



# GROUP FITNESS CLASSES: Feb.6-Mar.12, 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6:30-7:30am</b> <b>CYCLING</b>	<b>8:30-9:00am</b> Simply Stretch Laurie (S)	<b>8:30-9:30am</b> Y Dance-Barb (S)	<b>8:30-9:00am</b> Simply Stretch Laurie (S)	<b>6:30-7:30am</b> <b>CYCLING</b>	<b>9:00-10:00am</b> Step Interval Sheila/Ginny/Cristin (S)	
<b>8:30-9:30am</b> Y Dance-Barb (S)	<b>9:05-10:00am</b> Cardio Combo Lynn (S)	<b>9:35-10:30am</b> <b>CYCLING</b>	<b>9:05-10:00am</b> Cardio Combo Beth (S)	<b>8:15-9:15am</b> Y Dance-Fae (S)	<b>10:05-11:00am</b> Pilates-Ball Selina (S)	<b>12:15-1:15pm</b> <b>CYCLING</b>
<b>9:35-10:30am</b> <b>CYCLING</b>	<b>10:15-11:05am</b> Building Strength Lynn (S)	<b>10:30-11:45am</b> Gentle Yoga Leah (wc)	<b>10:15-11:05am</b> Building Strength Beth (S)	<b>9:25-10:30am</b> <b>CYCLING</b>	<b>10:30-11:00am</b> ZumbAtomic® (wc) (ages3-5yrs.)	
<b>9:30-10:30am</b> YOGA-April (wc)	<b>11:15 - 12:00pm</b> Power Pump Myriam (S)	<b>10:45-11:45pm</b> ZUMBA®Beth (S)	<b>11:15-12:00pm</b> Power Pump Myriam (S)	<b>10:15-11:15am</b> Sit and Be Fit Iris (wc)	<b>11:15-12:00pm</b> ZumbAtomic® (ages 6-12 yrs.) Heather (wc) (Registration required)	<b>4:30-5:30pm</b> Yoga -Sea (S)
<b>10:35-11:30am</b> Pilates-Cristin (S)	<b>12:05-1:00pm</b> <b>CYCLING</b>	<b>11:50-12:50pm</b> PILATES/CORE Selina (S)	<b>12:05-1:00pm</b> <b>CYCLING</b>	<b>10:35-11:30am</b> PILATES-Ball (S) Selina (S)	<b>11:15-12:15pm</b> ZUMBA® Carol (S)	
<b>11:40-12:35pm</b> ZUMBA®Alita (S)		<b>12:00-12:45am</b> Sit and Be Fit Beth (wc)		<b>11:35-12:30pm</b> Cardio Low Impact Lynn/Laurie (S)		
<b>3:30-4:30pm</b> Tai Chi-John (S)		<b>4:00-4:45pm</b> ZUMBATOMIC® (ages 6-12) Heather (S) (Registration required)	<b>4:30-5:30pm</b> YOGA-Mo (S)	<p><b>CLASSES ON THIS SCHEDULE ARE INCLUDED WITH YMCA MEMBERSHIP! Check cycling schedule for details!</b> Classes, times, teachers subject to change according to class attendance. Check our website for class cancellations and schedule updates at <a href="http://www.ithacaymca.com">www.ithacaymca.com</a>.</p> <p>* Please wear proper &amp; clean footwear * We recommend that you bring a yoga mat for Pilates and yoga *Enter and exit the classroom quietly S= Studio wc = Wellness Classroom Gym = Gym FWR = Free Weight Room</p>		
<b>5:00-5:30pm</b> ABS. & BACK Linda (S)	<b>4:00-5:00pm</b> Youth Barbell Club Ages 13- 17	<b>5:15-6:30pm</b> YOGA -Sea (S) Intermediate-Adv.	<b>5:35-6:30pm</b> <b>CYCLING</b>			
<b>5:35-6:30pm</b> <b>CYCLING</b>	<b>5:30-6:30pm</b> YOGA -Mo (S)	<b>6:00-7:00pm</b> Barbell Club(FWR)		<b>6:05-7:05pm</b> ZUMBA® Kristina /Alita (S)		
<b>6:00-7:00pm</b> Barbell Club (FWR)		<b>6:40 -7:40pm</b> ZUMBA®TONING Carol (S)	<b>6:40-7:40pm</b> ZUMBA® Carol (Gym)			
<b>6:35-7:35pm</b> STEP Cristin /Fae (S)	<b>6:40-7:40pm</b> ZUMBA® Carol (Gym)					

## **Y CARDIO EXERCISE**

**Y Dance:** This class is for the dancer at heart! The dance segment is made up of various choreographed dances set to specific music. Challenge your mind and your body in this class!

**Cardio Low Impact:** Low impact exercise class that is easy to follow and gets your heart pumping. Strength training included at the end of the class.

**Cardio Combo:** Hi/low impact cardio dance exercise class with a lot of variety. The instructor may alternate hi/low easy to follow dance moves with strength training exercises.

**Zumba®:** It's a dance party! This cardio dance exercise class offers easy to follow dance patterns incorporating the cha-cha, samba, and salsa style dance moves put to a variety of music. (Tuesday and Thursday Evenings in the GYM! All other times in the dance studio.)

**ZumbAtomic®:** Zumba for youth age 6-12! Dance numbers are modified to fit the age group. Youth will learn a variety of steps that are put into routines choreographed to Zumba music. Movement games are incorporated into the class time. Register at front desk.

**Step:** While using a platform that you step up and down on with various patterns, you will move over and around the step with a variety of patterns set to motivating music. There is a strength training portion included with this class.

**Step Interval:** Similar to the step class but the instructor will alternate strength training exercises with cardio exercise.

## **Y STRENGTH TRAINING AND CORE**

**Zumba® Toning:** blend body-sculpting techniques and specific Zumba moves into one calorie-burning, strength-training class. You'll learn how to use weighted, maraca-like Zumba Toning Sticks to enhance rhythm, build strength and tone all the target zones. Toning sticks are not provided—they may be purchased at the front desk; however, are not required for class participation.

**Building Strength:** Class for those just starting out, active older adults, and individuals who want to learn more about strength training. The class will focus on strengthening muscles, increasing flexibility, posture and balance. All levels welcome!

**POWER PUMP:** Advanced strength and conditioning class focusing on strengthening the muscles of the upper and lower body.

**Pilates/Core:** Class focusing on strengthening and lengthening the abdominal, hip, back, and buttock muscles (your power house). This mat based class includes many exercises inspired by Joseph Pilates. Core exercises will help develop better balance and strength.

**Pilates/Ball:** This class is a combination of Pilates/Core mat exercises and stability ball exercises. The stability ball is a great tool for improving core strength and it's fun!

**Sit and Be Fit:** *For active older adult or exerciser with movement limitations.* A chair based exercise class. Participants will work on lower and upper body strength and conditioning, mostly while in a seated position.

**Abs. and Back Class:** 1/2 hour of abdominal and back exercises!

**BARBELL CLUB:** A loosely coached hour long session with a fitness trainer in the weight room to learn proper form, technique and lifting exercises. Members only—register at the front desk to receive weekly workouts and strength assessment opportunities.

## **Y YOGA and STRETCH**

**Tai Chi:** The exercises encourage an overall sense of body awareness, balance and well being.

**Simply Stretch:** 1/2 hour class focusing on stretching the muscles. Easy yoga poses and stretches are offered.

**Gentle Yoga:** A gentle approach to increase your flexibility, strength, and balance. Focus will be on improving body awareness, breathing, and stress reduction. The instructor shows a variety of options.

**Yoga:** Hatha Yoga promotes flexibility, improves strength and endurance, cultivates balance, and increases body awareness. The class is taught in a noncompetitive environment. All levels welcome.

**Yoga for intermediate and advanced students.** This class is composed of a series of poses strung together to create heat, build strength and gain flexibility. Vinyasa links the breath with the poses resulting in a meditative flow and an emphasis on breath.