

Northfield Area Family YMCA Group Fitness Schedule - Updated 5/4/09

Classes - May 1 - June 30

Monday	class	location	Instructor
9:30-10:00am	Starts June 1st! Forza! Kettlebells (fee based class)	WC	Gretchen
12:15-12:45 pm	LUNCH TIME!		
5:15-6:00 pm	Above the Belt Sculpt	WC	Stacey P
6:15-7:15 pm	Beginning Zumba	WC	Lori M
	Boot Camp	WC	Amanda S
Tuesday	Notes	location	Instructor
9:00-10:00 am	Pilates	WC	Amy N
10:00-10:30 am	Drums Alive!	WC	Amy N
5:15-6:15 pm	Step I	WC	Stacey P
6:30-7:30 pm	STARTS June 9th! Tai Chi	WC	Kristi R
Wednesday	Notes	location	Instructor
9:30-10:00am	Starts June 3rd! Forza! Kettlebells (fee based class)	WC	Gretchen
12:15-12:45 pm	LUNCH TIME!		
	Below the Belt Sculpt	WC	Stacey P
Thursday	Notes	location	Instructor
8:30-9:10 am	Strength Toning Class	WC	Gale M
9:15-10:15 am	Pilates	WC	Gale M
Saturday	Notes	location	Instructor
8:00-8:45 am	NEW Class Beginning Zumba	WC	Lori M
9:30-10:30 am	Plank Pilates	WC	Amanda
10:45-11:30 am	Wild Step Aerobics	WC	Stacey
Sunday	Notes	location	Instructor
3:30-4:30 pm	(Plank) Pilates	WC	Amanda/Stacey
4:45-5:45 pm	Turbo Kick	WC	Rachelle
Wellness Center Hours:			
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			

Class Description

Class	Fit Level	Description	Cost
Drums Alive!	All	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
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. Movement emphasizes proper body alignment and breathing	Free to Members/\$5 Guest Pass
Strength Toning Class	All	Strengthen those muscles and tone your body with this slow paced strength class. Excellent way to amplify strength exercises you may already be doing.	Free to Members/\$5 Guest Pass
Above/Below the Belt Sculpt	Beg	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
Total Body Strength Class	All	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
Turbo Kick	All	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
Step I	Beg	Build confidence and coordination! Low impact intense workout. Moderate in intensity, combines cardiovascular endurance & muscle conditioning.	Free to Members/\$5 Guest Pass
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	Free to Members/\$5 Guest Pass
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 Guest Pass
Beginning Zumba	Beg	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
Tai Chi	All	Tai Chi incorporates balance, flexibility, relaxation and muscular strengthening which benefits body, mind and spirit. 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 Guest Pass
Forza! Kettlebells	All	Ramp up your workout! Build core strength, excellent cardio workout, weight bearing activity, links mind and body, improves flexibility. This is a collaboration with Forza! and is a fee-based class.	\$5 members \$7 Nonmembers

Child Watch Hours:

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