

# Group Fitness Class Schedule Starts Feb 2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
5:30 AM - 6:30 AM					<b>TOUR DE Y</b>	8:00 AM - 9:00 AM	
	AB ATTACK 6:30-6:45						
8:00 AM - 9:00 AM	ABC	ABC	ABC	ABC	ABC	9:00 AM - 10:00 AM	
9:00 AM - 10:00 AM							
		AB ATTACK 9:45 - 10:00		AB ATTACK 9:45 - 10:00		10:00 AM - 11:00 AM	
10:00 AM - 11:00 AM		<b>PILATES</b> 10:00-10:45		<b>PILATES</b> 10:00-10:45		11:00 AM - 12:00 PM	
	STRETCH & FLEX	10:15 Healthways <b>Silver Sneakers</b> Fitness Program	STRETCH & FLEX	10:15 Healthways <b>Silver Sneakers</b> Fitness Program	SILVERSPASH	<a href="http://www.nwsymca.org">www.nwsymca.org</a>	
		<b>TOUR DE Y</b>		<b>TOUR DE Y</b>		<b>Child Watch</b> Monday - Friday: 8:45 AM - Noon Monday - Friday: 4:15 - 7:45 PM Saturday: 7:45 AM - Noon	
12:15 PM - 1:00 PM							
4:30 PM - 5:30 PM					<b>FAMILY GROOVE</b>	<b>Youth Center</b> Monday - Friday 4:15 - 7:45 PM Saturday	
	AB ATTACK 5:15-5:30		AB ATTACK 5:15-5:30				
5:30 PM - 6:30 PM					<b>FAMILY KICK</b>		
	AQUA CHARGED				<b>FAMILY CENTERGY</b>		
6:30 PM - 7:30 PM							
		<b>TOUR DE Y</b> 6:45 - 7:30		<b>TOUR DE Y</b> 6:45 - 7:30			



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

**Ab Attack!** 15 minutes of core work that will firm and shape that tummy into a six pack!

**ABC- Aquatic Body Conditioning (Water):** We utilize both the shallow and deep ends of the pool, improving cardiovascular endurance, muscle strength and flexibility. This low to mid intensity class requires no swimming skills.

**Aqua Charged (Water):** Come join us for a dynamic aerobic workout using the principals of land routines in the water. Increase your cardio fitness, build strength, endurance and flexibility to an upbeat tempo. This is a great compliment to traditional land classes. Aqua charged, keeping your workouts fun and muscles moving. Mid – High Intensity.

**Family Centergy, Family Groove & Family Kick: FAMILY FITNESS FRIDAY!** We've taken our traditional group classes and made them family friendly! What a great way to kick off the weekend together with your kids. Open to all, ages 6 and up!

**Group Active:** Feeling fitter, stronger and more alive has never been more achievable or more enjoyable! Incorporating all elements of fitness, increase your cardio, build your strength and improve your balance and flexibility all in a supportive group environment, with motivating music and caring instructors. Get more out of life, Get Active!

**Group Centergy:** Redefine yourself with Group Centergy. Grow longer and stronger as you explore this journey of Yoga and Pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy, reduce stress and even smile. Discover Group Centergy.

**NEW!! Group Groove:** If you can move, you can groove. You'll stomp, wiggle, jiggle, hip, hop, snap, shimmy, shake, slide, glide, smile and laugh your way through this fitness dance program. Experience a fusion of club, urban and Latin dance styles with motivating chart-topping hits and retro tunes. Supportive, funky instructors will definitely help you get your Groove on.

**Group Kick:** Bring it on! This electric 60 minute class fuses martial arts and boxing movements that will kick your cardio fitness to the next level while defining and shaping your body and self confidence! Energetic music, awesome instructors and a group environment will keep you punching, kicking and smiling! Group Kick will knock you out!

**Group Power:** This barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all fitness levels. Discover results, discover Group Power!

**Group Ride:** This high energy cycling class will get your heart pumping and the calories burning as you roll over hill, chase the pack and climb mountains. With fabulous music and great energy, this class is sure to get your body moving. This class is a calorie killer so get ready and let's RIDE!

**Group Step:** Discover new heights with Group Step! Utilizing the step in many positions and heights, this compelling 60 minute cardio program strengthens and shapes the lower body, one step at a time. Energetic music and motivating instructors create this spunky group experience. Step this way with Group Step.

**Pilates:** Pilates improves core strength, flexibility, agility, and economy of motion. It can help alleviate back pain and other chronic ailments. Challenge your body in new ways. Discover your powerhouse!

**Silver Sneakers MSROM:** Muscular Strength and Range of Movement is the core class of SilverSneakers. It is designed to increase strength, range of movement, agility, balance and coordination and to improve participants' functional capacities, physical fitness level and sense of well-being.

**SilverSplash (Water):** Activate your aqua exercise with variety! SilverSplash offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required and special SilverSneakers kickboard are used to developed strength, balance and coordination.

**Stretch and Flex (Water):** Shallow water group exercise focuses on flexibility and stretching through low intensity movement in the water. Great for beginners and mature adults.

**Tour De Y:** 4 minutes on the bike + 5 minutes of strength training = 1 Awesome Workout. This class will maintain your heart rate in an aerobic zone and simultaneously train major muscle groups for endurance and strength. (\*If there are more than 14 people, treadmills/ellipticals will also be an option for cardio.)