

# Northfield Area Family YMCA

## Group Fitness Schedule - Updated 12/29/09

### Classes - January 1 - February 28

Monday time	Notes	class	Location/Instructor
6:00-7:00 am	see notes	Adult Open Swim	Senior Center
7:00-8:00 am	see notes	Aqua Fitness Class	Senior Center
8:45-9:45 am		Pre/Post Natal & Beginner Grp Ex	WC-Elizabeth
10:00-11:00 am		Pilates	WC-Amy
5:15-6:00 pm		Beginning Zumba	WC-Lori
6:15-7:15 pm		Mix It Up Boot Camp	WC-Breanna
7:20-7:50 pm	<b>NEW</b>	Monday Night Core	WC-Breanna
<b>Tuesday</b>			
6:00-7:00 am	see notes	Adult Open Swim	Senior Center
7:00-8:00 am	see notes	Aqua Fitness Class	Senior Center
9:00-10:00 am	<b>NEW</b>	Fitness Yoga	WC-Kristi
5:15-6:00 pm		Cardio Step & Tone	WC-Breanna
5:30-6:30 pm	see notes	Aqua Fitness Class	Senior Center
<b>Wednesday</b>			
6:00-7:00 am	see notes	Adult Open Swim	Senior Center
7:00-8:00 am	see notes	Aqua Fitness Class	Senior Center
6:15-7:15 pm	<b>NEW</b>	Mix It Up Cardio	WC-Breanna
<b>Thursday</b>			
6:00-7:00 am	see notes	Adult Open Swim	Senior Center
7:00-8:00 am	see notes	Aqua Fitness Class	Senior Center
8:30-9:10 am		Strength Toning Class	WC-Gale
9:15-10:15 am		Pilates	WC-Gale
6:30-7:30 pm		Turbo Kick	WC-Rachelle
5:30-6:30 pm	see notes	Aqua Fitness Class	Senior Center
7:00-7:45 pm	<b>NEW</b> see notes	Water Volleyball (same policy as Aqua fitness)	Senior Center
<b>Friday</b>			
6:00-7:00 am	see notes	Adult Open Swim	Senior Center
7:00-8:00 am	see notes	Aqua Fitness Class	Senior Center
5:00-7:45 pm		Adult Open Swim	Senior Center
<b>Saturday</b>			
6:00-7:00 am	see notes	Adult Open Swim	Senior Center
9:30-10:10 am		Pilates	WC-Stacey
10:15-10:40 am		Y Super Abs	WC-Stacey
10:30-11:15 am	<b>NEW</b> see notes	Aqua Fitness Fusion	Senior Center
10:45-11:30 am		Wild Step Aerobics	WC-Stacey
2:00-3:35 pm	see notes	Family Swim	Senior Center
<b>Sunday</b>			
3:30-4:30 pm		Body Sculpt	WC-Amanda
4:45-5:45 pm		Turbo Kick	WC-Rachelle

See our Wellness Center (WC) and Child Watch hours on our website: [www.northfieldymca.org](http://www.northfieldymca.org)

Class Description		Level	Description	Cost
Pilates		All	Based on the exercises of Joseph Pilates, this is a highly effective conditioning method that works out your "power house" muscles - the abdominals, lower back, thighs and buttocks.	Free to Members/\$5 nonmembers
Strength Toning Class		All	Strengthen those muscles, tone your body with this slow paced strength class. Excellent way to amplify strengthen exercises you may already be doing.	Free to Members/\$5 nonmembers
Turbo Kick		All	The hottest kickboxing class around! Combines athletic moves, sports drills, hip hop flavor and more. Take your kickboxing to a new and fun level!	Free to Members/\$5 nonmembers
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 intervals	Free to Members/\$5 nonmembers
Wild Step Aerobics		Beg	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 nonmembers
Beginning Zumba		All	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 nonmembers
Tai Chi		All	Balance, flexibility, relaxation and muscular strengthening! Join us for slow, controlled movements - that are learned in an on-going process. Reduce stress and feel like a million bucks!	Free to Members/\$5 nonmembers
Pre/Post Natal & Beg Group Ex		Beg	Low-impact aerobics & core strengthening designed to meet the needs of new and expectant mothers. This gentle class is also perfect for anyone who wants a low-key introduction to group exercise. <b>Babies who cannot crawl yet are welcome to join!</b>	Free to Members/\$5 nonmembers
Mix It Up Boot Camp		All	Improve your cardio fitness, build confidence, coordination! Fun low impact low-intense workout. Body sculpting/flex too.	Free to Members/\$5 nonmembers
Cardio Step & Tone		All	Variety is Spice! Chase away the workout blahs with this rugged workout-sports drills, weights, jump rope, boxing, stability / medicine ball, resistabands, circuits and intervals.	Free to Members/\$5 nonmembers
<b>NEW! The YMCA is pleased to announce a new collaboration with the Northfield Senior Center - SWIMMING !</b>				
Open Swim & Aqua Fitness Classes are for 18+ year olds only (as requested by the Senior Center). Family Swim members must all be potty trained. Any costs associated with swimming are to help the Y pay the per use cost of the pool.				
Adult Open Swim		All	Swimming is good exercise and involves the use of almost all the muscles required for movement, without the weight of your body.	Open to only YMCA Members. Cost is \$1 per visit
Aqua Fitness Classes		All	Group exercise fun in the pool! Join us for an excellent and easy-on-your-body workout at the Senior Center.	Open to only YMCA Members. First 8 visits per mo free.
Family Swim		All	Swimming for you and your family (all family members must be potty trained). Splash, Laugh, Giggle and get some great family exercise at the Senior Center pool!	Open to only YMCA Family Members. Free.