

















**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**January 2012
GROUP FITNESS CLASS SCHEDULE**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:25/8:30	Gentle Yoga Tina C. LIVESTRONG® 1	Step & Core Tina C. 8:45-9:30 2	Gentle Yoga Tina C. LIVESTRONG® 1		Gentle Yoga Tina C. LIVESTRONG® 1	8:30am Step (30 min) 9:00am Hard Core Abs (25 min) Amy/Rebecca -2
9:30	 Jenn C.- 2, 3	 Tina R. 2, 3	 Eve- 2, 3	Cardio Kickboxing Tina R. 2, 3	Boot Camp Charlene 3	 Maureen/Karen 2,3
10:30/10:45	Latin Dance Beginners-45 Min Tina C. LIVESTRONG®		 Eve - 2, 3		Pilates Joni- 2	 Instructors Rotate -2, 3
10:45/11:45	Active Adult- 11:45 Silver Sneakers® Cardio Circuit Tina C. LIVESTRONG®	Active Adult-1045am Silver Sneakers® MSROM I Carol LIVESTRONG®	Active Adult 11:45am Silver Sneakers® Cardio Circuit Heather LIVESTRONG®	Active Adult- 10:45am Silver Sneakers® MSROM II Carol LIVESTRONG®		
4:30/4:45		 Heather- 2, 3	 Steve/LaMor- 2, 3	4:45 Total Body Conditioning Xpress Suzanne/Sheila- 2, 3		
5:30/5:35	Pilates Chantel- 2, 3	Boot Camp Sheila. -2, 3	5:35pm Guts & Glutes Sheila- 2	 Deanna 2, 3		
6:30pm	 Chantel -2,3	 Eve - 2, 3	Cardio Kickboxing Sheila- 2, 3 Family Friendly	 Kim - 2, 3		
7:30	Yoga Mabel - 2 Family Friendly	Body Sculpt Karen - 2	 LaMor - 2, 3	 Deanna- 2,3		

INDOOR CYCLING

5:45 8:45 10:00 Noon	5:45am Strength Bruce 1st & 3rd Tina C. 2nd & 4th	8:45am Ride to the Rhythm Tina R. 10:00am (30 min) Cycle Lite-Beginner Tina C. LIVESTRONG®	5:45am Strength Tina C. 12:00 Noon Interval Ride Shelia	8:45am Strength Tina C. 10:00am (30 min) Cycle Lite-Beginner Tina C. LIVESTRONG®	5:45am Strength Bruce	8:45-9:25am Ride to the Rhythm Gigi/Bruce
5:30 pm 5:35pm 6:00 pm	5:30pm Express 35 min-Deanna		5:35pm Express 35 min-Barbaree Family Friendly	Cycle Lite-Beginner Tina C. 6:00-6:30		
6:30pm		Strength Nancy	Intervals Nancy	Ride to the Rhythm Tina C. - Family Friendly		

Brandon Family YMCA




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Group Exercise Class Descriptions

All youth ages 10-14 may attend group exercise classes after completion of Youth Orientation and must show Youth Orientation Completion card to participate in class. Please see welcome center to sign up for Youth Orientation.
Body Pump participants must be age 15 or over.

Body Sculpting	Improve your total body strength! Resistance exercises are performed using great music and a variety of equipment.
Bootcamp	A class that takes on an “anything goes” motto. Drills may include lunges, boxing, and jump roping. This class works well for all fitness levels!
Cardio Kickboxing	The fitness version of the martial arts form! Punch, jab, and kick your way through this great cardio workout!
Gentle Yoga	A low impact class that focuses on mental and physical strength, flexibility, and relaxation. Includes a chair option for those needing extra assistance. Suitable for all levels
Guts & Glutes	A workout guaranteed to work your abdominal section and your buttocks. Designed for all fitness levels.
	A mat-based class that combines Yoga, Tai Chi, and Pilates into a full body workout that builds strength and flexibility while leaving you feeling calm and centered.
	The original barbell workout that strengthens your whole body. Challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts, and curls. Great music, awesome instructors, and your choice of weight inspire you to get results fast!
Latin Dance	Learn your way to Zumba - class designed for beginners to learn Latin dance moves; meringue; salsa; cumbia, samba....dance to working out.
Pilates	A great low impact workout that improves the stability, strength, and appearance of the core, as well as strengthening and toning the whole body.
Silver Sneakers (Cardio Circuit)	Combine FUN and Fitness to increase your cardio and muscular strength with standing circuit workout. Upper body strength working using hand-held weights, Elastic tubing and a ball is alternated with non-impact aerobic activity. A chair is offered for support and comfortable position for your modification needs.
SilverSneakers® (MSROM)	<i>Muscular Strength & Range of Movement</i> Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.
Step	A cardio workout with choreographed step patterns designed for all fitness levels. This class will improve cardiovascular endurance and strength while having fun. Step up to the challenge!
Total Body Conditioning Express	A 45 minute workout that includes sculpting and toning elements that will challenge your muscles and get your heart pumping!
Yoga	Take your mind and body to another level of strength, flexibility and relaxation. Breathing, posture, and stress management.
	A great way to dance your way to a NEW you with exciting and unique latin moves and rhythms. And you don't feel like you are working out. Dance! Dance! Dance! Our Zumba Instructors rotate each week—1st Saturday Eve; 2nd Saturday Kimmy; 3rd Saturday Tina R; 4th Saturday Heather; if a 5th Saturday; Tina R.

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