



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

YMCA of Portsmouth

Summer 2010

Hours of Operation: Monday-Thursday 5:30AM-9:30PM; Friday 5:30AM-9:00PM; Saturday 8:00AM-5:00PM; Sunday 1:00PM-5:00PM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Early AM</b>	<b>Morning Aerobics</b> 6:00 - 7:00		<b>Sunrise Circuit Training</b> 5:30 - 6:30				
	<b>Cycling</b> 5:45 - 6:30		<b>Cycling</b> 5:45 - 6:30		<b>Cycling</b> 5:45 - 6:30		
<b>AM</b>	<b>Practical Yoga</b> 8:00 - 9:00	<b>Stretch in Motion</b> 8:00 - 9:00	<b>Practical Yoga</b> 8:00 - 9:00	<b>Stretch in Motion</b> 8:00 - 9:00	<b>Core &amp; More</b> 8:00 - 9:00	<b>Step &amp; Tone</b> 8:10 - 9:10	
	<b>Body Pump</b> 9:30 - 10:30	<b>Step &amp; Tone</b> 9:30 - 10:30	<b>Body Pump</b> 9:30 - 10:30	<b>Cardio Dance</b> 9:30 - 10:30	<b>Yoga</b> 9:30 - 10:30	<b>Cardio Circuit Training</b> 9:30 - 10:30	
			<b>Yoga Stretch</b> 10:00 - 10:50 <i>Back Classroom</i>		<b>Cardio Fusion</b> 9:30 - 10:30 <i>Group Ex 2</i>		
		<b>Yogilates</b> 10:45 - 11:45	<b>Pilates</b> 10:45 - 11:45 <i>Group Ex 2</i>	<b>Yoga</b> 10:30 - 11:45	<b>Cycling</b> 10:30 - 11:30	<b>Cycling</b> 9:30 - 10:15	
	<b>Body Recall</b> 11:00 - 12:00		<b>Body Recall</b> 11:00 - 12:00		<b>Body Recall</b> 11:00 - 12:00		
<b>Lunch</b>	<b>Cardio Fusion</b> 12:30 - 1:30	<b>Cycle Circuit Plus Abs</b> 12:30 - 2:00	<b>Cycling</b> 12:30 - 1:30	<b>Cycle Circuit Plus Abs</b> 12:30 - 2:00			
<b>PM</b>	<b>Silver Sneakers</b> 2:00 - 3:00		<b>Silver Sneakers</b> 2:00 - 3:00	<b>Silver Sneakers</b> 2:00 - 3:00			
		<b>Beginning Ballet</b> (paying class) 3:45 - 5:20					
	<b>20/20/20</b> 4:20 - 5:20	<b>Cycling</b> 4:30 - 5:15	<b>Step Basics</b> 4:20 - 5:20		<b>Kids In Motion</b> 4:20 - 5:20		
	<b>Cycling</b> 5:30 - 6:15	<b>Core &amp; More</b> 5:30 - 6:30	<b>Kickboxing</b> 5:30 - 6:30	<b>Cycling</b> 5:30 - 6:15			
	<b>Step &amp; Tone</b> 5:30 - 6:30			<b>Step Plus Floor Work</b> 5:30-6:30			
	<b>Zumba</b> 6:35 - 7:35		<b>Yoga II</b> 6:35 - 7:50	<b>Cardio Dance</b> 6:35 - 7:35			
	<b>Pilates</b> 6:35 - 7:35 <i>Group Ex 2</i>	<b>Cardio Dance</b> 6:35 - 7:35	<b>Zumba</b> 6:35 - 7:35 <i>Group Ex 2</i>	<b>Hi - Lo</b> 6:35 - 7:35 <i>Group Ex 2</i>			
	<b>Kickboxing</b> 6:35 - 7:35 <i>Gym Side 2</i>	<b>Yoga I</b> 7:35 - 8:50	<b>Cardio Fusion</b> 6:35 - 7:35 <i>Gym Side 2</i>				

- Aerobics
- Group Cycling \*
- Mind & Body
- Specialty Classes

\* All Group Cycling Classes are held in Group Exercise Room 2.

See Reverse for Class Descriptions

# Class Descriptions

- 20/20/20-** A cross training class combining 20 minutes of stepping, 20 minutes of low impact aerobics and 20 minutes of floor work.
- Basic Cycle-** This basic cycling course will teach the essentials of indoor cycling in a 30 minute format. Appropriate for all fitness levels.
- Body Pump-** A class that targets every muscle group. Muscle isolation exercises using weights and/or bands; the ultimate strength and endurance workout.
- Body Recall-** A class for active, older adults doing chair based exercises and stretching focusing on functional fitness. Check with Front Desk for session schedule.
- Cardio Circuit Training-** A high energy class alternating cardio and strength training.
- Cardio Dance-** A choreographed class that combines basic dance movements with aerobic- cardio routines to upbeat, current and fun music. Warm-up, stretching, upper and lower body strength training included.
- Cardio Fusion-** Combines cardio, strength, balance, and core for a total body workout.
- Core & More-** 60 minute workout to strengthen the deep muscles of the abdomen and lower back.
- Cycle Circuit-** 60 minutes of high energy cycling followed by 30 minutes of strength training plus abdominal work.
- Group Cycling-** This is a high intensity workout to music appropriate for all fitness levels, with an instructor who will help you simulate a challenging bike ride complete with hills, valleys and varying speeds. Cycle classes are 45 minutes. New cyclists please come 15 minutes early for cycle orientation. For your safety and as a courtesy to other class members, please arrive 5 minutes prior to class for set up - participants arriving late will NOT be allowed to enter. You must bring water and a towel to class, and heart rate monitors are strongly encouraged. You'll see why! ***\*Due to time constraints, no orientation available for the 7:40pm class. \*\* Classes may be cancelled if there are less than 4 participants.***
- Kickboxing-** A high energy cardio class for the intermediate exerciser.
- Kids In Motion-** An exercise class for 8 – 12 year olds that incorporates aerobic movement in a noncompetitive atmosphere.
- Pilates-** Pilates dramatically transforms the way your body looks, feels and performs. It builds strength without excess bulk, creating a sleek, toned body with slender thighs and a flat abdomen.
- Silver Sneakers-** A senior exercise class using resistance tubing, balls, and light weights.
- Silver Sneakers Yoga Stretch-** A chair based yoga class. Wonderfully relaxing - no getting on the floor.
- Step Basics-** Learn Basic step moves in this challenging class which incorporates 40 minutes of stepping with 20 minutes of floor exercises.
- Step & Tone-** An intense step training class offering an intermediate level step class with 15 minutes of resistance training at the end. This is a great fat-burning and muscle toning class!
- Stretch in Motion-** A great morning workout that emphasizes muscle toning (using weights, balls and bands) and stretching for flexibility improvement.
- Yoga I/II-** Bring the physical and mental benefits of Yoga to a fitness class setting.
- Practical Yoga-** Basic yoga moves for a variety of fitness levels.
- Yogilates-** Combines the best of yoga and Pilates. Yoga is an eastern Indian tradition that focuses on strength, flexibility, and spirituality. Pilates focuses on building strength in the deep muscles of the abdominal region, the body's core. Both practices involve attaining specific postures, correct breathing, and meditative mindfulness.
- Zumba-** A Latin dance inspired cardio class appropriate for all levels. You will have a great time!

- ❖ **All Aerobics classes are subject to change in level and instructor.**
- ❖ **NOTE: All classes are held in Group Exercise Room 1 unless otherwise indicated.**
- ❖ **Schedules are also available online at [www.portsmouthymca.org](http://www.portsmouthymca.org)**