



Group Exercise Schedule February 2012

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/ SUN
5:30am	BODYPUMP® Kelli	Body Sculpt Stephanie	BODYPUMP® Ilia	Body Sculpt Stephanie	Vinyasa Flow YOGA Shannon (90 min) Bring Yoga Mat	SATURDAY
7:15am	FIT after 50 Jeannette (45 min)		FIT after 50 Jeannette/ Catherine (45 min)	6:45 *DEMO* (30 min) CXWORX		
8am	Hi/Low Jeannette	BodySculpt Miki	Hi/Low Jeannette	***Zumba® Nicki		***Zumba® Susan
9am	Gentle YOGA Jeannette (45 min) <small>Bring Yoga Mat</small>	Step Interval Kris	Gentle YOGA Jeannette (45 min) <small>Bring Yoga Mat</small>	Cardio/Strength Andrea	Reebok Core® Training Miki	'Power of 3' Rachel (85 min)
	** Boot Camp Andrea				* "Begin to Stretch" Jeannette (45 min)	
10am	Body Sculpt Miki	BODYPUMP® Lindsey	Step & Circuit Miki	10:15am Zumba® Gold Jeannette (45 min)	Vinyasa Flow Yoga Yvette (70 mins) <small>Bring Yoga Mat</small>	
11:15am	SilverSneakers® Cardio Fit-Laurel	SilverSneakers® MSROM-Kris	SilverSneakers® CardioCircuit-Laurel	SilverSneakers® MSROM-Kris	Silver Sneakers® Cardio Fit-Kris	12pm Kids YOGA Ages 5-10 Yvette (30 min) <small>Bring Yoga Mat</small>
11:15am	Water Aerobics Jeannette (45 min)	SilverSplash® Jeannette (45 min)	Water Aerobics Jeannette (45 min)	SilverSplash® Jeannette (45 min)	Water Aerobics Jeannette (45 min)	
12:15	* Class is held in Gymnastics or Racquetball court ** Class is held in Basketball Court *** Class is Family Friendly	SilverSneakers® YOGAStretch (Chair-based) Kris		SilverSneakers® YOGAStretch (Chair-based) Kris		SUNDAY
		12-12:30pm Yoqua (30 min)	1:00pm Intermediate Traditional Pilates Melanie	12-12:30pm Yoqua (30 min)		1:00 BODYPUMP Ilia/Kelli
3pm	PlanetKidz 3:00-3:45pm Ages 4-7	3:45-4:30 Kids YOGA Strong Walkers-8yrs Carol (30min) <small>Bring Yoga Mat</small>	PlanetKidz 3:00-3:45pm Ages 4-7		PlanetKidz 3:00-3:45pm Ages 4-7	3:00 Vinyasa Flow YOGA Carol (85 min) <small>Bring Yoga Mat</small>
	3:45-4:30 pm Ages 8-11		3:45-4:30 pm Ages 8-12		3:45-4:30 pm Ages 8-12	
4:30pm	*** Hatha YOGA Deena <small>Bring Yoga Mat</small>	Cardio/Strength Andrea	*** Family Friendly Classes: Members ages 10- 14 may participate in select class offerings with a parent as long as they are able to perform the move- ments safely.	BODYPUMP Lindsay/Ilia	ALL classes are 55 minutes unless noted otherwise	4:30 - 6:00pm "The Challenge" Myrna (90min)
5:15pm		AquaJog 45min <small>Water Aerobics Jesnette</small>		Aqua Jog 45 min <small>Water Aerobics Jesnette</small>		
5:30pm	Advanced Traditional Pilates Melanie	*DEMO* (30 min) CXWORX	5:00pm ***Vinyasa Flow YOGA Kris <small>Bring Yoga Mat</small>	*DEMO* (30 min) BODYFLOW	Beginner Pilates Dawn	
6:00pm	6:30-7:25pm Total Body Rachel	***Zumba® Susan	BODYPUMP® Cindy	"The Challenge" Myrna (90 min)	SELECTING CLASSES/SCHEDULE KEY	
7:00pm	7:30-8:00pm YOGA Balance Rachel (30 min) <small>Bring Yoga Mat</small>	***PowerYOGA Miki (75 min) <small>Bring Yoga Mat</small>	***Zumba®		Strength	Water Fitness
8pm			C.J.		Cardio	Mind /Body
				Combination	Youth	
				Beginner	AOA	

South Tampa Family YMCA

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Group Exercise Class Descriptions

ACTIVE OLDER ADULTS (AOA)

FIT After 50 - Total body workout using various types of equipment to improve cardiovascular conditioning, muscular endurance and balance.

SilverSneakers I Muscular Strength & Range of Movement® - Have fun, move to 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 is alternated with non-impact aerobic choreography. A chair is offered for support, head to toe stretching, and complete relaxation in a comfortable position.

SilverSneakers CardioCircuit® - Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head to toe stretching and complete relaxation in a comfortable position.

SilverSneakers CardioFit® - A variety of easy-to-follow movements that promote heart healthy, total body conditioning. Perfect for participants who are fit and active as well as those who want a safe, effective and energizing activity.

SilverSneakers YOGASstretch® - Yoga Stretch will move your body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.

SilverSneakers SilverSplash® - Activate your aqua urge for variety! SilverSplash offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination.

Zumba® GOLD - Just as much fun as the other Zumba, but with a slower tempo. Great for beginners or those with physical limitations.

WATER FITNESS

Water Aerobics - A refreshing pool workout that tones the whole body using water as resistance. Excellent for arthritis, pre-natal, post-natal or orthopedic limitations. Benefits include less stress to the bones and joints. All ages are welcome.

Aqua Jogging - Deep water exercise using a jogging belt. No need to be a swimmer for this workout. For those of you who have been working out for years and for those of you who this is your first workout ever—YOU set the intensity level for yourself!

Yogua - Enjoy the experience of Yoga in the warmth of the water. No need for fancy equipment in this class, all movements take place in the shallow end of the pool.

CARDIO

Hi/Low - Traditional Aerobic workout that includes cardiovascular, strength and flexibility components for total body conditioning.

"The Challenge" - 90 minutes intermediate to advanced workout that improves muscular endurance while maintaining a target heart rate.

Zumba® - Ditch the workout! Join the party! Zumba® fuses hypnotic Latin rhythms & easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away!

Just STEP - An intermediate to advanced class with creative choreography using the Reebok Step® platform to increase cardiovascular endurance. Class ends with Abs and stretch.

COMBINATION

Cardio/Strength - This class combines strength training and power movements for a great aerobic and weight conditioning workout. A variety of tools are used for a fun, full body workout.

****Boot Camp** - Group fitness class that combines elements of weightlifting, aerobic exercise, stability training, agility training and stretching. This class is "High Energy" and limit rest time between sets. Please don't let the name discourage you from attending; the instructor is able to modify particular exercises on a 'person-to-person' basis.

"Power of 3" - Three is better than one! This class starts with cardio, flows into a strength routine and ends with a final stretch that employs Yoga based relaxation techniques.

Reebok Core® Training - An intense total body workout using the Reebok Core® Board focusing on conditioning and strengthening "core" and stabilizing muscles.

Total Body - An intense workout that varies from week to week. Challenge the entire body's cardiovascular and muscular capabilities. No technical footwork required!

YOUTH

Planet Kidz - Promoting Loving Action Now in Everything That's Knowledge In Development of Self. Friendship and cooperation are emphasized through partnership and teamwork. Children work in all areas of fitness: cardiovascular, flexibility, muscle conditioning, and relaxation.

Kids Yoga - By using animated postures and interactive games, the class has the opportunity to stretch their bodies, use their imaginations and learn about yoga in a fun way. In this positive and non-judgmental environment the child leaves class with a sense of well-being, respect for others and themselves.

STRENGTH

Body Sculpt - Improve muscular strength and endurance with resistance training exercises that target major muscles. Benefits include improved body alignment, balance, muscle toning, bone density, strength and symmetry.

BODYPUMP® - The original barbell class that strengthens your entire body! This choreographed weight class will challenge all your muscle groups using the best 'weight-room' exercises like squats, presses, lifts and curls.

Step & Circuit - Mix it up with a blend of step, resistance training in a circuit style format.

SPIRIT, MIND & BODY

Gentle Yoga - A great, stress-free workout using diaphragmatic breathing techniques with fluid movements of Yoga postures.

Hatha Yoga - Learn traditional postures and techniques that offer a well-rounded and balanced practice. Pranayama (breath work) and meditation are incorporated before and after the physical practice of postures.

Vinyasa Flow Yoga - Breath-synchronized movement sometimes called "Meditation in Motion". The instructor will guide you to move from one pose to the next on an inhale or an exhale. The poses run together and become like a dance in conjunction with the breath.

Pilates - An exercise system that focuses on improving flexibility and strength for the whole body. Please bring Yoga Mat.

Yoga Balance - Traditional Yoga moves focusing on core strength, power and balance training for ALL levels of fitness.

SilverSneakers YOGASstretch® - Yoga Stretch will move your body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.

Power Yoga—Experience intense yoga postures linked together using breath and motion to challenge your mind and body. A great way to take your Yoga practice to the next level.