



GROUP FITNESS SCHEDULE

ALEXANDRIA AREA YMCA | WINTER/SPRING 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:10 AM	LES MILLS BODYPUMP JACKIE- B/C	CYCLING JACKIE/TERESA- A	LES MILLS BODYPUMP GRETA - B/C	LES MILLS CXWORX TERESA- B/C	TABATA CIRCUIT JACKIE- GYM		
5:45 AM				CYCLING 30 MINUTES TERESA- A			
7:10 AM						LES MILLS BODYPUMP ROTATE - B/C	
8:15 AM	LES MILLS CXWORX JACKIE- B/C	LES MILLS BODYPUMP BRIANA - B/C	CORE 30 MINUTES RACHAEL - B/C	LES MILLS BODYPUMP JACKIE - B/C	HIIT 30 MINUTES RACHAEL - B/C		
8:30 AM		PILATES GA		PILATES GA			
8:45 AM	CYCLING RACHEL H. - A		CYCLING KAREN - A		BRICK TRAINING KAREN - A	WEEKEND FLEXIBILITY ROTATE - B/C	
8:45 AM	LES MILLS BODYFLOW MEGAN - B/C		LES MILLS BODYFLOW MEGAN - B/C		LES MILLS BODYFLOW RACHAEL- B/C		
9:15 AM				GENTLE STRETCH LEILA- A			
9:15 AM		ZUMBA JOLENE/ANGELA - B/C		ZUMBA JOLENE/ANGELA - B/C		CYCLING ROTATE - A	
9:30 AM	CORE RACHEL H - 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><i>*ONLY Members 45+ may participate in classes via Knute Nelson at Grand Arbor and Nelson Gables.</i></p> <p>Class Location Key: A Up (Y) B/C Down (Y) GA Grand Arbor</p>	
10:15 AM	GENTLE YOGA DAN- B/C	STAY FIT TAMMI - B/C	CIRCUIT TRAINING TAMMI - B/C	STAY FIT TAMMI - B/C	YOGA JEN - B/C		
11:15 AM	GENTLE CYCLE & STRETCH DAN - A	ARTHRITIS EXERCISE TAMMI - B/C		ARTHRITIS EXERCISE LEILA - B/C			
12:15 PM	POWER YOGA RACHEL H - B/C	HIIT 30 MINUTES GEORGE/TAMMI- B/C	CYCLING 30 MINUTES KAREN - A	BOOTCAMP RACHEL H.- B/C	LES MILLS BODYPUMP JACKIE - B/C		
5:15 PM	LES MILLS BODYPUMP BRIANA - B/C	LES MILLS BODYFLOW BRIANA - A	LES MILLS BODYPUMP TERESA - B/C	LES MILLS BODYFLOW BRIANA - A			
5:15 PM	CYCLING MICHELLE - A		CYCLING MICHELLE - A				
5:30 PM		ZUMBA STEPH - B/C		ZUMBA STEPH - B/C			
6:15 PM	YOGA SANDY - A		YOGA JEN - 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	CORE & CARDIO SUSAN	SHALLOW WATER POWER SUSAN			
9:00 AM		GENTLE WAVES GA		GENTLE WAVES GA			
9:15 AM	DEEP WATER POWER LEILA		DEEP WATER CIRCUIT LEILA		DEEP WATER POWER SUSAN	(9:30 AM) WATER WARRIORS E/O SATURDAY	
5:15 PM	SHALLOW WATER POWER AMANDA						

Water Fitness

Water Fitness



GROUP EXERCISE SCHEDULE ALEXANDRIA AREA YMCA | WINTER/SPRING 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. 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.

Brick Training: 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: 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.

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.

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!

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

Gentle Waves: Uses the buoyancy of water to create 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.