



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CENTRAL GROUP EXERCISE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 am	RPM/BP James	H.E.A.T. Beth		Core & Stretch Gwen	BODYPUMP® James	
8:15 am		F.I.T Camp Richard		F.I.T Camp Renee		8:00am BodyCombat™ Mark
9-9:30am Stretch Area	Awesome Abs Beth				Awesome Abs Tammy D/Renee	
9:00 am	BodyCombat™ Gwen	BodyJam™ Kelly	BODYPUMP™ Richard	Pilates Tara	BODYPUMP™ Richard	BODYPUMP™ Natalie
10:15 am	Fit for Life (Srs) Rotation	Chair Yoga Stretch Kelly		ZUMBA Gold® Mindy		10:00 BODYSTEP™ Dora
12:00 pm	BODYPUMP™ JJ		BODYPUMP™ Tonya	BodyCombat™ JJ	BODYPUMP™ Dora	
2:45 pm		Burn & Firm Kelly		Burn & Firm Kelly		
4:30 pm	BODYPUMP™ Chris/Barry	BODYSTEP™ Chris/Barry		BODYSTEP™ Wanda		
5:30 pm	BodyCombat™ Mark/Richard	BODYPUMP™ Tricia	ZUMBA® Natalie	Fitness Fusion Deborah	BodyJam™ Kelly	
6:30 pm	BODYJAM™ Kelly		BODYPUMP™ Natalie/James			
		7-8:15 Karate		7-8:15 Karate		
	C	Y	C	L	I	N
5:45 am			RPM™ James			
8:10 am	Cycle Beth		RPM™ Richard		Cycle Tammy D/Renee	
12:00 pm		Cycle Tammy D.				
5:45 pm	RPM™ James		Cycle Patsy			

Updated 1-26-12

Central Branch YMCA Group Exercise Class Descriptions

Awesome Abs – You will get 30 minutes of great, traditional abdominal exercises to improve core strength.

Burn & Firm – This is a 45 minutes class that includes intervals of cardio for a healthy heart and muscular strengthening for increasing fitness level and getting fit. This class is great for all levels.

Core and Stretch – This class focuses on core strength for 30 minutes using standing and traditional floor core and back exercises. This is followed by 30 minutes of full body stretching to improve all over flexibility.

Cycle – This class brings cycling indoors but with no traffic, no helmets, and no lights. It is an intense, low-impact, cardiovascular workout for all fitness levels.

F.I.T Camp – **F**urious (Fun) **I**ntense **T**rainig- If you want to change your body and get fit fast, this is the class for you. Come push yourself to **the next level of fitness** with this cardio and strength workout.

Fitness Fusion – Start with GREAT music, add some major cardio movement, AND weight work targeted to every muscle group. Blend it together and you have this FUN class for all fitness levels.

H.E.A.T. – **H**eat, **E**ndurance, & **A**b, **T**raining.

Pilates – This class conditions the body from the inside out as you build core strength. Postural alignment improves as you build strength without bulk, and balance muscle strength with flexibility. While focusing on the center of the body you will tone your abdominals, thighs, hips, and waist. Each exercise is done with complete muscular control and will make you feel taller and leaner.

Fit for Life – 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 activity for daily living skills. Handheld weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Chair Yoga Stretch (Srs.)– From mind, to body, to spirit, this class is a blend of physical movement to increase flexibility, balance, coordination, and strength, while it lengthens and tones every muscle of the body. A chair is used for support.

ZUMBA® – Dance your way to a fitter you with exciting and unique Latin moves and rhythms.

ZUMBA® GOLD – This takes the moves and music of the Zumba class described above and adapts it for beginners to intermediate

LesMills™ Classes

BODYPUMP™ is 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.

BODYSTEP™ is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

RPM™ is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high. choreography.

BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness.

BODYJAM™ is the cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as on breaking a sweat. Funky instructors teach you to move with attitude through this 55-minute class. So grab a friend, get front and center, and get high on the feeling of dance. Like all the LES MILLS™ programs, a new BODYJAM™ class is produced every three months with new music and choreography. Each new class will be a different dance experience depending on what's current and hot.