

Northfield Area Family YMCA

Group Fitness Schedule - Updated 12/28/2011

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
9:00 - 9:45 am	see notes	Step Class	WC- Jan
9:45 - 10:15 am	see notes	Simple Strecth	WC-Jan
5:00 - 5:25 pm	see notes	Resist-a-Ball	WC-Rachelle
5:30 - 6:25 pm	see notes	Cardio Kick	WC-Rachelle
6:30 - 7:15 pm	see notes	Step Class	WC-Breanna
Tuesday			
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 - 9:15 am	see notes	POWER Class	WC- TBA
5:30-6:30 pm	see notes	Aqua Fitness Class	Senior Center
6:00 - 6:25 pm	see notes	Core Fitness	WC-Amanda
6:30 - 7:30 pm	see notes	ZUMBA	WC-Amanda
Wednesday			
6:00-7:00 am	see notes	Adult Open Swim	Senior Center
7:00-8:00 am	see notes	Aqua Fitness Class	Senior Center
9:15 - 10:00 am	see notes	Core Fitness	WC-Craig
5:30 - 6:30 pm	see notes	Zumba	WC-Maria
6:35 - 7:15 pm	see notes	Yoga	WC-Amanda
Thursday			
6:00-7:00 am	see notes	Adult Open Swim	Senior Center
7:00-8:00 am	see notes	Aqua Fitness Class	Senior Center
8:30-9:15 am	see notes	Strength Fusion	WC-Gale
9:30 - 10:15 am	see notes	ZUMBA	WC-Gale
5:30-6:15 pm	see notes	Core Fitness	WC- TBA
6:30-7:30 pm	see notes	POWER Class	WC-Rachelle
5:30-6:30 pm	see notes	Aqua Fitness Class	Senior Center
Friday			
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	see notes	Adult Open Swim	Senior Center
Saturday			
6:00-7:00 am	see notes	Adult Open Swim	Senior Center
8:30 - 9:25 am	see notes	Cardio Kick	WC-Jan
9:30 - 10:10 am	NEW!!!	Pilates	WC-Stacey
10:15 - 10:40 am	see notes	Core Fitness	WC-Stacey
10:00-11:00 am	see notes	Aqua Fitness Fusion	Senior Center
2:00-3:35 pm	see notes	Family Swim	Senior Center
Sunday			
3:30-4:30 pm	see notes	POWER Class	WC-Stacey
4:45-5:45 pm	see notes	Yoga	WC-Amanda

Class Description			
Class	Level	Description	Cost
Resista-a-Ball	All	A 25 minute fun and challenging class that offers a total body workout utilizing the Resist-A-Ball which adds the challenge of core strength and balance to your workout.	Free to Members/\$5 nonmembers
Step Class	All	Join us for this great Cardio workout using Step benches, that builds confidence and coordination. Come and have a blast.	Free to Members/\$5 nonmembers
Strength Fusion	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
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.	Free to Members/\$5 nonmembers
Simple Stretch	All	Come join a fantastic class of stretching, strengthening, and toning your entire body in a relaxed and fun atmosphere.	Free to Members/\$5 nonmembers
Core Fitness	All	This Class strengthens and tones your core. You will feel results working the abdominal, obliques, and lower back muscles utilizing a variety of equipment	Free to Members/\$5 nonmembers
Cardio Bootcamp	All	Improve your cardiovascular fitness and have fun with this cardio workout that mixes short bursts of high intensity aerobic exercise with cardio and strength movements. Class will meet outside weathers permits	Free to Members/\$5 nonmembers
POWER Class	All	50-minute program to strengthens the major muscles through simple, athletic movements including squats, lunges, presses, curls and abs! Great for both men and women of all ages and fitness levels who want to tone and define their entire body!	Free to Members/\$5 nonmembers
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.	Free to Members/\$5 nonmembers
Cardio Kick	All	Great Cardio workout involving numerous cardio and kickboxing techniques. Maximize your level of cardio along with toning your body all while having a blast.	Free to Members/\$5 nonmembers
Yoga	All	Relieve stress, increase your balance, coordination, and strengthen your core muscles in this great class.	Free to Members/\$5 nonmembers
The YMCA is pleased to announce a collaboration with the Northfield Senior Center- SWIMMING!			
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.

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

Wellnes Center Phone Number : 507-664-7349

Main Office Phone Number 507-645-0088

Wellness Hours

Monday	7:30 - 11:00 am	4:30 - 8:00 pm
Tuesday	7:30 - 11:00 am	4:30 - 8:00 pm
Wednesday	7:30 - 11:00 am	4:30 - 8:00 pm
Thursday	7:30 - 11:00 am	4:30 - 8:00 pm
Friday	7:30 - 11:00 am	
Saturday	7:00 - 1:00 pm	
Sunday	3:00 - 6:00 pm	

Child Watch Hours

Monday	8:30 - 11:00 am	5:00 - 7:30 pm
Tuesday	8:30 - 11:00 am	5:00 - 7:30 pm
Wednesday	8:30 - 11:00 am	5:00 - 7:30 pm
Thursday	8:30 - 11:00 am	5:00 - 7:30 pm
Friday	8:30 - 11:00 am	
Saturday	8:00 - 1:00 pm	
Sunday	3:00 - 6:00 pm	