

HELPING YOU LIVE HEALTHIER

Group Exercise Schedule

January 2–February 17, 2019



MetroWest YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30–6:30am Strength Train Together Leslie		5:30–6:30am Strength Train Together Leslie			
		7:00–7:50am Tabata Bootcamp Katrina		7:00–7:50am Tabata Bootcamp Katrina		
8:00–9:00am Strength Train Together Leslie	8:00–9:00am Active Together Ginette	8:00–9:00am Zumba Susan	8:00–9:00am Active Together Annette	8:00–9:00am Core Fusion Jane	8:05–9:05m Strength Train Together ★	8:15–9:05am TRX Circuit Erin ★
9:15–10:15am Step & Strength Annette	9:15–10:15am Strength Train Together ★ Erin	9:15–10:15am Circuit Jane	9:15–10:15am Strength Train Together ★ Lorelei	9:15–10:15am Step Jane	9:15–10:30am Step & Strength Jane	9:10–10:00am Bootcamp Brian
10:30–11:30am TRX Circuit Lauren ★	10:30–11:30am Senior Fitness Annette	10:45–11:45am TRX Erin ★	10:30–11:30am Senior Fitness Annette	10:30–11:30am Senior Zumba Susan	10:45–11:45am Zumba Krystal	10:15–11:15am BollyX Bhavika
11:45–12:45pm Senior Fitness Annette	12:00–1:00pm Strength Annette		11:45–12:30pm Strength Express Annette	12:00–1:00pm Triple S Annette		
5:30–6:30pm Dynamic Strength Cori	5:30–6:30pm Zumba Ericka	5:30–6:30pm Active Together Jane	5:30–6:30pm Circuit Jenny	5:30–6:30pm Zumba Ericka		
6:35–7:35pm Strength Train Together ★ Lorelei	6:35–7:35pm Step & Strength Jane	6:35–7:35pm Zumba & Zumba Toning Jill	6:35–7:35pm Strength Train Together ★ Erin			
7:45–8:45pm BollyX Shalini	7:45–8:45pm Zumba Andrei		7:45–8:45pm Zumba Nikki			

Group Exercise Policies

- To run the entirety of a class, minimum of 2 participants must be in attendance
- Classes with a ★ please pick up a number at the Service Desk to attend class
- Do Arrive to class within the first 10 minutes
- For the safety of the children and others, participants must be 12 y.o. or older
- Participants 12–15 must be with parent or guardian
- If new to exercise, please advise with your doctor before starting an exercise routine
- Schedule is subject to change, please keep an eye out for signage and other member communication

Class Descriptions

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BollyX– A Bollywood-inspired dance–fitness program that combines dynamic choreography with the hottest music from around the world. Its cardio workout cycles between higher and lower–intensity dance sequences to get you moving, sweating, and smiling.

Boot Camp–body weight exercises, interval training, functional movements and agility drills. Instructors use different equipment to challenge, inspire, and motivate participants while offering modifications to accommodate all levels of fitness.

Cardio & Stability ball– Build muscle, burn fat and get your heart pumping while focusing on total body strengthening and balance

Circuit– A class targeting all major muscle groups giving a total body workout utilizing different equipment. Stations around the room may be utilized as well as exercise can be timed with variable periods.

Dynamic Strength–This class covers a variety formats and various use of equipment. Dynamic Strength is a strength training workout you will work your entire body including your core through cardio, strength, and stability in each class.

Senior Fitness–Low impact aerobics followed by muscle conditioning, flexibility and balance using bands, balls, gliders and more to work the fine motor skills.

Core Fusion: Strengthen and lengthen your muscles, improve posture and balance, and prepare your body for everyday life! Using squishy balls, weighted bars, weights and gliding discs, this class from Pilates, Barre, and other disciplines. For all bodies!

Active Together– Get all the training you need in one hour— cardio, strength , balance, and flexibility. Get stronger and healthier with inspiring music, adjustable dumbbells, weighted plates, body weight and simple athletic movements.

Stability Ball–A class using physio balls for cardio endurance, strength, balance and flexibility. Using the physio ball requires core activation which increases overall core strength.

Step/Step & Strength–Traditional step moves and patterns, as well as advanced choreography. Strength training added in Step & Strength classes and core exercises added in Step & Abs.

Strength–Various exercises with different equipment options to tone the body and gain overall strength.

Strength Train Together– Blast all your muscles with a high–rep weight training workout. Using an adjustable barbell, weight plates, and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises.

Triple S– A Strength based class that uses a Step and Stability Ball. Each class will work on strength training all the muscle groups incorporating the use of tools like the step and a stability ball.

TRX/TRX Circuit–Suspension training using straps to improve strength, endurance, balance, coordination, flexibility and core stability. Body alignment can be changed for easier work of more advanced work. TRX Circuit class adds cardio segments off the straps.

Tabata Bootcamp– A high intensity type of interval training to reach new heights in your fitness training.

Zumba/Zumba Toning/Zumba for Seniors–Latin and international upbeat fun music with dance rhythms from slow to face paced. Zumba toning adds slower rhythms and body movements to increase strength. Zumba for Seniors is a slower paced class.

Questions? Contact Leslie Schofield at

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Updated 12/26/2018