



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE MASTER SCHEDULE

A. C. LEWIS YMCA - **STARTS 09/11/2017**

WE HAVE MOSSA *Cycle Together and *Strength Train Together!

To minimize disruption and to receive an adequate warm-up, the instructor may advise participation for late comers to class. Please arrive on time.

Instructors are available 10 minutes prior to start and 10 minutes following class for assistance.

Schedule is subject to change without notice. Please call **924-3606** to confirm a class date and time.

JumpStart
Learn about the Y and set goals with our fitness staff. Sign up for this free assessment at our front desk.

Healthy Aging
Receive a free functional assessment of cardio, strength, and balance. Other biometrics includes BP, weight, and HR.

Personal Training
Get the personal attention, motivation, and expertise you need to achieve your goals.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:45a Body Sculpting Marsha-gym	8:15-9:00a GTS Sheri	5:45-6:45a HIIT Marsha-gym	8:15-9:00a GTS Sheri	5:45-6:45a Body Sculpting Marsha-gym	9:00-9:30a GTS Strength Connie	2:00-3:00p Yoga Ashly	
8:00-8:55a Yoga Susan K	9:00-9:55a Pilates Mac	8:00-8:55a Yoga Susan K	9:00-9:55a Pilates Mac	8:00-8:55a Yoga Susan K	9:45-10:45a Step-n-Tone Connie	3:30-4:30p *Strength Train Together Kelly	
9:00-10:00a H.I.I.T Terry-gym	10:00-11a A.O.A. Dawn	9:00-10:00a H.A.B.I.T Marsha-gym	10:00-11a A.O.A. Dawn	9:00-10:00a Step N Tone Terry	11:00-11:55a Enhance Fitness@ Ashley		
11:00-11:55a Enhance Fitness@ Ashley	12:00-12:55p Yoga Ashly	*NEW PROGRAM* Begins 9/20 9:00-9:55a Movement Matters (\$) Dawn	11:30-12:00p Indoor Cycling Madeline	11:00-11:55a Enhance Fitness@ Ashley			
11:30-12:00p GTS Strength Madeleine	4:30-5:15p WERQ! @ Natasha	10:00-11:00a Cardio Line Dance Jackie	12:00-12:30p Body Sculpting Madeline	11:30-12:30p Pure Strength & Cardio Madeleine - gym			
12:00-12:30p Body Sculpting Madeleine	5:00-6:00p H.A.B.I.T Joey-gym	11:00-11:55a Enhance Fitness@ Ashley	4:30-5:30p GTS Strength/Core Stacye	12:00-1:00p Yoga Ashly			
4:30-5:15p HIIT Julie	5:15-6:00p Yoga Jackie/Janene	11:30-12:00p GTS Strength Madeleine	5:15-6:10 p Yoga Janene				
5:15-6:00p Pilates Mary	5:30-6:15p *Cycle Together Cheryl	12:00-12:30p Body Sculpting Madeleine	5:30-6:30 p *Strength Train Together Kelly - gym				
6:00-6:45p Step N Tone John-gym	6:00-6:45p Step N Tone John-gym	5:15-6:00p Pilates Mary	5:30-6:15p Indoor Cycling Hannah				
6:15-7:00p *Cycle Together Cheryl	6:05-6:55p Body Sculpt Connie	6:00-6:45p Step N Tone John-gym	6:15-7:15p GTS-Core Concepts Connie				
7:15-8:15p Circuit Training Derrick-gym	6:50-7:20p GTS Strength John	6:15-7:00p *Cycle Together Connie	7:00-8:00p Circuit Training Derrick - gym				
		7:15-8:15p Circuit Training Derrick-gym					



Sign up for my Y! Receive messages and alerts – stay in “the know!”

1. Go to ymcabr.org
2. Click on the “My Y” link at the Top Right of page
3. Click on the “register for ‘My Y’ account” link
4. Fill out the online registration
5. Click “create my account”

Cardio, Strength, and Core Classes

Body Sculpting – Designed to utilize multiple repetitions and low to moderate weights, you will use a variety of resistance training equipment to work the entire body. You will also get your heart pumping for a great cardiovascular workout.

Circuit Training – This high intensity circuit class incorporates components such as aerobic conditioning, agility, balance, speed, and muscular endurance. In this class, you may be using your own body weight or various props such as weights, body bars, BOSU, jump ropes, medicine balls and much more.

H.I.I.T. – High-intensity interval training, this interval training class alternates periods of short intense anaerobic exercise with less-intense recovery periods. These short, intense workouts provide improved athletic capacity and condition, improved glucose metabolism, and improved fat burning.

H.A.B.I.T. (Hips, Abs, Butts, and Incredible Thighs!)

This is a muscle strengthening class that targets the hips, abs, butt, and thighs. We will incorporate resistance equipment like dumbbells, body bars, and bands into this class to increase intensity. If you didn't know that there are over 600 muscles in the human body, you will after this class.

NEW! MOSSA Cycle Together® – A fun way to improve your cardio fitness, burn calories, shape and strengthen your lower body! Since you control the intensity of the workout by adjusting your own bike, it's a great workout for all ages whether you are just starting out or an avid cyclist looking to train indoors. It's also a great option to add to your other workouts!

Indoor Cycling – Our indoor cycling class starts with a 5 minute warm-up of easy pedaling and a focus on proper technique. Once the class starts be prepared to ride your way through rolling hills, steep climbs, false flats, and sprints. This class will also offer a cardio challenge by using different speeds, resistances, and endurance segments.

Pure Strength & Cardio – An all level workout! It will include a variety of cardiovascular and resistance work. This is a great class to build both strength and endurance. A complete fitness package in one class!

Step N Tone – This class is designed to help you achieve cardiovascular and muscular fitness simultaneously. With alternating step combinations and toning exercises you'll have so much fun sculpting major muscle groups and putting together dance-like combinations you'll forget that you are working out.

NEW! MOSSA Strength Train Together® – An exciting way to combine traditional strength exercises with functional training movements. High repetitions, athletic movements, and training periodization are key components of this results-driven workout. Add dynamic, motivational music, and it's the most fun you will have strength training!

WERQ! ® WERQ is the fiercely fun dance fitness class based on pop, rock, and hip hop music. The warm up previews the dance steps in class and the cool down combines yoga-inspired static stretching and balance poses. WERQ is taught by Certified Fitness Professionals, so the WERQout is safe and effective. Crush calories while dancing to your favorite songs. Are you ready to WERQ?

For Our Active Mature Members

A.O.A (Active Older Adults) – Come and join our low impact senior aerobics class formatted especially for active older adults. This class includes low intensity cardiovascular segments with emphasis on stretching, toning, and full range of motion exercises.

Enhance Fitness® – Enhance Fitness is an evidence-based group exercise program developed specifically to promote better balance and health for longevity of independent living. Class is designed to be safe yet challenging. All exercises in this class are designed to fit the needs of all activity levels.

Movement Matters (\$) – This physical activity and wellness program gives people with Parkinson's disease the tools and skills needed for the activities of daily living (ADL's); and helps to improve stiffness, mobility, posture, balance, and gait. As a result, the participant will develop a sense of self-efficacy and an improved quality of life. Program Participants – \$50.00; Members – \$25.00. Must be renewed monthly.

Spirit, Mind, and Body Classes

Pilates – This class will teach traditional mat Pilates that can be done anywhere and is designed to lengthen and strengthen your entire body using core muscles. These movements will help you gain posture, alignment, balance, and flexibility. It is a fresh spin on basic Pilates mat work out using all sorts of props, rings, and balls to name a few.

Yoga – This class will go through a series of poses designed to help with physical alignment, with an understanding of correct anatomical movements and various deep relaxation techniques. It increases strength, flexibility, and awareness of the body to develop a more healthful movement. Gain the benefits of stretching, core strengthening, overall body toning and awareness.

Gravity (GTS) Classes

Gravity Strength (GTS) – 30 mins. – These high intensity muscular strength and endurance routines are designed for time-efficient, yet effective, full-body workouts-challenging even the physically elite. Classes deliver a complete combination of strength, flexibility, and low intensity cardio training in 30 minutes. These classes are in a group setting to music (one instructor/ten participants)

Core Concepts – 45 mins. – This is a blend of the traditional strength program and Pilates-based exercises into one class. The result is a total body workout with a new focus. You will get the benefits of our strength program with the body awareness and core control that come from a Pilates-based program.

A. C. Lewis YMCA

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