



GROUP FITNESS SCHEDULE

SUMMER 2018 | ALEXANDRIA AREA YMCA

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

Water Fitness

Water Fitness



GROUP EXERCISE SCHEDULE ALEXANDRIA AREA YMCA | SUMMER 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™ CXWORX™: Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. 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.

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.

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.

Brick: A brick workout refers to the stacking of biking, and walking, jogging or running during the same workout, one after the other with minimal to no interruption in between. Brick workouts help you work and improve the aerobic, anaerobic, and muscular systems of your body.

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.

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.

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!