



GROUP FITNESS SCHEDULE

ALEXANDRIA AREA YMCA | FALL 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:10 AM	LES MILLS BODYPUMP JACKIE/GRETA - B/C	CYCLING JACKIE/TERESA - A	LES MILLS BODYPUMP GRETA - B/C	LES MILLS CXWORX TERESA - B/C	TABATA CIRCUIT LISA - GYM	
5:10 AM			TRX Suspension Training™ \$\$\$			
7:10 AM						LES MILLS BODYPUMP ROTATE - B/C
8:00 AM	TRX 101 \$\$\$		TRX Suspension Training™ \$\$\$			
8:15 AM	BARRE MEGAN - B/C	LES MILLS BODYPUMP JACKIE - B/C	LES MILLS CXWORX JACKIE - B/C	LES MILLS BODYPUMP BRIANA - B/C	HIIT 35 MINUTES RACHAEL - B/C	ZUMBA (1st Sat.) ROTATE - B/C
8:15 AM						FLEXIBILITY (2nd/3rd/4th Sat.) ROTATE - B/C
8:45 AM	CYCLING ROTATE - A		CYCLING KAREN - A		CYCLING 35 MINUTES KAREN - A	
9:15 AM		LES MILLS BODYFLOW RACHAEL - A	GENTLE YOGA LEILA - B/C	LES MILLS BODYFLOW MEGAN - A	GENTLE YOGA LEILA - B/C	CYCLING ROTATE - A
9:15 AM		ZUMBA JOLENE/ANGELA - B/C		ZUMBA JOLENE/ANGELA - B/C		
9:30 AM					RUN CLUB 35 MINUTES KAREN - A	
9:45 AM			Rollga 20 MINUTES KAYLA - A			<p>All classes are 50-60 minutes, unless denoted otherwise.</p> <p>Classes not maintaining a 6-person class average over the course of a calendar month will be removed from the schedule.</p> <p>*ONLY Members 45+ may participate in classes via Knute Nelson at Grand Arbor and Nelson Gables.</p> <p>Class Location Key: A Up B/C Down \$\$\$ Additional Fee</p>
10:15 AM	GENTLE YOGA LEILA/DAN - B/C	STAY FIT TAMMI - B/C	CIRCUIT TRAINING TAMMI - B/C	STAY FIT TAMMI - B/C	BARRE KALLI - B/C	
11:15 AM		ARTHRITIS EXERCISE TAMMI - B/C	BARRE KALLI - B/C	ARTHRITIS EXERCISE LEILA - B/C		
11:15 AM				TRX Suspension Training™ \$\$\$		
12:15 PM			ZUMBA JOLENE - B/C			
12:15 PM	BOOTCAMP RACHEL H. - B/C	HIIT 30 MINUTES TAMMI - B/C	CYCLING 35 MINUTES KAREN - A	LES MILLS CXWORX JACKIE - B/C	LES MILLS BODYPUMP JACKIE - B/C	
4:30 PM	BARRE BRIANA - B/C			BARRE JEN H. - B/C		
5:15 PM	LES MILLS BODYPUMP BRIANA/GRETA - B/C	LES MILLS BODYFLOW BRIANA - A	LES MILLS BODYPUMP TERESA - B/C			
5:15 PM	CYCLING Begins Oct. 1 MICHELLE - A		CYCLING Begins Oct. 3 MICHELLE - A			
5:30 PM		ZUMBA STEPH - B/C		ZUMBA STEPH - B/C		
6:15 PM	LES MILLS CXWORX JACKIE - B/C		LES MILLS CXWORX TERESA - B/C			
6:15 PM	YOGA SANDY - A		YOGA JEN - A			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:10 AM	GENTLE H2O GARY	SHALLOW WATER POWER SUSAN	CORE & CARDIO SUSAN	SHALLOW WATER POWER SUSAN		
9:10 AM	DEEP WATER POWER LEILA		DEEP WATER CIRCUIT KRISTI		DEEP WATER POWER SUSAN	(9:30 AM) WATER WARRIORS E/O SATURDAY
5:15 PM		SHALLOW WATER POWER AMANDA				

Water Fitr

Water Fitr



GROUP EXERCISE SCHEDULE ALEXANDRIA AREA YMCA | FALL 2018

CLASS DESCRIPTIONS:

LES MILLS™ BODYPUMP™: The original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body, fast! Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

LES MILLS™ BODYFLOW®: During BODYFLOW an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. You'll strengthen your entire body and leave the class feeling calm and centered.

LES MILLS™ CXWORX®: Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. During the 30-minute workout, trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, glute and lower back exercises.

Barre: Barre classes use a combination of postures inspired by ballet and other disciplines like yoga and Pilates. The barre is used as a prop to balance while doing exercises that focus on isometric strength training (holding your body still while you contract a specific set of muscles) combined with high reps of small range-of-motion movements. Your class will incorporate light handheld weights to bring the burn during all those reps, as well as mats for targeted core work.

Tabata Circuit: A high intensity class that uses a variety of equipment and stations while using timed intervals.

Circuit Training: Circuit Training is a form of body conditioning using high-intensity aerobics. It targets strength building and muscular endurance. An exercise "circuit" is one completion of all prescribed exercises in the program.

Bootcamp: This intermediate/advanced class utilizes challenging segments of cardiovascular work, muscle conditioning, and other athletic drills in station format to ensure a complete total body workout.

HIIT: High Intensity Interval Training is a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods.

Cycling: Group cycling class is designed for all fitness levels. It involves various cycling drills that offer an exhilarating cardiovascular workout.

Run Club: Whether you are training for an event or brand new to running, this class will help you improve and learn proper running form and technique while getting a great cardiovascular workout!

Stay Fit: A moderate intensity class with exercises designed to increase muscular strength, range of motion, heart health and activities for daily living.

Arthritis Exercise Class: This class is designed specifically for people with arthritis and related diseases. The program's multiple components help reduce pain and stiffness, and help maintain or improve mobility, muscle strength and functional ability. Individuals from basic to advanced capabilities will benefit from this program.

Yoga: Yoga will take you through a series of poses that combine flexibility, strength, power, and balance. This class provides an excellent and complete flexibility and toning workout.

Gentle Yoga: A low intensity class that will help improve flexibility, strength and balance.

Rollga: The Rollga foam roller is ideal for muscle recovery, fascial health, and functional restoration of movement. This groovy foam roller is designed and contoured to fit your body and reach Trigger & Acupressure points that are difficult to reach with an ordinary roller.

TRX: TRX Suspension Training is a new approach to exercise that leverages body weight and the force of gravity and is designed to develop strength, balance, flexibility, endurance, coordination and core stability all simultaneously.

TRX 101: This class is for people new to TRX, or that want to improve their TRX fundamentals.

Zumba®: High-intensity moves for an interval-style, calorie-burning dance fitness party.

WATER CLASS DESCRIPTIONS:

Shallow Water Power: This high intensity class delivers an aerobic workout along with strength in shallow water.

Deep Water Power: This high intensity class will use flotation belts to suspend participants in deep water for a no-impact workout including cardio and muscle strengthening.

Deep Water Circuit: This high intensity class will keep you moving with a series of exercises done continuously without rest until all exercises in the circuit are complete. Get ready to burn some calories!

Core & Cardio: This class will focus on strengthening your core, but also burning calories as you incorporate cardio moves throughout.

Gentle H2O: This low intensity class is great for participants that need to improve strength and mobility using the gentle resistance of water. This is also a great class for beginners to exercise!