



GROUP FITNESS SCHEDULE FALL / WINTER 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:10 AM LES MILLS BODYPUMP Jackie/Greta B/C	5:10 AM CYCLING Teresa A	5:10 AM LES MILLS BODYPUMP Greta B/C	5:10 AM LES MILLS CXWORX Teresa B/C	5:10 AM TABATA CIRCUIT Lisa GYM	
8:00 AM TRX \$\$\$ Jackie GYM		5:10 AM TRX \$\$\$ Jackie GYM	5:10 AM CYCLING Jackie A	8:10 AM TRX \$\$\$ Tammi GYM	7:10 AM LES MILLS BODYPUMP Rotate B/C
8:15 AM BARRE Megan B/C	8:15 AM LES MILLS BODYPUMP Jackie B/C	8:15 AM LES MILLS CXWORX Jackie B/C	8:15 AM LES MILLS BODYPUMP Briana B/C	8:15 AM HIIT (35 MIN.) Rachael B/C	8:15 AM ZUMBA (1 st Sat.) Rotate B/C
8:45 AM CYCLING Rotate A	9:15 AM ZUMBA Jolene/Angela B/C	8:45 AM CYCLING Karen A	9:15 AM ZUMBA Jolene/Angela B/C	8:45 AM CYCLING (35 MIN.) Karen A	8:15 AM WEEKEND FLEXIBILITY (2 nd , 3 rd & 4 th Sat.) Rotate B/C
9:15 AM LES MILLS BODYFLOW Rachael B/C		9:15 AM GENTLE YOGA Leila B/C	9:15 AM LES MILLS BODYFLOW Megan A	9:15 AM GENTLE YOGA Leila B/C	9:15 AM CYCLING Rotate A
		9:45 AM ROLLGA Kayla A		9:30 AM RUN CLUB (35 MIN.) Karen A	
10:15 AM GENTLE YOGA Dan/Leila B/C	10:15 AM STAY FIT Tammi B/C	10:15 AM CIRCUIT TRAINING Tammi B/C	10:15 AM STAY FIT Tammi B/C	10:15 AM BARRE Sarah B/C	Classes are subject to change. Please check the weekly schedule for substitutes & variations.
	11:15 AM ARTHRITIS EX Tammi B/C	11:15 AM BARRE Kalli B/C	11:15 AM ARTHRITIS EX Leila B/C		
		12:15 PM ZUMBA Jolene B/C	11:15 AM TRX \$\$\$ Tammi GYM		All classes are 50-60 minutes, unless denoted otherwise.
12:15 PM BOOTCAMP Rachel H. B/C	12:15 PM HIIT (30 Min.) Tammi B/C	12:15 PM CYCLING (35 Min.) Karen A	12:15 PM LES MILLS CXWORX Jackie B/C	12:15 PM LES MILLS BODYPUMP Jackie B/C	
4:30 PM BARRE Briana B/C					Classes not maintaining a 6-person class average over the course of a calendar month will be removed from the schedule.
5:15 PM LES MILLS BODYPUMP Briana/Greta B/C	5:15 PM LES MILLS BODYFLOW Briana A	5:15 PM LES MILLS BODYPUMP Teresa B/C	5:15 PM BARRE Jen H. A		
5:15 PM CYCLING Michelle A	5:30 PM ZUMBA Steph B/C	5:15 PM CYCLING Michelle A	5:30 PM ZUMBA Steph B/C		Class Location Key: A Up B/C Down \$\$\$ Additional Fee. Registration required.
6:15 PM YOGA Sandy A		6:15 PM YOGA Jen W. A			



GROUP FITNESS DESCRIPTIONS ALEXANDRIA AREA YMCA | FALL 2018

LAND 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.

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



WATER FITNESS SCHEDULE

FALL /WINTER 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 AM GRAND ARBOR AQUAFIT Lori	6:30 AM GRAND ARBOR HYDRORIDER* Alice *Requires Pre-Registration	6:15 AM GRAND ARBOR WAKE UP WORKOUT Alice		6:15 AM GRAND ARBOR WAKE UP DEEP WATER WORKOUT Alice	
8:10 AM YMCA GENTLE H2O Gary	8:10 AM YMCA SHALLOW WATER POWER Susan	8:10 AM YMCA CORE & CARDIO Susan	8:10 AM YMCA SHALLOW WATER POWER Susan	8:30 AM GRAND ARBOR AQUAFIT Alice	
9:10 AM YMCA DEEP WATER POWER Leila	9:00 AM GRAND ARBOR GENTLE WAVES Alice	9:10 AM YMCA DEEP WATER CIRCUIT Kristi	9:00 AM GRAND ARBOR GENTLE WAVES Lori	9:10 AM YMCA DEEP WATER POWER Susan	
10:00 AM GRAND ARBOR TOTAL KNEE/HIP AQUA CLASS Alice	9:50 AM GRAND ARBOR ACTIVE AGING AQUA Alice	10:00 AM GRAND ARBOR TOTAL KNEE/HIP AQUA CLASS Alice	9:50 AM GRAND ARBOR ACTIVE AGING AQUA Lori	10:00 AM GRAND ARBOR TOTAL KNEE/HIP AQUA CLASS Alice	Classes are subject to change. Please check the weekly schedule for substitutes & variations. ONLY members 45+ may participate in classes via Knute Nelson at Grand Arbor and Nelson Gables.
3:30 PM GRAND ARBOR HYDRORIDER* Alice *Requires Pre-Registration	4:30 PM GRAND ARBOR WHOLE BODY CONDITIONING Lori	4:00 PM GRAND ARBOR DEEP WATER Alice	12:00 PM GRAND ARBOR HYDRORIDER* Stacey *Requires Pre-Registration		
4:00 PM GRAND ARBOR DEEP WATER Alice	5:15 PM YMCA SHALLOW WATER POWER Amanda	5:15 PM GRAND ARBOR HYDRORIDER* Stacey *Requires Pre-Registration	4:30 PM GRAND ARBOR WHOLE BODY CONDITIONING Stacey		



GROUP FITNESS DESCRIPTIONS ALEXANDRIA AREA YMCA | FALL 2018

YMCA 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!

GRAND ARBOR WATER CLASS DESCRIPTIONS:

Active Aging Aqua: Entry level small group pool class designed for residents or deconditioned participants who are able to exercise without one-to-one assistance. This class is set at a slow pace, includes breaks and covers basic pool exercises.

AquaFit: Improve your agility, flexibility and cardiovascular endurance. No swimming ability is required, and a variety of aquatic resistance tools are used to develop strength, balance and coordination.

Deep Water Exercise: A fun, high tempo class that takes place in the deep water of the pool. Participants will challenge their core through suspended training and work on building strength and cardio endurance through water resistance.

Gentle Waves: This program incorporates the buoyancy of water and soothing warm water to make a safe, ideal environment for relieving arthritis pain and stiffness. Gentle movements increase joint flexibility and range of motion, while building stronger muscles and overall stamina.

Hydrorider: This 30-minute class provides a user-friendly, water cycling class that's perfect for any skill level. Buoyancy provides support for your joints and your resistance level is based on your own effort. It's a full-body cardio workout that provides a unique biking experience for the beginner to the veteran athlete. *THIS IS A SIX WEEK SESSION AND PRE-REGISTRATION IS REQUIRED.*

Total Knee and Hip Class: Whether you are trying to increase strength and flexibility in preparation for your scheduled knee or hip surgery or after your total knee or hip replacement, continue on your road to recovery and wellness. Once physical therapy has ended, join us for a fun class that includes strength, flexibility, range of motion, balance and is physical therapy principle based in our warm water pool.

Wake Up Workout: Jump start your morning with this fun, high intensity pool class. A variety of flexibility, strength, and cardio exercises will add variety and challenge in both the shallow and deep water. Come get your workout in early and feel great the rest of the day!

Whole Body Conditioning: This class is a moderate intensity and will primarily take place in the shallow water. A fun, complete workout using a variety of resistance tools to enhance cardio and strength.