



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Group Exercise Classes January 2012

**\*Bodypump & Silver Sneakers classes require sign-up at the welcome center desk, beginning 65 minutes prior to class start.**

**Schedule changes are shaded**

*Schedule is subject to change without notice...substitutes are listed on the board behind the treadmills.*

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am		<b>FAITH</b> Faith All levels		<b>FAITH</b> Faith All levels	<i>Members age 10–13 may participate in classes with a parent, but must be able to perform movements safely</i>		
7:00am/ 7:15am			7:00–7:45am Muscle Max Debbie All levels			<b>7:15am</b> Dakota All levels	<b>New Bodypump participants are strongly encouraged to attend the Sunday Bodypump orientation prior to their first class.</b>  <b>Classes labeled as "Levels 2 &amp; 3" move very quickly between exercises; they are <u>open to anyone</u>, but work best for members with some Bodypump experience</b>
8:15/ 8:30am	<b>8:30am</b> Erin Levels 2 & 3	8:20am Zumba Patty All levels	<b>8:30am</b> Karen Levels 2 & 3	8:20am Zumba Patty All levels	8:30am Step n Pump Shelie All levels	8:25am Step 2 Lisa Levels 2 & 3	
9:15/ 9:30am	9:30am Muscle Max Debbie B. All levels	9:30am Stretch Debbie B. All levels Teen Ctr.	9:30-10:00am Cardio Xpress Core Karen	<b>9:30a</b> Sherry Levels 2 & 3	9:30am Cardio Spice Debbie B. All levels	9:25– 9:40am Quick Core Lisa All levels	
9:30/ 10:30am	10:30am Pilates Martha All levels Teen Ctr>	<b>9:30am</b> Michelle Levels 2 & 3	10:05-11:25am Yoga Martha All levels			9:45am Muscle Max Lisa All levels	
10:30/ 11:00am	10:30am Silver Sneakers Cardio Circuit Lisa	10:30am Step  11:00am M Max Lisa All levels		10:30am Double Step Sherry Levels 2 & 3	10:30am Stretch Debbie B. All levels	10:45am Yoga Martha All levels	
11:30/ 11:45am	11:30 Silver Sneakers Cardio Circuit Lisa	11:30 Silver Sneakers MSROM Lisa	11:30 Silver Sneakers Cardio Circuit Cathy	11:30- Silver Sneakers MSROM Sherry	11:30 Silver Sneakers Cardio Circuit Ray	11:45am Zumba Christine All levels	
12:00/ 12:30pm	12:30 Silver Sneakers Yoga/Stretch Lisa	12:30 Zumba Gold Emma	12:30 Silver Sneakers Yoga/Stretch Cathy	12:30pm Zumba Gold Emma		12:45pm Pilates Christine All Levels	

**New Tampa Family YMCA**

*See reverse for more classes*






# Group Exercise Classes

# January 2012


(continued from front)


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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00/ 4:30pm	4:15pm Kid's Fitness Zakeia Ages 3-5 w/ parent Ages 6 & up w/out	4:00pm Yoga Shelie All levels	4:00pm Yoga/Pilates Martha All levels	4:00pm Yoga Shelie All levels	4:00pm Power Yoga Martha All Levels		1:30pm Total Body Shelie All Levels  2:30-3:45pm Yoga Shelie All levels
5:00/ 5:30pm	5:30pm Total Body Jeanmarie All levels	5:00pm Step N Pump Christine All levels	5:30pm Muscle Max Lynn All levels	5:00pm Circuit Mark All levels	5:00pm Muscle Max Martha All levels		 Orientation 3:45pm Renee Beginner Levels NEW TIME 
6:00/ 6:30pm	 6:30pm Karen Levels 2 & 3	6:00-6:45pm H.E.A.T. Mark All levels	6:30pm Kickboxing Christine All levels	 6:00pm Mark All levels	6:00pm Zumba Xiomara All levels		4:30pm Renee All Levels NEW TIME
7:00/ 7:30pm	7:30pm Yoga Martha All levels	 7:00pm Mark All levels	7:30pm Shake & Sculpt Xiomara All levels	7:00pm Zumba Karen All levels			

## Class descriptions

 A choreographed weight class that challenges all your muscles using a barbell for squats, presses, lifts, and more. Beginners should attend the Sunday orientation class prior to your first class. Sign up for this class is required.

- Cardio Spice** Spicy, Latin-inspired dance moves with simple choreography make this class do-able for most everyone
- Cardio Xpress Core** Get 30 minutes of heart pumpin' cardio along with a warm up and cool down in this EXPRESS class! This intense 30 minute class combines the best of simple cardio exercises to challenge your endurance, balance and coordination in a fun, effective workout!
- Circuit** Interval stations of cardio and resistance training, including weights, plyometrics, and more, without choreography
- H.E.A.T** High Energy Athletic Training—similar to wildly popular at home programs, uses athletic drills and body weight for 45 minutes of intense cardio training. Burning mega-calories!!!
- Kickboxing** A heart-pumping combination of boxing moves, kicks, and punches.
- Kid's Fitness** Fitness, dance, and/or boot camp activities to get your kids moving! Ages 4-7 must have parent participate as well.
- Muscle Max** Muscular strength & endurance exercises using weights and bands, suitable for all levels!
- Pilates** A mat class using a progression of movements to increase core strength and stability. Harder than you'd think!
- Shake & Sculpt** Shake your groove thing & tone it up at the same time! Join Xiomara for a variety of dance styles, coupled with weights and sculpting moves
- Silver Sneakers** Classes for our seniors! MSROM uses a chair, light weights, and balls to increase strength and range of motion; Cardio Circuit uses mostly standing choreography for a little more challenge. Yogastretch uses chair support through a complete series of seated and standing yoga poses.
- Step** A choreographed workout using the step to increase cardiovascular endurance. Double Step beefs up the choreography by adding a second step to the mix, while Step N Pump mixes in intervals of strength work.
- Stretch** Relax and rejuvenate your entire body while gaining functional flexibility in all muscle groups
-  **Zumba** The world-wide craze that has been dominating group fitness for years! Choreographed dances fusing various Latin dance styles. Familiar Latin and other dance music creates an energetic, party atmosphere for your workout!
- Zumba Gold** Zumba for the rest of us! Features the same dance and music styles of original Zumba, but slowed down and simplified. Especially created for our OASIS, Silver Sneakers, and Livestrong members, but open to everyone
- Yoga** Intense but relaxing class that will increase your flexibility and strength. Characterized by a flowing series of poses, practiced in a continuous succession.