



FOR YOUTH DEVELOPMENT®  
**FOR HEALTHY LIVING**  
 FOR SOCIAL RESPONSIBILITY

## Gleason Family YMCA

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### Schedule Effective Dec. 29, 2018 Group Exercise Room # 1

Highlighted classes require registration at the front desk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>7:15-8:30AM</b> <b>Yoga</b> <b>Pam</b>	<b>7:15-8:15</b> <b>Yoga</b> <b>Sue</b>	<b>7:15-8:30AM</b> <b>Yoga</b> <b>Pam</b>		<b>7:45-8:45AM</b> <b>Yoga</b> <b>Sue</b>	<b>7:40-8:40AM</b> <b>Pilates</b> <b>Denise</b>	
8:30-9:30AM AIS Deb	8:30-9:30AM Tabata Sculpt Tara	8:30-9:30AM Tabata BARRE Kim A.	9:00-10:00AM Body Blast Lena	9-10:00AM Zumba Candy	8:45-9:45AM Step Laura Z	8:30-9:30AM Butts & Gutts Kelly W.
9:30-10:30AM Pound Kelly G.	9:35-10:35AM Zumba Genia	9:30-10:30 Melt Class Kelly W.	10-10:45 Mega Danz Marcia	10-11AM Pound Kelly G.	10-11AM NIA Karen	
<b>10:45-11:45AM</b> <b>Power Pilates</b> <b>Holly</b>	Fit 4 Life 11:00-12:00 Janet	11:00-12:00 Chair Yoga Pam	Fit 4 Life 11:00-12:00 Janet		<b>11am-1pm</b> <b>Karate</b> <b>Dave</b>	11:00-12:00 Family Zumba Candy
12:00-12:30PM X Press Lu		12:00-12:30PM X Press Lu		12:00-12:30PM X Press Lu	<b>Karate</b> <b>Dave</b>	12:00-1:00pm Yoga Jon
	2:00-3:00PM Chair Yoga Pam				<b>Karate</b> <b>Dave</b>	
<b>4:00-5:00PM</b> <b>Yoga</b> <b>Mary</b>		<b>4:00-5:00PM</b> <b>Ashtanga</b> <b>Cindi A</b>		4:00-5:00PM Boot Camp Kerry		
5:00-6:00PM Zumba Tone Beth	5:00-6:00PM Boot Camp Kerry	5:00-6:00PM Zumba Beth	<b>4:45-5:45PM</b> <b>Sun Moon Yoga</b> <b>Diandra</b>			
6:00-7:00PM Body Tone Cindy J.	<b>6:00-7:00PM</b> <b>Pilates</b> <b>Cindy/Denise</b>	6:00-7:00PM Cardio & More Amanda	<b>6-7:30pm</b> <b>Karate</b> <b>Dave</b>	<b>6:00-700pm</b> <b>Sunset Hatha</b> <b>Sue</b>		
7:15-8:15PM Zumba Marcia	7:15-8:15PM Zumba Sue/Natara					

## Group Exercise 1 Class Descriptions

I=Beginners, II=Intermediate, III=Advanced

**AIS (Active Isolated Stretching) (I, II, III)** this active stretching class will help all fitness level participants, from athletes to beginners. Improve your quality of life and your workouts.

**Body Toning (I, II, III)** Develop muscular strength and endurance as well as functional movements using a variety of controlled exercises and equipment

**Ashtanga (II,III)** is a traditional method of yoga that uses the conjunction of breath, movement and attention to create a heightened state of mental calm and focus in the practitioner.

**Boot Camp (III)** If you want to see what you're made of, this is the class for you. Come challenge yourself in this military style class.

**Body Tone (I,II,III)** A full body workout improving functional strength, flexibility, and coordination.

**Buti Yoga (I,II,III)** Buti yoga is a blend of Vinyasa, tribal movement, and plyometrics it is a high intensity interval training class designed to create long Lean muscles while enhancing flexibility as you burn hundreds of calories. It is tremendously fun and empowers you through movement.

**Cardio Kick (II, III)** Bring it on, combinations from boxing and martial arts rolled into one dynamic class that packs a cardiovascular punch!

**Cardio Core & More (II, III)** this invigorating 60-minute workout combines a moderate cardio workout, core training and body toning through dumbbells and other various pieces of equipment.

**Chair Yoga (I,II)** Yoga made fun and easier, designed to help people enjoy the benefits of yoga without getting on the floor.

**Family Zumba (I,II, III)** Same as Zumba but for the family kids under 13 are allowed with an adult.

**Fit 4 Life (I, II)** Join us for a fun total body workout designed to improve balance, muscle strength, flexibility, and cardiovascular fitness. Exercise at your own intensity to the popular music of the 50's, 60's, and today using weights, bands, tubing, and balls.

**Liz's Latin Party (I,II,III)** Liz fuses international rhythms with dance moves to deliver a fun and effective fitness class for all levels.

**Mega Danz (I, II, III)** if you love moving to music, then this class is for you. Express yourself in the wonder of dance. Salsa, hip hop, merengue, jazz, pop and many more while you burn calories.

**Melt Class (II, III)** Challenging blend of 3 types of classes into one high energy experience. Build strength, endurance, while having fun. Strength training, cardio, and full range of motion movements.

**NICE (I, II, III)** Tired of the rigidity and pounding of aerobic exercise? Well, take off your shoes and get ready to dance. NIA combines carefully selected movements and concepts from Yoga, Tai Chi, Tae Kwon Do, Aikido, Jazz, Modern Dance, and other movement forms.

**Pound (II, III)** Drumstick sweat and have fun, Exciting class using drumsticks that is fun and watch the POUNDS fall

**Power Pilates (II, III)** Redefine yourself through this core strengthening class based on the findings of Joseph Pilates. Practice core stability, strength and balanced-based movements designed to improve flexibility, coordination, and posture as well as body alignment and breathing

**Sun Moon Yoga (II, III)** Yoga with a cardio twist, sweat while you increase your flexibility and relieve your stress

**Step (I,II,III)** A simple heart pumping step routine combined with strength training intervals to complete your cardio/weight workout.

**Tabata BARRE (II, III)** Series of ballet inspired exercises into a tabata & high interval training with sculpt & toning.

**Tabata Sculpt (II,III)** This is a vigorating class that involves dumbbells, steps, bands, swiss balls and much more for a one hour fat burning, muscle building interval training workout.

**X-Press (I, II, III)** Short on time! Then come try our half hour X-Press workout. This class focuses on strength training and cardio using dumbbells, body bars, bands, plyo-metrics, and body weight exercises.

**X55 (II, III)** The most modern & revolutionary toning & strength training program. This class predominantly uses one's own body weight with props such as step, hand weights & bands, ideal for toning, fat burning & muscle conditioning.

**Yoga (I, II, III)** this class is designed to develop a working body vocabulary, stressing proper body placement, joint capabilities, and flexibility. Learn relaxation skills for your mind, body, and spirit.

**Zumba (I, II, III)** Hot Hot Hot!! Learn to move and shake to the hottest sounds this side of Tijuana! This movement/cardio class will teach you how to move to different Latin beats, adding one move to another, creating a fun dance routine.

**Zumba Toning (I,II,III)** Zumba with weights, tone your body while you dance and have fun, "HOT"