and a group atmosphere will get your heart rate up, make you sweat and push you to a personal best.

T.A.G. – TAG focuses on toning and strengthening the core down to the lower body, specifically isolating the Thigh, Abdominal, hips, and Glute muscle groups.

ZUMBA – Zumba® is a fitness program inspired by Latin dance. Zumba® consists of Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. The name Zumba® is derived from a Columbian word meaning to move fast and have fun.