



GROUP EXERCISE SCHEDULE

Winter Session • Effective 1/2/12

Building Hours: M-F 5:30a-10p; Sat 7a-9p; Sun 8a-7p • Schedule subject to change

Monday

*R.I.P.P.E.D.:	5:45a-6:45a	*Junior Strength (L):	4:25p-5:20p
Cardio Inferno:	9:15a-10:10a	Muscle Conditioning:	5:30p-6:25p
**Spinning:	9:30a-10:20a; 6:30p-7:20p	Basic Mat Pilates (L):	5:30p-6:25p
SilverSneakers Cardio Circuit:	11:15a-12:10p	Zumba:	6:30p-7:30p

Tuesday

**Spinning:	5:45a-6:35a; 9:30a-10:20a; 5:30p-6:20p	Senior/Beginner Spinning:	11:45a-12:30p
Muscle Conditioning:	5:45a-6:40a	Pilates (L):	5:30p-6:25p
Kickboxing:	9:15a-10:10a	Step:	5:30p-6:25p
SilverSneakers MSROM:	10:30a-11:25a	*Hatha Yoga (L):	6:30p-7:30p

Wednesday

**Spinning:	5:45a-6:35a; 9:30a-10:20a; 6:30p-7:20p	SilverSneakers Cardio Circuit:	11:15a-12:10a
Step:	5:45a-6:40a; 9:15a-10:10a	Core Blast:	5:15p-5:25p
*Superfit Bod® (L):	9a-10a	Muscle Conditioning:	5:30p-6:25p
SilverSneakers Yoga Stretch:	10:20a-11:10a	Zumba:	6:30p-7:30p

Thursday

**Spinning:	5:45a-6:35a; 9:30a-10:20a; 5:30p-6:20p	Cardio Fit (L):	10:15a-11:10a
Muscle Conditioning:	5:45a-6:40a	SilverSneakers MSROM:	10:30a-11:25a
Basic Mat Pilates:	8:40a-9:10a	*Yoga for Kids (L):	4:20p-4:50p
*Group PT:	9:10a-10:10a	HEX:	6:30p-7:30p
Zumba:	9:15a-10:10a; 5:30p-6:25p	*PiYo® (L):	6:30p-7:30p

Friday

**Spinning:	5:45a-6:35a; 9:15a-10:05a	Basic Mat Pilates:	10:15a-11:10a
SWEAT:	9:15a-10:10a	SilverSneakers Cardio Circuit:	11:15a-12:10p
Basic Mat Pilates (L):	9:15a-10:10a	Power Step:	5:30p-6:25p
*Vinyasa Yoga (L):	10:15a-11:15a		

Saturday

**Spinning:	7:15a-8:05a; 8:15a-9:05a; 9:15a-10:05a	Step Interval:	8:30a-9:25a
Muscle Conditioning:	7:30a-8:25a	Interval Training:	9:30a-10:25a
*Power Yoga (L):	8:15a-9:25a		

Sunday

*Group PT:	8:05a-9:05a	Muscle Conditioning:	10a-10:45a
Step:	9:15a-9:55a		

*Fee-based class: see Program Guide for details.

Additional fee-based classes are available: please refer to the Winter Program Guide.

**Spinning requires 48-hr advanced bike reservation. Call x247 for reservations.

(L) denotes Lower Studio; all other classes are held in the Upper Studio.



CLASS DESCRIPTIONS

BASIC MAT PILATES

Class consists of a series of moves performed to strengthen the core and improve overall flexibility.

CARDIO INFERNO

Cardio intervals and core conditioning combined for a workout guaranteed to burn fat and sculpt lean muscles. No coordination needed or dance moves to master while you train for endurance, strength and agility! Come ready to sweat and turn your body into a calorie-burning inferno!

CARDIO FIT

A low-impact cardio workout comprised of a variety of easy-to-follow movements to promote a heart-healthy, total body conditioning and improvements to increase cardio-vascular and muscular endurance. Hand-held weights or elastic tubing can be used for the strength training segment that will follow the cardio segment.

CORE BLAST

A 10 minute class targeting abs, lower back and torso.

CORE COMBAT

55 minutes dedicated to working your abs, back and more! Core training will help prevent back problems by gaining coordination, balance and flexibility. Core training can help you keep your body younger, leaner and stronger — the body you have always wanted!

HEX

(High Energy Xtraining) High energy aerobic class featuring intervals of anaerobic and body conditioning movements using light weights, body bar and step.

KICKBOXING

An aerobic workout combining elements of boxing and martial arts. This class will increase your stamina, flexibility and strength, all while listening to great music! This is a great total body workout!

MUSCLE CONDITIONING

Resistance workout with toning exercises for the upper and lower body.

POWER STEP

High-intensity class incorporating dazzling choreography and athletic-based moves.

STEP

Traditional step moves to improve cardio fitness, strength and coordination. Wraps up with a great abdominal workout.

STEP COMBO

Combo class incorporating step aerobic moves with muscle conditioning.

INTERVAL TRAINING

Intervals of cardio and strength training to improve cardio fitness, strength and coordination.

STRENGTH

Strength, Weight, Endurance and Athletic Training. A mix of cardio and strength drills focusing on large muscle groups designed to get your heart pumping and make you SWEAT!

ZUMBA®

Latin-inspired dance sure to get your heart pumping!

SPINNING®

Indoor cycling to improve cardiovascular fitness and strength.



SilverSneakers group exercise classes are designed especially for older adults and are taught by certified instructors trained specifically to be sensitive to your needs and fitness levels.

A CHAIR IS AVAILABLE FOR SITTING AND/OR STANDING, SUPPORT, STRETCHING AND RELAXATION FOR ALL SILVERSNEAKERS CLASSES.

MSROM

Muscle, Strength and Range of Motion is designed to improve overall strength, flexibility and balance.

CARDIO CIRCUIT

This class features upper body strength workouts using hand-held weights, elastic tubing with handles and the SilverSneakers ball, alternated with non-impact aerobic activity.

YOGA STRETCH

Learn gentle, effective stretching that can help maintain joint flexibility and prevent injury.

**Please contact
Christine Salovardos,
Wellness Director,
at 508.870.1320 x290 or
csalovardos@ymcaofcm.org
with any questions.**