



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

All of our Water Aerobics, Active Older Adult and Group Exercise Classes are free with a Y membership. No need to sign-up.

SUMMER 2 GROUP EXERCISE SCHEDULE

JULY 17–AUGUST 27 No classes August 28–September 3

MONDAY

Time	Class	Room
AM Classes		
5:30–6:15	Interval Training	PR 1
5:30–6:30	Zumba®	PR 2
5:30–6:30	Cycling	PR 3
9:00–10:00	SilverSneakers® Yoga	MPR
9:15–10:15	Body Sculpt	PR 1
9:15–10:00	Zumba®Gold	PR 2
9:15–10:15	Cycling	PR 3
10:30–11:30	Enhance®Fitness	PR 2
11:45–12:15	Barre Blast	PR 1
11:45–12:15	Lunch Crunch Yoga	PR 2
PM Classes		
4:30–5:15	Step & Sculpt	PR 2
5:30–6:30	Piyo®	PR 2
5:30–6:30	Body Sculpt	PR 1
5:30–6:30	Cycling*	PR 3
5:30–6:30	TRX	PR 4
6:45–7:45	Beginner Yoga	PR 1
6:45–7:45	Zumba®	PR 2

TUESDAY

Time	Class	Room
AM Classes		
5:30–6:30	Yoga	PR 1
5:30–6:15	Piyo®	PR 2
9:00–10:00	SilverSneakers® Classic	MPR
9:15–10:00	Piloxing®	PR 1
9:15–10:15	Step & Sculpt	PR 2
10:15–11:00	Stay Strong	PR 1
10:30–11:30	Yoga	PR 2
10:30–11:30	TRX	PR 4
11:45–12:15	Total Body Solutions	PR 2
PM Classes		
4:30–5:15	Corebar®	PR 1
4:30–5:15	Zumba®	PR 2
5:30–6:30	Beginning Body Sculpt	PR 1
5:30–6:30	Yoga	PR 2
5:30–6:15	Stay Strong	PR 4

WEDNESDAY

Time	Class	Room
AM Classes		
5:30–6:30	H.A.B.I.T.	PR 2
5:30–6:30	Cycling	PR 3
9:00–10:00	SilverSneakers® Yoga	MPR
9:15–10:15	Body Sculpt	PR 1
9:15–10:00	Zumba®Gold	PR 2
9:15–10:15	Cycling	PR 3
9:15–10:15	PiYo®	PR 4
10:30–11:30	Enhance®Fitness	PR 2
10:30–11:15	Mat Fusion	PR 1
11:45–12:15	Lunch Crunch Yoga	PR 2
PM Classes		
4:30–5:15	Step & Sculpt	PR 2
5:30–6:30	Piloxing®	PR 1
5:30–6:30	Yoga	PR 2
6:45–7:45	Zumba®	PR 2

THURSDAY

Time	Class	Room
AM Classes		
5:30–6:30	STRONG by Zumba™	PR 2
9:15–10:15	Beginner Yoga	PR 1
9:15–10:15	Step & Sculpt	PR 2
9:00–10:00	SilverSneakers® Classic	MPR
10:30–11:30	TRX	PR 4
10:30–11:30	Fit After 40	PR 1
11:45–12:15	Total Body Solution	PR 2
PM Classes		
4:30–5:15	PiYo®	PR 1
4:30–5:15	Zumba®	PR 2
5:30–6:30	Full Body Fusion	PR 1
5:30–6:45	Yoga	PR 2
6:30–7:30	TRX®	PR 4

FRIDAY

Time	Class	Room
AM Classes		
5:30–6:15	Interval Training	PR 1
9:00–10:00	SilverSneakers® Yoga	PR 1
9:15–10:15	Advanced Body Sculpt	Gym 1
9:15–10:00	Zumba®Gold	PR 2
10:30–11:30	H.A.B.I.T.	Gym 1
10:30–11:30	Enhance®Fitness	PR 2
10:30–11:15	Mat Fusion	PR 1

Room Capacity

Classes are first come, first serve

PR 1	Program Room 1	15
PR 2	Program Room 2	27
PR 3	Program Room 3	15
PR 4	Program Room 4	10
MPR	Multi-Purpose Rm. 1	23
Gym 1	Main Gym 1	24
Gym 2	Main Gym 2	24

NORTH WEBSTER CLASSES

Monday	9:00–10:00 a.m.	Zumba®
	6:00–7:00 p.m.	Body Sculpt
Tuesday	9:00–10:00 a.m.	Body Sculpt
Wednesday	9:00–10:00 a.m.	Zumba®
Thursday	9:00–10:00 a.m.	Body Sculpt
	6:00–7:00 p.m.	Body Sculpt

*Geared for beginners for the first 30 minutes. Regular ride for the last 30 minutes. All cyclists welcome.

CLASS DESCRIPTIONS

ALL FITNESS LEVELS

Barre Blast - Experience a 30 minute body toning routine combining dance inspired barre work and light weights with fat burning motion to sculpt lean muscle and strengthen your core.

Body Sculpt - Using a range of light to medium weights and other exercise equipment, you'll increase your heart rate for an effective fat burning workout that uses muscular endurance to promote definition. Abdominal work included.

Boot Camp - Get a full body workout including strength, cardio and abs. Body weight and various equipment will be used.

Corebar® - You'll work your total body with a focus on activating and developing the core using a unique, weighted bar. Develop cardio, strength, conditioning, mobility, balance and agility.

Cycling - Enjoy our Matrix Coach by Color Bikes® and get an aerobic workout that's easy on your joints. Our indoor cycling classes simulate outdoor riding with sprinting, hill climbing, and other techniques.

Enhance®Fitness gets you moving. And because you're encouraged to move at your own pace, it's never more than you can handle. In fact, we'll meet you where you are and help you gain strength, flexibility, and balance. Geared towards older adults, and those with chronic conditions, such as arthritis. We have chairs for support and soft ankle and wrist weights when you are ready.

Fit After 40 - Try this class if you're looking for a full body workout including light resistance training and low-impact cardio in a circuit training format, but need it modified for troublesome joints.

Full Body Fusion - You'll have a fun and productive workout with this 100% muscle conditioning class for the full body: legs, arms, back and core.

H.A.B.I.T.- Hips, Abs, Buttocks, Incredible Thighs get all the attention. Cardio not included.

Interval Training - Start the day with a powerful and effective interval workout switching between cardio, weights and of course, you can't forget the abs!

Lunch Crunch Yoga - Are you trying to fit yoga into your busy day? This new 30 minute yoga class will allow you to get your flow on no matter how busy you are. What a great way to start your week. We will focus on a specific body region each class, allowing you to strengthen and stretch your way to a restored you.

Mat Fusion - Work toward greater flexibility with stretching techniques and beginning yoga and pilates moves.

Piloxing® - You'll get a cardio fusion of standing pilates, boxing and dance in this high-energy barefoot interval workout.

PiYo® - You get the best of both worlds with this combined Pilates and Yoga class. Experience this unique workout with strength and cardio exercises while gaining additional benefits like balance and range of motion.

SilverSneakers® Yoga - Yoga will move your whole 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.

Stay Strong - Class for LIVESTRONG® at the YMCA class graduates only.

Step & Sculpt - Get your heart rate up using step aerobics and use a variety of exercises to tone and sculpt upper, lower body and ab muscles.

Total Body Solution - In just thirty minutes you can build incredible core and body strength, engage supporting muscle groups, stabilize joints, create explosive power and improve overall physical performance. A class meant for busy people who need a short noon workout.

Yoga - Work your way through a body of techniques to connect mind and body with slower movements to provide power and relaxation with deep breathing.

Zumba® - Dance your way to a fitter you with exciting and unique Latin moves and rhythms. A Latin/hip-hop dance fitness class that's great for all age levels!

BEGINNER FITNESS LEVEL

Beginner Body Sculpt - Using a range of light to medium weights and other exercise equipment, you'll increase your heart rate for an effective fat burning workout that uses muscular endurance to promote definition. Abdominal work included.

Beginner Yoga - Work your way through a body of techniques to connect mind and body with slower movements to provide power and relaxation with deep breathing.

SilverSneakers® Classic - 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; a chair is used for support.

Zumba® Gold - If you are an active older adult, a true beginner, not used to exercising or limited physically, Zumba Gold is done at a much lower intensity. The same great Latin styles of music and dance are used and it's just as fun as the regular Zumba classes. Zumba Gold classes strive to improve balance, strength, flexibility and the heart.

ADVANCED FITNESS LEVEL

Advanced Body Sculpt - You will build and sculpt muscles, strengthen your core and improve your cardio endurance while burning fat and calories in this high intensity class.

STRONG by Zumba™ - Enjoy the music of Zumba? This is a higher intensity body weight interval style strength training class, interchanged with lower intensity moves throughout the workout.

TRX® - Leverage gravity and your body weight to perform hundreds of different exercises on the TRX Suspension Trainer.