

HEART DISEASE AWARENESS MONTH



MetroWest YMCA GROUP EXERCISE SCHEDULE

FEBRUARY 1 – FEBRUARY 28

MON:	6:30 – 7:30 am	Turbo Kick	Leslie	Aerobics Room
	7:35 – 8:05 am	A.B.C. & More	Annette	Aerobics Room
	9:15 – 10:15 am	Step & Sculpt	Annette	Aerobics Room
	* 10:35 – 11:35 am	Pilates	Laura	Spirit Mind Body Room
	12:00 – 1:00 pm	Zumbalates NEW!	Laura	Aerobics Room
	5:30 – 6:30 pm	Cardio Grab-Bag	Maria	Aerobics Room
	* 6:00 – 7:00 pm	Pilates	Jane	Spirit Mind Body Room
	6:40 – 7:40 pm	Cardio Kickboxing	Maria	Aerobics Room
	* 7:45 – 8:45 pm	Indoor Cycle	Amelia	Aerobics Room
	TUES:	7:00 – 8:00 am	Cardio Kickboxing	Annette
8:05 – 9:05 am		Low Impact	Annette	Aerobics Room
9:15 – 10:15 am		Turbo Kick	Leslie	Aerobics Room
* 9:15 – 10:15 am		Pilates Fusion	Laura	Spirit Mind Body Room
10:30 – 11:30 am		Senior Fitness	Annette	Aerobics Room
12:00 – 1:00 pm		Body Sculpting	Laura	Aerobics Room
5:30 – 6:30 pm		Step & Sculpt	Maria	Aerobics Room
6:35 – 7:35 pm		Step for Every Body NEW!	Jane	Aerobics Room
6:35 – 7:35 pm		Punk Rope	Maria	Gymnasium
7:45 – 8:45 pm		Core Dynamics	Jane	Spirit Mind Body Room
7:45 – 8:45 pm		Zumba	Claudia	Aerobics Room
WED:		6:00 – 7:00 am	Step Interval	Leslie
	7:30 – 8:00 am	A.B.C & More	Leslie	Aerobics Room
	8:00 – 9:00 am	Zumba	Laura	Aerobics Room
	9:15 – 10:15 am	Circuit	Kelly	Aerobics Room
	* 10:30 – 11:30 am	Pilates	Kelley	Spirit Mind Body Room
	* 12:00 – 12:45 pm	Indoor Cycle Express	Kelley	Aerobics Room
	5:30 – 6:30 pm	Cross Train	Jane	Aerobics Room
	6:35 – 7:35 pm	Zumba	Karen	Aerobics Room
	* 6:40 – 7:40 pm	Pilates	Jane	Spirit Mind Body Room
	* 7:45 – 9:00 pm	Indoor Cycle	Amelia	Aerobics Room
THURS:	* 6:00 – 7:00 am	Indoor Cycle	Leslie	Aerobics Room
	8:00 – 9:00 am	Zumba	Susan	Aerobics Room
	9:15 – 10:15 am	Low Impact	Annette	Aerobics Room
	10:30 – 11:30 am	Senior Fitness	Annette	Aerobics Room
	12:00 – 1:00 pm	Body Sculpting	Annette	Aerobics Room
	6:00 – 7:15 pm	Step Intervals & Sculpt	Leslie	Aerobics Room
	7:30 – 8:30 pm	Zumba	Nikki	Aerobics Room
FRI:	7:30 – 8:00 am	A.B.C & More	Annette	Aerobics Room
	* 8:05 – 9:05 am	Pilates	Kelley	Aerobics Room
	9:15 – 10:15 am	Step Aerobics	Jane	Aerobics 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	Aerobics Room
5:30 – 6:30 pm	Zumba NEW!	Claudia	Aerobics Room	
SAT:	* 7:05 – 7:55 am	Indoor Cycle	Staff	Aerobics Room
	8:10 – 9:10 am	Zumba	Susan	Aerobics Room
	8:00 – 9:00 am	Core Dynamics	Jane	Spirit Mind Body Room
	9:15 – 10:30 am	Step/ Cross Training	Jane	Aerobics Room
	11:00 am– 12:00 pm	Capoeira Workout NEW!	Giselle	Aerobics Room
SUN:	* 8:00 – 8:45 am	Cycle Circuit	Leslie	Aerobics Room
	9:05 – 10:30 am	20/20/20	Leslie	Aerobics Room
	(This New Class Starts Feb. 14 th) * 10:00-11:00am	Pilates NEW!	Andrea	Spirit Mind Body Room

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

Schedule subject to change. No admittance after the first 10 minutes of class. Class is cancelled when there are 2 or fewer participants.

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

BodySulpting: 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!

Capoeira Workout: 60 minutes; sculpt and transform your body with this blend of Brazilian Martial Arts, dance and conditioning.

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.

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).

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 Intervals: 75 minutes; an interval style workout using step aerobics and strength training

Step for Every Body: 60 minutes; Keep it basic or spice it up! Step combinations are broken down & built up layer by layer allowing members to work at their level. This class is for new steppers to seasoned steppers.

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.

Zumbalates: 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.