

# NOVEMBER 2018 YMCA Group Exercise Schedule

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

5:15am		<b>(A) Butts &amp; Guts</b> Amanda				
8:30am	<b>(A) Body Transformation</b> Anissa	<b>(G) Boot Camp</b> (outside, weather permitting) Allison	<b>(C) Group Cycle</b> Anissa <b>(A) Strength Train Together</b> Santee	<b>(G) Boot Camp</b> Leslie	<b>(G) Cardio Mania</b> Leslie <b>(C) Group Cycle</b> 45 mins Santee	<b>(C) Group Cycle</b> Dana H
9:30am	<b>(G) Zumba@</b> Santee <b>(A) Pilates</b> Allison <b>(C) Group Cycle</b> Leslie	<b>(A) Zumba Toning@</b> Santee  <b>(C) Beginner Cycle</b> 45 mins Allison	<b>(G) Zumba@</b> Santee  <b>(A) Strength Train Together</b> Allison	<b>(A) Floor Barre</b> Brandy  <b>(C) Group Cycle</b> Leslie	<b>(G) Zumba@</b> Erin  <b>(A) Xtreme Pump</b> Leslie	<b>(A) Strength Train Together</b> Dana
10:30am	<b>(A) Strength Train Together</b> Leslie  <b>(P) Aqua Mix</b> Allison	<b>(A) Candle Light Yoga</b> Myrna  <b>(P) Aqua Mix</b> Allison	<b>(A) Flow Yoga</b> Cathy  <b>(P) Aqua Mix</b> Cindy	<b>(G) Dance 4 Life</b> Mary  <b>(P) Aqua Mix</b> Brandy	<b>(A) Strength Train Together</b> Santee  <b>(P) Aqua Mix</b> Allison	<b>(A) Zumba@</b> Erin  <b>(P) Aqua Mix</b> Cindy
11:30am	<b>(A) Silversneakers ®</b> Allison/Amy	<b>(A) Silversneakers ®</b> Allison	<b>(A) Line Dancing</b> Barbara/Julianna	<b>(A) Silversneakers Circuit ®</b> Mary	<b>(A) Silversneakers ®</b> Allison	
11:50am	<b>(G) Boot Camp</b> 40 mins Leslie			<b>(C) Group Cycle</b> 40 mins Rebecca	<p><b>(A) Studio A      (G) Gym</b> <b>(C) Cycle Studio      (P) Pool</b></p> <p><b>Join us for Membership Thanksgiving</b> <b>Monday 11/5/18 @12:30</b> <b>Food sign up @front desk</b></p> <p><b>CLOSED for Thanksgiving</b> <b>**LIMITED SCHEDULE ON Friday 11/23</b></p>	
4:30pm		<b>(A) Strength Train Together</b> Erin	<b>(C) Group Cycle</b> Rebecca			
5:30pm	<b>(A) Strength Train Together</b> Dana	<b>(A) Zumba@</b> Erin	<b>(P) Aqua Mix</b> Yvonne	<b>(A) Cardio Blast</b> Dana		
6:30pm	<b>(A) Flow Yoga</b> Cathy  <b>(C) Group Cycle</b> Dana	<b>(C) Group Cycle</b> Rebecca	<b>(A) Flow Yoga II</b> Cathy	<b>(A) Strength Train Together</b> Stephanie  <b>(C) Group Cycle</b> Dana		

## Aqua Class Descriptions:

**Aqua Mix**— This 45 minute water class provides a combination water workout that includes cardio conditioning and muscle strengthening exercises along with water's natural resistance.

## Group Fitness Class Descriptions:

**Beginner Cycle**—Intro to indoor cycling. Only 45 mins of great cardio, learning the lingo and proper technique. Designed with beginners in mind, but everyone welcome!

**Body Transform**— High intensity and endurance based workout. Timed intervals of strength, cardio and abs

**Boot Camp**—Come enjoy an energizing circuit class using weights, body weight, and plyometric moves to work your entire body. Great functional fitness with modifications for every level. Weather permitting, sometimes this class is done outside.

**Candlelight Yoga** - Rejuvenating yoga by candlelight for all levels.

**Cardio Mania**— Unleash your body's potential with an intense class that improve your heart health, increase your muscle strength and burn fat!

**Cardio Blast**—Fun energizing Cardio class Modifications for every age and fitness level.

**Dance 4 Life**—Dance fitness set to songs you know, with easy to follow moves that will leave you ready to take on the day!

**Floor Barre**—Ballet inspired workout that takes the effort of standing out of the equation. It strengthens the body and lengthens muscles, focusing on core and muscles of the lower body.

**Flow Yoga II**— For the experienced participants. All levels shown as needed.

**Group Cycle**— Ride a stationary bike to the beat of awesome music. Definitely intense and fast-paced, but it's a great low-impact class for any fitness level.

**Line Dancing**—Join us as we "dance in line" with easy to follow steps that will leave your toes tapping and heart singing. A fun filled way to exercise both body and mind.

**Pilates**—a system of physical conditioning involving low-impact exercises and stretches designed to strengthen muscles of the torso

**SilverSneakers®**— Muscular Strength & Range of Movement - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activities of daily living. Chair is used for seated and/or standing support.

**SilverSneakers® Circuit**— Build cardiovascular and muscular endurance power with a standing circuit workout. A chair is offered for support, stretching and relaxation exercises.

**Strength Train Together**—is a results driven strength training workout utilizing an adjustable barbell, weight plates, and body weight. Add to this dynamic and motivational music and it simply is the most fun you'll have strength training. Can be adapted for any age or fitness level.

**Yoga** - Fluid flowing movements working into each posture & breath, focus is on safety, flexibility, strength & alignment. All levels are welcome.

**XTreme Pump** - Come PUMP IT UP in this class using a variety of resistance equipment (bands and bars) for an overall XTREME strength and toning workout.

**Zumba®** - urban fusion dance fitness class with Latin dance moves with a steady - sweaty pace.. Fun for all!!

**Zumba Toning®** - Those who want to party, but put extra emphasis on toning and sculpting to define those muscles!



# NOVEMBER 2018

## Lap Swim—Indoor Pool

Monday-Friday: 5:00am-8:30pm at least 2 lanes

Saturday: 8:00am-5:30pm 2 lanes

Sunday: 1:00pm-5:30pm 2 lanes

Parents are responsible for child's safety.

If a child cannot swim, then the parent **MUST** stay within arm's reach of the child.

**All children under 13 will be required to take a swim test.**

**Swim Team will be practicing Mon, Tues, Thurs, Friday**

**4:30—7:30**

**1 lap lane will be available during this time**

**Please adjust your lap swim schedule accordingly**

## Aqua Aerobic Class Schedule

**\*\*All Aqua Mix classes are 45 mins**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua Mix 10:30 AM Allison	Aqua Mix 10:30 AM Allison	Aqua Mix 10:30 AM Cindy	Aqua Mix 10:30 AM Brandy	Aqua Mix 10:30 AM Allison	Aqua Mix 10:30 AM Cindy
		Aqua Mix 5:30 PM Yvonne (no class 10/31)			