



# M.E. Lyons YMCA Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Group Cycling</b> 5:30-6:30 AM Kristie		<b>Group Cycling</b> 5:30-6:30 AM Curtis/Rachel		<b>Group Cycling</b> 5:30-6:30 AM Curtis/Rachel	<b>Group Cycling</b> 7:00-8:00 AM Rotating Instructors	
<b>Physical Fitness</b> 6:00-6:55 AM Studio-Paul & Lenny	<b>Stretching</b> 6:15-6:45 AM Studio-JoAnn	<b>Physical Fitness</b> 6:00-6:55 AM Studio-Paul & Lenny	<b>Stretching</b> 6:15-6:45 AM Studio-JoAnn	<b>Physical Fitness</b> 6:00-6:55 AM Studio-Paul & Lenny		
<b>Zumba</b> 9:30-10:25 AM Gym-Lisa	<b>Pump &amp; Jump</b> 9:30-10:25 AM Gym-Lynn	<b>Zumba</b> 9:30-10:25 AM Gym-Lisa	<b>Body Sculpting</b> 9:30-10:25 AM Gym-Lynn	<b>Zumba</b> 9:30-10:25 AM Gym-Lisa	<b>Cardio Kickboxing</b> 9:00-9:55 AM Studio-	
<b>Body Sculpting</b> 9:30-10:25 AM Studio-Lynn	<b>Cardio Kickboxing</b> 9:30-10:25 AM Studio-Paige	<b>Bench Sculpting</b> 9:30-10:25 AM Studio-Lynn	<b>Cardio Kickboxing</b> 9:30-10:25 AM Studio-Paige	<b>Pump &amp; Jump</b> 9:30-10:25 AM Studio-Lynn	<b>Group Cycling</b> 9:00-9:55 AM Denise	
<b>Group Cycling</b> 9:30-10:30 AM Susie	<b>Group Cycling</b> 9:45-10:15 AM Shari	<b>Group Cycling</b> 9:30-10:30 AM Susie	<b>Group Cycling</b> 9:45-10:15 AM Shari		<b>Pilates</b> 10:00-10:55 AM Lower Level-Stacy/Kathie	
<b>Yoga</b> 10:30-11:25 AM Studio-Erica	<b>Pilates</b> 10:30-11:25 AM Studio-Shari	<b>Yoga</b> 10:30-11:25 AM Studio-Erica	<b>Pilates</b> 10:30-11:25 AM Studio-Shari	<b>Yogalates</b> 10:30-11:25 AM Studio-Stacy	<b>Step Aerobics</b> 10:00-11:15 AM Studio-Mary Ann	
	<b>YOUTH - Group Cycling (4'7" &amp; taller)</b> 10:30-11:00 AM Melinda		<b>YOUTH - Group Cycling (4'7" &amp; taller)</b> 10:30-11:00 AM Melinda		<p><b>*Subject to change</b></p> <p>July 2010</p> <p><b>Don't forget to Log-In at the FitLinxx Studio Partner!</b></p>	
	<b>SilverSneakers MSROM</b> 11:45-12:30 PM Studio-Ramsey	<b>SilverSneakers CardioCircuit</b> 11:45-12:30 PM Studio-Lynn	<b>SilverSneakers MSROM</b> 11:45-12:30 PM Studio-Ramsey	<b>SilverSneakers CardioCircuit</b> 11:45-12:30 PM Studio-Lynn		
<b>SilverSneakers YogaStretch</b> 12:30-1:15 PM Studio-Judy		<b>SilverSneakers YogaStretch</b> 12:30-1:15 PM Studio-Judy				
<b>Step Aerobics</b> 6:00-6:55 PM Studio-Mary Ann	<b>Cardio Kickboxing</b> 6:00-6:55 PM Studio-Joyce	<b>Step Aerobics</b> 6:00-6:55 PM Studio-Mary Ann	<b>Cardio Kickboxing</b> 6:00-6:55 PM Studio-Joyce			
<b>Group Cycling</b> 7:00-8:00 PM Jen	<b>Group Cycling</b> 6:00-7:00 PM Kate	<b>Group Cycling</b> 7:00-8:00 PM Jen	<b>Group Cycling</b> 6:00-7:00 PM Kate			
<b>Weighted Workout</b> 7:00-7:55 PM Studio-Mary Ann	<b>Zumba</b> 6:30-7:15 PM Gym - Karin	<b>Weighted Workout</b> 7:00-7:55 PM Studio-Mary Ann				
<b>Pilates</b> 8:00-8:55 PM Studio-Kathie	<b>Yoga</b> 7:00-7:55 PM Studio-Amy		<b>Yoga</b> 7:00-7:55 PM Studio-Amy			
						<b>Cycling</b>
						<b>Silver Sneakers</b>
						<b>Dance</b>
					<b>Strength Training</b>	
					<b>Cardio/Strength Combo</b>	
					<b>Spirit/Mind/Body</b>	

### **Bench Sculpting**

An interval workout program using the bench. Bench work incorporates cardio combined with strength training using various equipment. Equipment may include body bars, stability balls, tubing, and/or weights.

### **Body Sculpting**

A workout using hand-weights, in addition to other equipment and floor work, to increase muscle strength and tone.

### **Cardio Kickboxing**

A high-intensity total body workout, incorporating strength training, cardiovascular exercise, and non-contact kicks and punches. Includes abdominal work and stretching.

### **Group Cycling**

Indoor bike ride that simulates terrain and situations similar to riding a bike outdoors. Some movements include hill climbs, sprints and interval training. Instructor uses music, motivation and enthusiastic coaching to lead students through a ride that best suits their fitness level and goals.

- \*Must pick up a pass at the Welcome Center no earlier than 30 minutes prior to the start of class.
- \*Passes may not be reserved by phone.
- \*Only 1 pass per person.
- \*Bring water and towel to class.

### **Physical Fitness**

Early morning energy boost for all. Includes warm-up, aerobics, strength and endurance work.

### **Pilates**

An exercise method based on the work of Joseph Pilates. Focuses on strengthening the core muscles or the "Power House" (including the gluteals, abdominals, and back). Improve flexibility and strength for the overall body.

### **Pump & Jump**

An interval workout, using jump ropes, weights, and mats for those who want to move, sweat and get their heart rates kicking.

### **Silver Sneakers Cardio Circuit**

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, stretching and relaxation exercises.

### **Silver Sneakers Muscular Strength & Range of Motion**

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.

### **Silver Sneakers Yoga Stretch**

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. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

### **Step Aerobics**

High intensity, lo-impact program for all. The program involves stepping up and down on an adjustable platform while simultaneously performing upper body movements. Includes strength training and abdominal work.

### **Stretching**

Stretching will be taught for relaxation, stress release, flexibility and fun!

### **Weighted Workout**

Sculpt and tone the entire body using resistance equipment, including barbells, hand-weights, etc. Enhance your posture and balance while increasing your bone density.

### **Yoga**

Combines elements of strength, balance, concentration, flexibility, meditation, breath control, and relaxation. No previous yoga experience is necessary.

### **Yogalates**

A mat fusion class combining Yoga & Pilates.

### **ZUMBA**

A low-impact, high-intensity class. Lose weight (you'll burn up to 500 calories per class). Tone your muscles, have fun and learn different Latin movements. (Meringue, Salsa, Cha-Cha, and more)

**For the safety of members of all ages, children 8 and under are not permitted in the studio or gym area during group exercise classes. Children ages 9 and older are permitted to participate if they have completed the youth and/or teen fitness orientation and are accompanied by a parent or guardian. Children ages 12 and under are not permitted to use weights in any of the classes.**