



Metro West YMCA Group Exercise Schedule

JULY 1 – JULY 31

MON:	7:35 – 8:05 am	A.B.C. & More	Annette	Aerobic Room
	9:15 – 10:15 am	Step & Sculpt	Annette	Aerobic Room
	* 10:35 – 11:35 am	Pilates	Laura	Spirit Mind Body Room
	12:00 – 1:00 pm	Zumba & Pilates	Laura	Aerobic Room
	5:30 – 6:30 pm	Punk Rope NEW!	Maria	Aerobic Room
	* 6:00 – 7:00 pm	Pilates	Jane	Spirit Mind Body Room
	6:40 – 7:40 pm	Cardio Kickboxing	Maria	Aerobic Room
	* 7:45 – 9:00 pm	Indoor Cycle	Amelia	Aerobic Room

TUES:	7:00 – 8:00 am	Cardio Kickboxing	Annette	Aerobic Room
	8:05 – 9:05 am	Low Impact	Annette	Aerobic Room
	9:15 – 10:15 am	Turbo Kick	Leslie	Aerobic Room
	* 9:15 – 10:15 am	Pilates Fusion	Laura	Spirit Mind Body Room
	10:30 – 11:30 am	Senior Fitness	Annette	Aerobic Room
	12:00 – 1:00 pm	Body Sculpting	Laura	Aerobic Room
	5:30 – 6:30 pm	Step & Sculpt	Maria	Aerobic Room
	6:35 – 7:35 pm	Cardio Grab Bag NEW!	Jane	Aerobic Room
	6:35 – 7:35 pm	Lower Body Sculpt & Stretch NEW!	Maria	Spirit Mind Body Room
	7:45 – 8:45 pm	Core Dynamics	Jane	Spirit Mind Body Room
	7:45 – 8:45 pm	Zumba	Claudia	Aerobic Room

WED:	6:00 – 7:00 am	Boot Camp NEW!	Leslie	Aerobic Room
	7:30 – 8:00 am	A.B.C & More	Leslie	Aerobic Room
	8:05 – 9:05 am	Zumba	Stephanie	Aerobic Room
	9:15 – 10:15 am	Circuit	Kelly	Aerobic Room
	* 10:30 – 11:30 am	Pilates	Kelley	Spirit Mind Body Room
	12:00 – 12:45 pm	Boot Camp Express NEW!	Lauren	Aerobic Room
	5:30 – 6:30 pm	Cross Train	Jane	Aerobic Room
	6:35 – 7:35 pm	Zumba	Karen	Aerobic Room
	* 6:40 – 7:40 pm	Pilates	Jane	Spirit Mind Body Room
	* 7:45 – 9:00 pm	Indoor Cycle	Amelia	Aerobic Room

THURS:	* 6:00 – 7:00 am	Indoor Cycle	Leslie	Aerobic Room
	8:00 – 9:00 am	Zumba	Susan	Aerobic Room
	9:15 – 10:15 am	Low Impact	Annette	Aerobic Room
	* 9:30- 10:30am	Circuit Training NEW!	Greg	Youth /Family Room
	10:30 – 11:30 am	Senior Fitness	Annette	Aerobic Room
	12:00 – 1:00 pm	Body Sculpting	Annette	Aerobic Room
	6:00 – 7:15 pm	Step Intervals & Sculpt	Leslie	Aerobic Room
7:30 – 8:30 pm	Zumba	Nikki	Aerobic Room	

FRI:	7:30 – 8:00 am	A.B.C & More	Annette	Aerobic Room
	* 8:05 – 9:05 am	Pilates	Kelley	Aerobic Room
	9:15 – 10:15 am	Step Aerobics	Jane	Aerobic Room
	* 9:15 – 10:15 am	Pilates	Kelley	Spirit Mind Body Room
	10:30 – 11:30 am	Zumba Gold	Annette	Spirit Mind Body Room
	12:00 – 1:00 pm	Stability Ball & Strength	Laura	Aerobic Room
	5:30 – 6:30 pm	Zumba	Claudia	Aerobic Room

SAT:	8:05 – 9:05 am	Boot Camp	Kristen	Aerobic Room
	8:00 – 9:00 am	Core Dynamics	Jane	Spirit Mind Body Room
	9:15 – 10:30 am	Step/ Cross Training	Jane	Aerobic Room
	10:35-11:35am	Zumba NEW!	Cheryl	Aerobic Room

SUN:	* 8:00 – 9:00 am	Cycle Circuit	Leslie	Aerobic Room
	9:05 – 10:30 am	20/20/20	Leslie	Aerobic Room
	* 10:00-11:00am	Pilates	Andrea	Spirit Mind Body Room

Participants must be 16yrs old to be in all group exercise classes and to be in aerobic room during adult classes. Schedule is subject to change. No admittance after 10minutes.

*** Please pick up a number at the front desk to participate in these classes**

A.B.C & More: 30 minutes; Abs, Back, Core and More! Strength & train your mid-section!

Body Sculpting: 60 minutes; warm-up, stretch and muscle conditioning for all the major muscle groups using free weights, bands, and Your own body weight for resistance. All fitness levels welcome!

Boot Camp: 60 minutes: appropriate for all levels of fitness using cardio drills and weight lifting segments to challenge all major muscle groups. Weights, stability balls, medicine balls, bands, tubes, gliders, and steps maybe used. Class may be outside weather permitting.

Boot Camp Express: 45 minutes: cardio drills and strengthening segments using your own body weight. Appropriate for all levels.

Cardio Grab Bag: 60 minutes: This class incorporates Gliding, steps, slides and resistance for a cardio workout that will keep you motivated.

Cardio Kickboxing: 60 minutes: High intensity, high impact class combining kicks, punches, calisthenics and jump roping.

Core Dynamics: 60 minutes; take your core work off the mat and into a vertical position. A combination of Standing Pilates exercises and dynamic flowing sequences will challenge your core and lower body musculature, as well as balance. Leave your workout shoes at home; this class will be done barefoot! Appropriate for all fitness levels.

Circuit: 60 minutes; high intensity aerobic drills utilizing cycle, slide, and aerobics alternating with strength exercises.

Cybex Circuit Class: 60 minutes; strength training on our Cybex circuit as well as cardio or strength stations on the floor.

Cross Train: 60 minutes; Cardio intervals using bands, weights, balls and bars. Appropriate for all levels, this class will allow you to easily adjust the intensity to meet your needs!

Cycle Circuit incorporates the use of indoor cycle for a large amount of the class.

Indoor Cycle: 60 minutes; a group cardiovascular workout conducted to music on stationary cycles. This class may also include core work and stretching. (Express class is 45 minutes).

Hi/Low Cardio Party: 60 minutes; take it high or low. Whatever you choose, you're guaranteed to sweat and have a great time! Everyone's invited!

Lower Body Sculpt & Stretch: 30 minutes of strength and endurance training on all lower body muscles followed by 30 minutes of full body stretching.

Low Impact: 60 minutes; "traditional" aerobics based in low impact cardio workout, followed by muscle conditioning, abdominal exercises and stretching.

Pilates: 60 minutes; uses controlled movements focusing on the "core" muscles to increase total body strength and flexibility. This class is usually done in the form of mat exercises. **Pilates Fusion:** 60 minutes; is a combination of pilates, stretching and yoga movements focusing on concentration, total body control, strength and flexibility.

Punch & Pump: 60 minutes; this gets your heart pumping with cardio kickboxing and sculpts your body through the use of bands, weights, balls and bars.

Punk Rope: 60 minutes; this is a interval style class, it combines jumping rope, plyometrics and sports-type drills all performed to the beat of PUNK MUSIC such as the Ramones, The Clash and Dropkick Murphys!

Senior Fitness: 60 minutes; low impact aerobics followed by muscle conditioning, flexibility and balance using bands, balls, gliding disks and fine motor skill objects.

Stability Ball & Strength: 60 minutes; Build strength, work on balance and stability in this active class. Learn how to use a stability ball and train your core muscles.

Step: 60 minutes; step patterns include basic moves as well as more advanced choreography.

Step & Sculpt: 60 minutes; a 30-minute step workout followed with muscle conditioning, core training and flexibility.

Step Interval & Sculpt: 75mun class; Step used in various ways with multiple strength conditioning exercises.

Step/Cross Training: 75 minutes; combines a step workout with a variety of cardiovascular and strengthening exercises.

TurboKick: 60 minutes; Turbo Kick classes are designed around the word FUN! They use a sport specific athletic warm-up, an advanced cardio section, using intensity intervals of kickboxing drills and increased tempo "sprints", followed by work-recovery segments, and kick along to AWESOME MUSIC that keeps you moving!

Zumba: 60 minutes; Zumba is a fusion of Latin and International music & dance themes that create a dynamic routines featuring aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Zumba Gold is geared toward the beginning exerciser and Active Older Adult.

Zumba & Pilates: 60 minutes; 30 minutes of Zumba + 30 minutes of Pilates

20/20/20: 75 minutes; appropriate for higher fitness levels this high intensity class uses fast to slow movements & conditioning.