

# Northfield Area Family YMCA

## Group Fitness Schedule - Updated 9/18/08

Classes - September 15 - October 31					Class Description				
Monday	time	Notes	class	location	Instructor	Class	Fit Level	Description	Cost
	6:15-7:15 pm	Begins 9/22	Boot Camp	WC	Amanda S	Core Conditioning	All	Tone and firm up your muscles. Focus on intensity and zero in on proper techniques - a great way to sculpt muscles without bulking up. Get ready to set your muscles on fire!	Free to Members/\$5 Guest Pass
Tuesday	time	Notes	class	location	Instructor	Class	Fit Level	Description	Cost
	5:30-6:15 am	Begins 9/16	Core Conditioning	WC	Stacey P	Pilates	All	Based on the exercises originally designed by Joseph Pilates, this is a highly effective conditioning method that works out your "power house" muscles - the abdominals, lower back, thighs and buttocks. Each movement emphasizes proper body alignment and breathing techniques. You'll build strength, increase your flexibility, develop agility, improve your posture and deepen body awareness.	Free to Members/\$5 Guest Pass
	9:30-10:15 am	Begins 9/30	Pilates	WC	Amy N				
	10:30-11:15 am	Begins 9/30	Active Lifestyle Stretch/Strength	WC	Amy N				
	5:30-6:30 pm	Begins 9/16	Step I	WC	Stacey P	Active Lifestyle Stretch/Strength	All	Upper body work - excellent way to amplify stretch and strengthen exercises you may already be doing. Everyday people focusing on exercises you can do for an active lifestyle.	Free to Members/\$5 Guest Pass
Wednesday	time	Notes	class	location	Instructor	Class	Fit Level	Description	Cost
						Hip Hop Hustle for Beginners	Beg	Ready for something new? Try this insanely delicious and fun workout. Simple dance moves to Hip Hop style music. So, you think you can't dance and don't know how to "hip hop"? Well if you can Hustle or do a simple line dance, you can Hip Hop Hustle! Class is completely user-friendly and designed hip hop class that's easy to follow. ...	Free to Members/\$5 Guest Pass
Thursday	time	Notes	class	location	Instructor	Class	Fit Level	Description	Cost
	8:15-9:15 am	Begins 9/18	Hip Hop Hustle for Beginners	WC	Gale M	Zumba for Beginners	Beg	utilize the principles of fitness interval training and resistance training to maximize caloric output, fat burning, and total body toning. It's a way of mixing body sculpting movements with easy-to-follow dance steps. It's fun and addictive and wonderful to see so many people having fun while getting fit.	Free to Members/\$5 Guest Pass
	9:30-10:15 am	Begins 10/2	Pilates	WC	Amy N				
	10:30-11:15 am	Begins 10/2	Active Lifestyle Stretch/Strength	WC	Amy N	Stretch/Strength Class	All	Stretch those tired muscles. Strengthen them and see yourself gain energy, flexibility and stress relief.	Free to Members/\$5 Guest Pass
Friday	time	Notes	class	location	Instructor	Class	Fit Level	Description	Cost
						Step I	Beg	Build confidence and coordination with this low impact intense workout. Moderate in intensity, this workout combines cardiovascular endurance with muscle conditioning.	Free to Members/\$5 Guest Pass
Saturday	time	Notes	class	location	Instructor	Class	Fit Level	Description	Cost
	8:30-9:15 am	Begins 10/4	Zumba for Beginners	WC	Beth T	Boot Camp	Beg	Whatever your sport is, improve your strength and stamina through a rugged workout of sports drills, weights, jump rope, boxing, circuits and interval training	Free to Members/\$5 Guest Pass
	9:30-10:30 am	Begins 10/4	Pilates	WC	Beth T				
	10:45-11:30 am	Begins 9/20	Stretch/Strength	WC	Diane K				

**Location Key:**

WC: Wellness Center (900 Cannon Valley Drive) on the campus of the Northfield Retirement Community