

# Northfield Area Family YMCA Group Fitness Schedule - Updated 6/23/09

Classes - July 1 - August 31

Class Description

		Class	Fit Level	Description	Cost
<b>Monday</b>					
<b>time</b>	<b>class</b>	<b>location</b>	<b>instructor</b>		
9:30-10:00am	Forza! Kettlebells (fee based class)	WC	Gretchen	Move, groove and drum to rhythmic music using a stability ball, group fitness combining fitness and music and rhythm for all ages welcome!	Free to Members/\$5 Guest Pass
12:15-12:45 pm	Above the Belt Sculpt	WC	Stacey P	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. Movement emphasizes proper body alignment and breathi	Free to Members/\$5 Guest Pass
5:15-6:00 pm	Beginning Zumba	WC	Lori M		
6:15-7:15 pm	Boot Camp	WC	Amanda S		
<b>Tuesday</b>					
<b>time</b>	<b>class</b>	<b>location</b>	<b>instructor</b>		
5:15-6:15 pm	Step I	WC	Stacey P	Strengthen those muscles and tone your body with this slow paced strength class. Excellent way to amplify strengthen exercises you may already be doing.	Free to Members/\$5 Guest Pass
6:30-7:30 pm	Tai Chi	WC	Kristi R	30 min class focuses on toning the upper (chest, arms, shoulders and core) and lower body and abdominal region using a variety of weight bearing exercises and apparatus from the resist-a-balls to the free weights.	Free to Members/\$5 Guest Pass
<b>Wednesday</b>					
<b>time</b>	<b>class</b>	<b>location</b>	<b>instructor</b>		
9:30-10:00am	Forza! Kettlebells (fee based class)	WC	Gretchen	Taught by a Certified Personal Trainer - Get a personalized strength and cardio workout with one-on-one attention. You don't have to kill yourself lifting weights and there are no dance, step or kicks in this class. Work at your own pace, build your 'tool box' of exercises. Come once or every class.	Free (for now) to Members/\$5 Guest Pass
12:15-12:45 pm	Below the Belt Sculpt	WC	Stacey P		
<b>Thursday</b>					
<b>time</b>	<b>class</b>	<b>location</b>	<b>instructor</b>		
8:30-9:10 am	Strength Toning Class	WC	Gale M	The hottest kickboxing class around! Combines athletic moves, sports drills, hip hop flavor and more. Ready to take your kickboxing to a new and fun level?	Free to Members/\$5 Guest Pass
9:15-10:15 am	Pilates	WC	Gale M		
<b>Saturday</b>					
<b>time</b>	<b>class</b>	<b>location</b>	<b>instructor</b>		
8:00-8:45 am	Beginning Zumba	WC	Lori M	Build confidence and coordination! Low impact intense workout. Moderate in intensity, combines cardiovascular endurance & muscle conditioning.	Free to Members/\$5 Guest Pass
9:30-10:10 am	Pilates	WC	Stacey		
10:15-10:40 am	Y Super Abs	WC	Stacey		
10:45-11:30 am	Wild Step Aerobics	WC	Stacey	Moderate intensity-combines cardiovascular endurance with core muscle conditioning. 1/2 the class is aerobic and 1/2 is core conditioning	Free to Members/\$5 Guest Pass
<b>Sunday</b>					
<b>time</b>	<b>class</b>	<b>location</b>	<b>instructor</b>		
3:30-4:30 pm	(Plank) Pilates	WC	Amanda/Stacey	Try the latest craze- Zumba! Zumba incorporates Latin music and dance movements to give you a very effective cardio and muscle-toning workout. The dance steps are easy to follow and no prior dance exp is necessary. It's contagious!	Free to Members/\$5 Guest Pass
4:45-5:45 pm	Turbo Kick	WC	Rachelle		
<b>Wellness Center Hours:</b>					
Mon, Wed 5:30am-1:00pm (over lunch!)					
Tue, Thur, Fri 5:30-11:00am					
Mon-Thur 3:30-7:30pm					
Saturday 7:00-1:00pm					
Sunday 3:00-6:00pm					
<b>Child Watch Hours:</b>					
Mon-Fri 8:00-11:00 am					
Mon-Thur 3:30-7:30 pm					
Saturday 8:30-11:30 am					
Sunday 3:00-6:00 pm					

\$5 members  
\$7 Nonmembers