



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

STOWE FAMILY YMCA

January 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Jan 1 New Years Day ALL BRANCHES OPEN FROM 8AM – 6PM	*5:30-6:00AM GRIT PLYO Richard	5:30-6:30AM BodyPump Kristen/Richard D	*5:30-6:00AM GRIT STRENGTH Richard	5:30-6:30AM BodyPump Richard D	*5:30-6:00AM GRIT CARDIO Richard		
New Years Day Celebration! OPEN HOUSE							
SPECIAL THIRY- THIRY GROUP EX SCHEDULE	8:00-8:55AM BodyJam Richard / Mandy	8:00-8:55AM Hi/Lo Barbie	8:00-8:55AM BodyPump Richard	8:00-8:55AM Body Sculpt Barbie	8:00-8:55AM BodyCombat Christina	8:00-8:55AM BodyPump Rotation	
9:00 am – 12:00 pm. 30 min Classes	9:00-9:55AM BodyPump Cindy/Richard SmartStart	9:00-9:30AM CX Worx Christina	9:00-9:55AM BodyJam Cindy	9:00-9:55AM BodyStep Chris	9:00-9:55AM BodyPump Elizabeth	9:00-9:30AM CX Worx Rotation	
January 5 Super Saturday Group Ex special class schedule		9:35-10:30AM BodyCombat Christina/Erika SmartStart					
8am – 12:30pm	10:00-10:55AM BarreAbove Ashley	10:30-11AM Fit Tots Mandy	10:00-10:55A Barre On The Beat Cassie	10:00-10:55AM Vinyasa Flow Yoga Amanda R	10:00-10:55A Les Mills Tone Kristy	9:35-10:30AM Body Combat Rotation	
January 11 BodyJam Dance @6:00pm Party w/ member social @ Old Stone Steakhouse in Belmont @ 7:15pm	11:00-12:00P SS Classic Lynn	11:00-12:00P SS Classic Lynn	11:00-12:00P Chair Yoga Amanda R	11:00-12:00P SS Classic Lynn	11:00-12:00P Chair Yoga Amanda R	10:35-11:30A Zumba/ BodyJam Rotation (See Mobile App)	
Parents Night Out	12:00-1:00P SS Classic Carmen						
January 28 Weight Loss Program begin.	4:30-5:25PM Shred Erika	4:30-5:25PM BodyJam Mandy	4:30-5:25PM Shred Richard	4:30-5:25PM BodyJam Cindy			2:00-2:55p BodyPump Rotation
January 28 Weight Loss Program begin.	5:30-6:25PM BodyPump Stacey/Adrian Smart Start**	5:30-6:25PM BodyCombat Mark/Cindy Smart Start**	5:30-6:25PM BodyPump Kyle / Jenny	5:30-6:25PM BodyPump Stacey/Adrian Smart Start**			3:00-3:55p BodyFlow Rotation
New Class!!! Zumba Tues 10:05A Downstairs studio	6:30-7:00PM CXWORX David	6:30-7:25PM Extreme Sculpt Anna	6:30-7:00PM CXWORX Kyle	6:30-7:25PM BodyCombat Kyle			
Extreme Sculpt –Tues 6:30p Upstairs Studio	*7:00-7:30PM GRIT Strength Richard		*7:00-7:30PM GRIT CARDIO Richard	7:30-8:25PM Zumba Stephanie	*7:00-7:30PM GRIT PLYO Richard		
Fit Factor- Fri 9:05a Downstairs Studio	7:35-8:25PM Zumba Marsha		7:35-8:25PM Zumba Iris				



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STOWE DOWNSTAIRS STUDIO/OPEN AREA/GYM

Highlighted
classes
located in
Open Area

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:40-6:30A Yoga Cathy		5:30-6:20A RPM Trish		5:30-6:20AM RPM Trish		
8:10-9:00AM Cycle Millie			8:15-8:45A SPRINT Michele E	8:10-9:00AM Cycle Millie	8:00-8:55AM RPM Rotation	
9:05-9:50AM Bootcamp Erika GYM	9:05-10:00AM Deep Stretch Yoga Ashli	9:00-9:55AM BODYATTACK Zoe GYM	9:05-9:50A SHRED Richard	9:05-10 AM Fit Factor Erika Poe	9:00-9:55AM BarreAbove Rotation *** 9:00am Aqua Strong Carmen POOL	
	10:05A-11:00A Zumba Brittany ***10:15A Aqua Strong Michelle H POOL		***10:15A Aqua Strong Nancy POOL		*	
						***4:00pm Aqua Strong Michelle H POOL
5:30-6:25PM RPM Katherine	5:30-6:25PM RPM Neil					
6:30-7:25PM Barre To The Beat Cassie	6:30-7:25PM Barre Reform Cassie	6:30-7:25PM RPM Debbie	6:30-7:25PM Barre To The Beat Mandy			

Additional ChargeSmart Start: Getting started the smart way. Slow to start and building your fitness gradually*

***LIMITED SPACE!!! MUST REGISTER ONLINE OR AT FRONT DESK !!! REGISTRATION OPENS 24 HRS PRIOR TO CLASS TIMES



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Class Descriptions:

Barre Above – Try the new trend in fitness! Barre is a blend of ballet, strength, yoga, and Pilates. Come challenge and sculpt your body while working within your own range of motion. We encourage you to join us no matter your skill or fitness level. Work barefoot for best results, but socks or shoes are optional.

Barre Reform – Inspired by Barre Above is a total body workout that targets, shapes, and defines all major muscle groups through basic yoga, Pilates, and resistance-based strength training.

Barre To The Beat – A fun and modern barre dance class following choreography in order to utilize the barre to focus on muscle isotonic and isometric movements for cardiovascular endurance and muscle strength

Body Sculpting – Use hand weights to sculpt every muscle in your body.

Bootcamp – Bootcamp mixes cardio, circuit training, HIIT (high intensity interval training), and weights for an ever-changing, never boring workout! Appropriate for all fitness levels. Shake up your fitness routine with BOOTCAMP!

Cardio Interval – Intense cardio/strength work using intervals and circuits to challenge and improve your cardiovascular system

Chair Yoga – All the strength, flexibility, coordination and balance training of yoga with the support of a chair.

CORE & MORE – Pilates core based workout to strengthen all muscles of the core including stabilizing muscles increasing balance and stability.

Cycling – Cycle indoors for an intense, low impact, cardi

Extreme Sculpt – This class combines strength and cardiovascular exercises in a unique combination that allows your body to work more efficiently. You will challenge every muscle in your body

Fit Factor – Set your body in burn mode with cycling and melt the calories away with a unique and carefully programed workout consisting of weights, body work, Flexibility and Abs to ensure result

Fit Tots – Fitness for kids under the age of five. Kids will have fun while doing age appropriate aerobic exercises and playing active games.

Gentle Flow Yoga – Gentle style for Beginners to advanced. The focus is to improve posture, flexibility, balance and alignment

Hi/Lo – A multi-level cardio class that gets your heart rate up without impact on your joints.

Kids Get Fit – A perfect program to get kids ages 5-12 active, build confidence and learn the importance of exercise and nutrition while having FUN!

Pilates To The Core – A mat based class designed to develop core muscle stability, improve posture and build strength balance and flexibility

Shred – Shed fat, sculpt muscles and increase fitness levels and endurance by a series of weight lifting and body weight exercises designed to shred your body. TURN YOUR BODY INTO A FAT INCINERATOR!

Power Vinyasa Yoga – Power Vinyasa Yoga is a powerful, energetic form of yoga where students fluidly move from one pose to the next while connecting their breathing to their movements. It incorporates strength, flexibility, balance, cardio and physical and mental stamina in one session. This practice is described as the perfect blend of sweat and serenity

Spin and Sculpt – Burn calories and tone your whole body with this cycle and weight training interval class.

SilverSneakers® Classic – 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 available if needed for seated or standing support.

SilverSneakers® Circuit – Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

Swing Dance – Swing Dancing is characterized by gliding footwork and continuous hand connection/communication between the partners. 8 week session.

Vinyasa Flow Yoga – Vinyasa Flow, likened to a dynamic dance, is a practice where postures or asanas are connected through the breath for a transformative and balancing effect. Classes build heat, endurance, flexibility, strength. The creative sequencing found in a vinyasa class is often built around surya namaskar (sun salutations). Vinyasa (also called "Power Yoga") as a form is always evolving and teachers weave together wisdom teachings, poetry and music that can inspire physical, energetic, mental, intuitive, and pure bliss states of consciousness. (Intermediate-Advanced)

Youth Dance – A high energy dance party for youths ages 7-12. Youths get to work with easy-to-follow dance moves and fitness games designed for them. Your child will get an awesome workout through cardio and strength moves

Youth And Teen Fitness – This is a free style class designed to create a sense of community, while teaching health and wellness to our youth and teens. Ages 9 – 14. Youth & Teen Fitness will incorporate a type of devotion, nutrition, exercise, and games

Yoga – 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.

Zumba – The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

Minimum age to attend group ex classes is 12 and you must have taken the Youth Fitness class. Minimum age to attend BodyPump class is 16.



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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.

BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

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.

BODYFLOW® is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

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.

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.

CXWORX™ is the quick and efficient 30 minute workout that will tighten and tone your core muscles. It's ideal for strengthening your entire core, while also improving functional strength and assisting in injury prevention. It'll help you run faster ... play harder ... stand stronger!

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. So grab a friend, get front and center, and get high on the feeling of dance.

BODYVIVE™ 3.1 – If you want the optimal mix of strength, cardio and core training this is it. Step into a BODYVIVE™ 3.1 class and you'll tick off a complete workout. The challenging mix of lunges, squats, running and tubing exercises will help you burn calories and take your fitness to the next level. You'll leave fizzing with energy and on track for all-around healthy living.

LES MILLS SPRINT™ is indoor cycling workout built on the science of high-intensity interval training (HIIT). It's a quick and hard style of training that returns rapid results with minimal joint impact. The short duration of a **LES MILLS SPRINT** workout will motivate you to push your physical and mental limits. It features bursts of intensity where you work as hard as possible, followed by periods of rest that prepare you for the next effort. The payoff is you burn calories for hours after a good HIIT workout.

* **LES MILLS GRIT® Series** features three unique workouts featuring High Intensity Interval Training designed for ultimate results in minimum time. **LES MILLS GRIT® Strength:** Builds strength and lean muscle, works all major muscle groups, sends your metabolism into overdrive to burn fat for hours after the workout and stimulates the production of growth hormone which reduces fat and helps to develop lean muscle. **LES MILLS GRIT® Plyo :** Creates a powerful, agile and athletic body, incorporates the principles of plyometrics to build power and increase speed and leg strength, uses power agility training to transform type two muscle fiber and produce a lean athletic shape Intensifies energy and increases muscular endurance and stamina. **LES MILLS GRIT® Cardio:** Burns fat and rapidly improves athletic capability, an explosive high-impact body weightbased workout, provides the double whammy of maximizing calorie burn within the workout and burning fat for hours afterwards. **Choose the workout. Love the results! Go hard. Rest. Go harder. Rest. Go again. Rest. Repeat.**

*Additional Charge

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