



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

YMCA of Portsmouth

Spring 2012

Hours of Operation: Monday-Friday 5:30AM-9:00PM; Saturday 8:00AM-5:00PM; Sunday 1:00PM-5:00PM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Early AM		TRX Circuit 5:45 - 6:30	Cycling 5:45 - 6:30		TRX Circuit 5:45 - 6:30			
AM	Practical Yoga 8:00 - 9:00	MegaMix 8:00 - 9:00	Practical Yoga 8:00 - 9:00	MegaMix 8:00 - 9:00	Core & More 8:00 - 9:00	Step & Tone 8:10 - 9:10		
	Muscle Mix 9:30 - 10:30	Step & TRX 9:30 - 10:30	Core & More 9:30 - 10:30	Cardio Dance 9:30 - 10:30 <i>Group Ex 2</i>	Yoga 9:30 - 10:30	Tai Chi 8:15 - 9:00 <i>Group Ex 2</i>		
	Toddler Music & Movement (M-F) 9:45 - 10:15			Yogalates 9:15 - 10:15		TRX Boot Camp 9:00 - 10:00 <i>Gym Side 1</i>	Cardio Circuit Training 9:30 - 10:30	
				SS Yoga Stretch 10:00 - 10:50 <i>Back Classroom</i>			Cycling 9:30 - 10:30	
	Cycling 10:30 - 11:30	Cycling 10:30 - 11:30	Cycling 10:30 - 11:30	Cycling 10:30 - 11:30	Cycling 10:30 - 11:30	Cycling 10:30 - 11:30	Zumba II 10:30 - 11:30	
	Body Recall 11:00 - 12:00	Silver Sneakers 10:45 - 11:45	Body Recall 11:00 - 12:00			Body Recall 11:00 - 12:00		
Lunch			Zumba Gold 12:15 - 1:00		Zumba Gold 12:15 - 1:00			
PM	Silver Sneakers 2:00 - 3:00		Silver Sneakers 2:00 - 3:00	Silver Sneakers 2:00 - 3:00				
				Tumble Tots (paying class) 3:30 - 4:00 <i>Group Ex 2</i>			Zumba II 2:00 - 3:00	
	Fit Kids 4:30 - 5:30 <i>Group Ex 2</i>			Fit Kids 4:00 - 5:00 <i>Group Ex 2</i>	Fit Kids 4:30 - 5:30			
	20/20/20 4:20 - 5:20	Cycling 4:30 - 5:15	Step Basics 4:20 - 5:20	Core & More 4:30 - 5:30				
				TRX Circuit 4:30 - 5:30				
	Cycling 5:30 - 6:15		Cheer Rollers (paying class) 4:30 - 5:30 <i>Group Ex 2</i>	Line Dancing 5:30 - 6:30 <i>Group Ex 2</i>	Youth Karate (paying class) 4:30 - 5:15			
	Step & Tone 5:30 - 6:30	Core & More 5:30 - 6:30	Zumba II 5:30 - 6:30	Step Plus Floor Work 5:30 - 6:30				
	TRX Circuit 6:00 - 7:00			Cheer Tumblers (paying class) 6:00 - 8:00 <i>Gym Side 2</i>				
	Pilates 6:35 - 7:35 <i>Group Ex 2</i>		Fit Kids 5:45 - 6:30 <i>Group Ex 2</i>					
	Zumba 6:35 - 7:35	Kickboxing 6:35 - 7:35	Yoga II 6:35 - 7:50	Cardio Dance 6:35 - 7:35 <i>Group Ex 2</i>				
			TRX Boot Camp 6:35 - 7:35 <i>Gym Side 1</i>	Ballroom Dance I & II (paying class) 7:00 - 9:00				
	Zumba II 7:30 - 8:30	Yoga I 7:35 - 8:50						

Aerobics

- Group Cycling *
- TRX Suspension Training **
- Mind & Body
- Specialty Classes
- Kid Friendly Classes

* All Group Cycling Classes are held in Group Exercise Room 2.

** TRX Classes are held in the Gym on Side 1

See Reverse for Class Descriptions

Updated 3/26/12

Class Descriptions

- 20/20/20**- A cross training class combining 20 min. of stepping, 20 min. of low impact aerobics and 20 min. of floor work.
- Body Recall**- A class for active, older adults doing chair based exercises and stretching focusing on functional fitness. Check with Front Desk for session schedule.
- Cardio Circuit Training**- A high energy class alternating cardio and strength training.
- Cardio Dance**- A choreographed class that combines basic dance movements with aerobic- cardio routines to upbeat, current and fun music. Warm-up, stretching, upper and lower body strength training included.
- Core & More**- 60 minute workout to strengthen the deep muscles of the abdomen and lower back.
- Fit Kids** - A nutrition and physical activity curriculum designed to encourage children ages 5 to 12 to develop healthy eating habits and the desire to lead active lives. Gym games, music & dance, and aerobic movement provided in a noncompetitive atmosphere.
- Group Cycling**- This is a high intensity workout to music appropriate for all fitness levels, with an instructor who will help you simulate a challenging bike ride complete with hills, valleys and varying speeds. New cyclists please come 15 minutes early for cycle orientation. For your safety and as a courtesy to other class members, please arrive 5 minutes prior to class for set up - participants arriving late will NOT be allowed to enter. You must bring water and a towel to class, and heart rate monitors are strongly encouraged. **** Classes may be cancelled if there are less than 4 participants.**
- Kickboxing**- A class that utilizes interval training to improve your fitness level and give you maximum caloric expenditure. Strength, core training, balance and stretching exercises will be incorporated.
- Line Dancing**- Join other dancers and learn some fun line dances or just come for the great exercise. All levels welcome.
- MegaMix**- Low intensity cardio training plus high intensity strength training to achieve total body fitness.
- Muscle Mix**- A class that targets every muscle group. Muscle isolation exercises using weights and/or bands; the ultimate strength and endurance workout.
- Pilates**- Pilates dramatically transforms the way your body looks, feels and performs. It builds strength without excess bulk, creating a sleek, toned body with slender thighs and a flat abdomen.
- Silver Sneakers**- A senior exercise class using resistance tubing, balls, and light weights.
- Silver Sneakers Yoga Stretch**- A chair based yoga class designed for seniors. Wonderfully relaxing - no getting on the floor.
- Step Basics**- Learn Basic step moves in this challenging class which incorporates 40 minutes of stepping with 20 minutes of floor exercises.
- Step & Tone**- An intense step training class offering an intermediate level step class with 15 minutes of resistance training at the end. This is a great fat-burning and muscle toning class!
- Toddler Music & Movement**- Bring the little ones for dancing and games with our Child Watch group. Stay and play with your child, or sign them in to Child Watch while you work out here at the Y! Open to ages 6 months and up.
- TRX Circuit**- Train in 3-D! The TRX makes your body your machine. Suspension Training blends together movement, flexibility, strength, stability, coordination, power and cardio in a unique and wholly functional format. Because you can instantly modify resistance by adjusting body position, Suspension Training workouts are safe and effective for people of all fitness levels.
- TRX Boot Camp**- Combines cardio, strength, balance, and core for a total body workout. Class utilizes TRX straps and other equipment.
- Yoga I/II**- Bring the physical and mental benefits of Yoga to a fitness class setting.
- Practical Yoga**- Basic yoga moves for a variety of fitness levels.
- Yogalates**- A fitness routine that combines Pilates exercises with the postures and breathing techniques of yoga.
- (Silver Sneakers) Yoga Stretch**- A chair based yoga class designed for seniors. Wonderfully relaxing - no getting on the floor.
- Zumba I/II**- A Latin dance inspired cardio class appropriate for all levels. You will have a great time!
- Zumba Gold**- Our same Zumba, designed specifically for beginners and active older adults.

- ❖ **All Aerobics classes are subject to change in level and instructor.**
- ❖ **NOTE: All classes are held in Group Exercise Room 1 unless otherwise indicated.**
- ❖ **Classes with low participation are subject to cancellation.**
- ❖ **Schedules are also available online at www.portsmouthymca.org**