

YGROUP EXERCISE

We build strong kids, strong families, strong communities.

MARCH 2010

MON

TUES

WED

THUR

FRI/SAT

<p>1 5:30-Cardio Strength- Kristin 8:30-Cardio-Jill 9:15-Pilates-Jill 10:00-Seniors-Audrey 5:45-Inst. Choice- Wendy 6:45-Barbell Plus Stephanie-</p>	<p>2 8:30 Circuit Plus-Wendy 9:30 Yogalates –Margaret M. 11:00 Silver Sneakers-Wendy 12:15 Lunchtime Express-Wendy 6:00 Boot tCamp-Stephanie</p>	<p>3 5:30-Barbell Plus-Wendy 8:30-Zumba-Margaret M. 9:30-Fit Kids-Audrey 10:00-Seniors-Audrey 5:45-BellyDance-Margaret M. 6:30-Yoga -Margaret M.</p>	<p>4 8:30 Barbell Plus-Jill 9:30 Abs & Glutes(30mins)-Jill 11:00 Silver Sneakers-Wendy 12:15-Lunchtime Express-Wendy 6:00-Zumba-Margaret 7:00-BootCamp-Kristin</p>	<p>5 5:30-BootCamp-Stephanie 9:00-20/20-Jill 10:00-Seniors-Wendy 12:15-BootCamp Express-Wen</p> <p>6 9:15- Inst. Choice- Stephanie</p>
<p>8 5:30-Cardio Strength- Kristin 8:30 Cardio-Jill 9:15 Pilates-Jill 10:00 Seniors A-Audrey 5:45 BLT(buns,legs,thighs)-Wendy 6:45 Barbells Plus- Kristin</p>	<p>9 8:30 Circuit Plus-Wendy 9:30 Yogalates – Margaret M. 11:00 Silver Sneakers- Wendy 12:15-Lunchtime Express-Wendy 6:00 Boot Camp-Kristin</p>	<p>10 5:30-Barbell Plus-Stephanie 8:30-Zumba-M.Martin 9:30 Fit Kids-Audrey 10:00 Seniors Audrey 12:15-Strength Express- Wendy 5:45-Pilates -Margaret M. 6:30-Yoga -Margaret M.</p>	<p>11 8:30 Barbell Plus -Jill 9:30 Abs & Glutes(30mins)-Jill 11:00 Silver Sneakers-Wendy 12:15-Lunchtime Express-Wendy 6:00- Zumba -Margaret M. 7:00-BootCamp-Stephanie</p>	<p>12 5:30-BootCamp-Kristin 9:00-20/20-Jill 10:00 Seniors A- Wendy</p> <p>13 9:15- Inst. Choice- Jill</p>
<p>15 5:30-Cardio Strength- Kristin 8:30 Cardio-Jill 9:15-Pilates-Jill 10:00 Seniors A-Audrey 5:45 Cardio Kick/ -Wendy 6:45 Barbells Plus- Stephanie</p>	<p>16 8:30 Circuit Plus-Wendy 9:30 Yogalates – Margaret M. 11:00 Silver Sneakers- Wendy 12:15-Luchtime Express-Wendy 6:00 Boot Camp-Stephanie</p>	<p>17 5:30-Barbell Plus-Wendy 8:30-Zumba-Margaret M. 9:30 Fit Kids-Audrey 10:00 Seniors A-Audrey 12:15-Strength Express-Wendy 5:45-BellyDance -Margaret M. 6:30-Yoga -Margaret M.</p>	<p>18 8:30 Barbell Plus-Jill 9:30 Abs & Glutes(30mins)-Jill 11:00 Silver Sneakers-Wendy 12:15-Lunchtime Express-Wendy 6:00- Zumba-Margaret 7:00-BootCamp-Kristin</p>	<p>19 5:30-BootCamp-Stephanie 9:00-Inst Choice-Jill 10:00 Seniors-Wendy</p> <p>20 AERO-B-THON FOR OPEN DOORS!! 9AM - 1PM</p>
<p>22 5:30-Cardio Strength Kristin 8:30-Cardio-Jill 9:15-Pilates-Jill 10:00-Seniors-Audrey 5:45-Inst Choice- Audrey 6:45-Barbells Plus- Kristin</p> <hr/> <p>29 5:30-Cardio Strength-Kristin 8:30-Cardio-Jill. 9:15-Pilates-Jill 10:00-Seniors-Audrey 5:45-Instr. Choice- Lorene 6:45-Barbells Plus- Stephanie</p>	<p>23 8:30 Circuit Plus-Wendy 9:30 Yogalates – Margaret M. 11:00 Silver Sneakers- Wendy 12:15-Lunchtime Express-Wendy 6:00 Boot Camp-Kristin</p> <hr/> <p>30 8:30-Circuit Plus-Wendy 9:30-Yogalates-Margaret M. 11:00-Silver Sneakers-Wendy 12:15-Lunchtime Express-Wendy 6:00-Boot Camp -Stephanie</p>	<p>24 530-Barbell Plus Stephanie 8:30-Zumba-Margaret M. 9:30 Fit Kids-Audrey 10:00 Seniors A-Audrey 12:15-Strength Express- Stephanie 5:45-Pilates -Margaret M. 6:30-Yoga -Margaret M.</p> <hr/> <p>31 5:30- Barbell Plus-Kristin 8:30-Zumba-Margaret 9:30-Fitkids-Audrey 10:00-SeniorsAudrey- 12:15-Lunchtime Express-Wendy 5:45-BellyDance-Margaret 6:30-Yoga-Margaret</p>	<p>25 8:30 Barbell Plus-Jill 9:30 Abs & Glutes(30mins)-Jill 11:00 Silver Sneakers-Wendy 12:15-Lunchtime Express-Wendy 6:00- Zumba – Margaret M. 7:00-BootCamp-Stephanie</p> <hr/>	<p>26 5:30-BootCamp-Kristin 9:00-20/20-Jill 10:00 Seniors A- Wendy</p> <hr/> <p>27 9:15 – Cardio Strength- Kristin</p>

Group Exercise Classes

Class Level

Level 1 :	Beginner
Level 2 :	Beginner to Intermediate
Level 3 :	Intermediate to Advanced
Level 4 :	Advanced ONLY
Level S :	Seniors or Beginner
Level All(A) :	All levels Welcome

Instructors

Margaret Martin	Wendy Knight
Audrey Smith	Kristin LeRoy
Stephanie Tiwari	Jill Adrien
Lorene Lake	

Class Description

All of the classes described below (unless otherwise indicated) have a 5 – 10 minute warm-up, followed by 20 – 30 minutes of aerobics and a 5 – 10 minute cool down with stretching and abs at the end

- Abs & Glutes - If you are sick and tired of dealing with those problem areas then this is the class for you, with a high intensity focus on both the Abs and Gluteus.
- Boot Camp 3 (BC) - A military style workout that has been modified to fit the format of an aerobics class. It involves lots of running and jumping type movements.
Class is not recommended for beginners or for people who have lower back, knee or ankle problems.
- Cardio Kick (CK) - An awesome workout that offers both kickboxing and a mixture of low impact aerobics.
- Step (Step) - This is a great cardiovascular workout that involves stepping up and down on a platform.
- BOSU - This class is based around a half ball called a BOSU, which stands for “Both Sides Up”. Great class for balance, core strength, toning, , and cardio.
- Barbell Plus - Strength training class using barbells, free weights, bands, balls & More
- Circuit Plus - A whole body workout using workout stations combining cardio & strength training. Abs also included. A great way to workout at your own pace.
- Silver Sneakers (MSROM) - A variety of support positions with a chair are introduced to increase strength & range of movement conditioning exercises.
Creative multi-level class includes using hand-held weights, bands and balls.
- Senior Aerobics (50 & Up) - An excellent overall body workout for seniors 50 +.
- Instructor Choice (Ins Ch) - The instructor can decide the class type.
- Yoga - A class that begins with classic Yoga routines continues with strengthening postures and concludes with breathing and relaxation exercises. A Yoga mat & block are suggested. Participants with spinal problems should use caution.
- Cardio Yoga - 30 minutes of hi-lo aerobic dance with 30 minutes of traditional yoga.
- Power Yoga - Yoga class using light weights & longer posture holds to increase strength & muscle conditioning with relaxation at the end.
- Cardio Core- 20-30 minutes of some type of Cardio exercise with Core exercises at the end.
- Pilates - This class is great for strengthening the core muscles in your body. Each exercise is designed to develop strength in the abdominal and lower back.
- Yogalates- A great core and overall body strengthening workout combining Yoga & Pilates movements integrated together. A Yoga mat is suggested.
- 20/20 - This class is a highly intense workout that offers a huge variety with 20 minutes of high energy and high intensity aerobics and 20 minutes of conditioning with a mix of total body, core, yoga, flexibility and / or abs.
- Zumba - Come join the newest class rage!! High energy Latin aerobic dance class. Great calorie burner!! This class is for All levels
- BellyDance - Great Hip/Thigh/Glutes & Abs workout!! Using traditional bellydance movements. Class is for All levels..
- Step & Sculpt - Basic to advanced level step class with weights or bands in intervals or at the end of class. Class includes Abs & Stretch.
- Step Kick - Basic to advanced level step class with kick boxing movements added into the workout. Class includes Abs & Stretch.
- Fit Kids - A fun way for your child to get a little exercise along with nutrition & fitness facts to use in their everyday life.