



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Gleason Family YMCA

Contact: Lu Brito

Senior Program Director

508.295.9622 x17

lbrito@ymcasouthcoast.org

Schedule Effective March 28, 2019
Group Exercise Room #2

Highlighted classes require registration at the Welcome Center.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:45AM Cycle Helene	5:45-6:30AM Body Pump Suzann	5:45-6:45AM Cycle Bill	5:30-6:30AM P90X Helene	5:45-6:45AM Cycle Bill		
8:15-9:15AM BODYPUMP Gail		8:15-9:15AM BODYPUMP Gail	8:45-9:45AM Tabata Cycle Tara	8:30-9:30AM Cycle Muscle Fusion Lena	8:00-9:00AM Cycle Rebecca	9:00-10:00AM Cycle Lena
9:45-10:45AM Tabata Cycle Kerry	9:00-9:30AM Tai Chi 37 Marybeth	9:30-10:30AM Cycle Lena		9:45-10:45AM H.I.I.T Camp Kelly W	9:00-10:00AM Turbo Kick Melissa	
11:00-12:00PM Ageless Health Lu	9:30-10:30AM Tai Chi Fundamentals	10:45-11:45AM Pilates Holly		11:00-12:00PM Ageless Health Lu	10:15-11:15AM Insanity Amanda	
12:00-1:00PM Parkinson Program John	12:00-1:00PM Cycle/Weight Deb		12:00-1:00PM Cycle/Weight Deb			
4:00-5:00PM Boot Camp Kerry		4:30-5:00PM Core Kerry	4:00-5:00PM Tabata Cycle Kerry	4:30-5:00PM Core Melissa		
5:00-5:30PM Core Melissa	4:45-5:45PM Zen Cycle Pam	5:00-5:30PM X Press Sarah	5:15-6:15PM Intro to Step Cindy/Laura	5:00-6:00PM GRX Melissa		
5:45-6:45PM GRX Melissa	6:00-7:00PM Cycle Danielle T	5:45-6:45PM BODYPUMP Suzann				
7:00-8:00PM Cycle Tom			6:30-7:30PM Yoga Pam			

Healthy Start Class-Tuesday Thursdays-9:30-10:30am 6:00-7:00pm-Meet at Wellness Desk with Richie

Group Exercise 2 Class Descriptions

I=Beginners, II=Intermediate, III=Advanced

Ageless Health (I) 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.

Body Pump (I,II,III) Les Mills BODYPUMP an exciting new class that is a full body workout using a barbell. This energetic class is choreographed to music using light barbells and high reps, you will burn calories while shaping and toning your body. **(This is a registered class limited to 20 members)**

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.

Core (I,II,III) Blast those abs and supporting muscles that create your core in this 30 min complete workout.

Cycling (I,II,III) Bring it on, burn calories and sweat with no impact cycling on our new Keiser bikes. **(This is a registered class limited to 20 members)**

Cycle Muscle Fusion (I,II,III) Get your heart rate up with short cardio intervals that help build endurance and are infused with high rep muscle conditioning and barre segments that will all define your muscles and strengthen the core. This class uses a variety of equipment and is for all fitness levels. **(This is a registered class limited to 20 members)**

Cycle/Weights (II,III) this invigorating 60-minute workout combines a cycling workout with barbell strength training designed to improve over strength and endurance. **(This is a registered class limited to 20 members)**

GRX (I,II,III) GRX is a class that uses suspension training that uses body weight to perform a variety of multi-planar compound exercise movements to strain strength and core. Lots of fun, for all levels! **(This is a registered class limited to 9 members)**

H.I.I.T Camp (II,III) High intensity interval training, if you want a jump start to your work-outs this class is for you

Parkinson Recovery (I) This is a specially designed class to support and help improve the overall health of participants with Parkinson's and MS.

Tabata/HIIT (III) A 30-minute ultra-high intensity workout designed to test your endurance level, it has been proven to increase aerobic and anaerobic capacity.

Tabata Cycle (I,II,III) Intervals of spin with intervals of strength training to create a fat burning workout. **(This is a registered class limited to 20 members)**

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

Tai Chi (I,II,III) This is a healing martial art class that combines many movements with breathing and stretching techniques.

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

Turbo Kick (I,II,III) Turbo Kick combines traditional kickboxing moves with high-intensity interval training (HIIT) for an unbelievable calorie burn. You'll have a blast getting into knockout shape—learning hard-hitting combos and edgy dance moves while torching fat and carving lean, sexy muscle in the most empowering class you've ever taken!

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.

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.

Zen Cycle (I,II,III) Get your heart rate up and burn some serious calories cycling for a portion of the class. Then bring the heart rate down and find your Zen by finishing the class with yoga. **(This is a registered class limited to 20 members)**

*Registered class procedure (Highlighted)

- Members need to pick up their class cards at the Welcome Center before entering the fitness room
- Instructors will collect the class cards prior to class.
- Any member without a class cards will be asked to leave due to limited space and equipment per our safety protocols.
- Each member will be required to reserve their own spot upon entering the building. You will not be able to reserve space for friends.
- Class cards are a first come first serve basis at the front desk.
- No one under the age of 13 is allowed in the fitness room. They will be escorted to child watch per our safety protocols
- **Please Note****** Body pump can hold 15 members, Cycle 20, GRX 9, Floor yoga and Pilates 25
- **Please Note****** Class cards can only be picked up 30 minutes prior to class