



GROUP FITNESS SCHEDULE

ALEXANDRIA AREA YMCA | SUMMER 2017

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|---------------------|--|--|---|--|---|---|----------|
| 5:10 AM | LesMILLS BODYPUMP JACKIE - B/C | LesMILLS CXWORX TERESA - B/C | CYCLING STEPH - A | LesMILLS BODYPUMP TERESA - B/C | TABATA CIRCUIT JACKIE - GYM | | |
| 6:30 AM 7:45 AM | | | | (6:30 AM) CYCLING ALICE - GA | | | |
| 7:10 AM | | | | | | LesMILLS BODYPUMP ROTATE - B/C | |
| 8:10 AM | LesMILLS BODYPUMP KATRINA - B/C | LesMILLS CXWORX JACKIE - B/C | LesMILLS BODYPUMP KATRINA - B/C | LesMILLS CXWORX JACKIE - B/C | HIIT 30 MIN. KATRINA - B/C | | |
| 8:10 AM | | | E FIT NATALIE - A | | | | |
| 8:30 AM 10:30 AM | (10:30 AM) GA CIRCUIT LORI - GA | (8:30 AM) PILATES JEN - GA | (10:30 AM) GA CIRCUIT KAYLA - GA | (8:30 AM) PILATES JEN - GA | (10:30 AM) GA CLASSIC LORI - GA | | |
| 8:45 AM | | LesMILLS BODYFLOW RACHAEL - B/C | | LesMILLS BODYFLOW RACHAEL - B/C | LesMILLS BODYFLOW 30 MIN. KATRINA - B/C | | |
| 8:45 AM | | CYCLING MARK - A | | CYCLING JACKIE - A | | CYCLING ROTATE - A | |
| 9:15 AM | LesMILLS BODYFLOW RACHAEL - A | | | | | | |
| 9:15 AM | ZUMBA ANGELA/JOLENE - B/C | | ZUMBA ANGELA/JOLENE - B/C | | | WEEKEND WARRIOR ROTATE - B/C | |
| 10:15 AM | | STAY FIT TAMMI - B/C | CIRCUIT TRAINING TAMMI - B/C | STAY FIT TAMMI - B/C | | <p>All group fitness classes must maintain a 6-person class average throughout a 30-day period.</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 (Y) B/C Down (Y) GA Grand Arbor</p> | |
| 10:15 AM | GENTLE YOGA DAN - B/C | | LesMILLS BODYFLOW BRIANA - A | | YOGA ANDREA - B/C | | |
| 11:15 AM | | ARTHRITIS EXERCISE TAMMI - B/C | | ARTHRITIS EXERCISE TAMMI - B/C | | | |
| 12:15 PM | BOOTCAMP RACHEL H - B/C | HIIT GEORGE - B/C | CYCLING KAREN - A | LesMILLS CXWORX JACKIE - B/C | LesMILLS BODYPUMP JACKIE - B/C | | |
| 4:45 PM | | LesMILLS BODYPUMP 30 MIN. BRIANA - B/C | | LesMILLS BODYPUMP 30 MIN. BRIANA - B/C | | | |
| 5:15 PM | | LesMILLS BODYFLOW BRIANA - B/C | | LesMILLS BODYFLOW BRIANA - B/C | | | |
| 5:15 PM | LesMILLS BODYPUMP BRIANA - B/C | ZUMBA STEPH - A | LesMILLS BODYPUMP TERESA - B/C | | | | |
| 6:15 PM | YOGA SANDY - A | | YOGA RACHEL H. - A | | | | |
| | | | | | | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday | | Saturday |
| 7:30 AM | AQUAFIT GA | | AQUAFIT GA | | AQUAFIT GA | | |
| 8:10 AM | GENTLE H2O GARY | SHALLOW WATER POWER SUSAN | SHALLOW WATER POWER MICHELLE | SHALLOW WATER POWER SUSAN | CIRCUIT H2O STACEY | | |
| 9:15 AM | | | DEEP WATER POWER STACEY | | DEEP WATER POWER SUSAN | (9:30 AM) WATER WARRIORS E/O SATURDAY | |
| 4:00 PM 4:30 PM | (4:00 PM) DEEP WATER EX. GA | (4:30 PM) WHOLE BODY GA | (4:00 PM) DEEP WATER EX. GA | (4:30 PM) WHOLE BODY GA | | | |
| 5:15 PM | SHALLOW WATER POWER AMANDA | | | | | | |

Water Fitness

Water Fitness



GROUP EXERCISE SCHEDULE ALEXANDRIA AREA YMCA | SUMMER 2017

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. Happy.

Tabata Circuit: This Tabata-style circuit is a total-body program that incorporates strength training, cardio and core work. It challenges your entire body with high intensity, short duration exercises. These bursts of intense work will torch calories and strengthen your entire body.

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.

E Fit: 3-dimensional exercises work several muscle groups in more than one direction at the same time. You're working multiple muscles, cardiovascular, core and toning, through numerous dimensions of motion.

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

Stay Fit: Have fun and move to a variety of exercises designed to increase muscular strength, range of motion, heart health and activities for daily living. Hand weights, resistance tubes and exercise balls are used.

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.

Zumba®: High-intensity moves for an interval-style, calorie-burning dance fitness party. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Grand Arbor Cardio Circuit: Increase your cardiovascular and muscular endurance with a standing circuit workout. Upper body strength work is alternated with non-impact aerobic choreography.

Grand Arbor Classic: A variety of exercises are used to increase muscular strength, range of movement, and activity for daily living skills.

Pilates: Develop core strength and flexibility with a series of slow and controlled movements.

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.

Circuit H2O: 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!

Shallow Water Power: This high intensity class will include range of motion, cardio, and strengthening exercises in shallow water.

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!

AquaFit: Shallow water moves to improve agility, flexibility and cardiovascular endurance. Resistance tools are used to develop strength and coordination.

Whole Body Conditioning: Moderate intensity shallow water class that uses a variety of tools to enhance cardio and strength.