



**GROUP/ WATER EXERCISE SCHEDULE • JULY, 2017**

<http://northfieldymca.org/healthy/group-exercise/> NORTHFIELD AREA FAMILY YMCA

revised 6/30/17

|               |               |                |                |              |         |
|---------------|---------------|----------------|----------------|--------------|---------|
| <b>MONDAY</b> | 8:45-9:45am   | PiYo           | MIND/BODY      | Intermediate | Cathy   |
|               | 9:00-10:00am  | AQUA YOGA      | WATER EXERCISE | All levels   | Marie   |
|               | 11:00-12:00pm | BEGINNING YOGA | MIND/BODY      | Beginning    | Marie   |
|               | 5:30-6:15pm   | BUTTS & GUTS   | STRENGTH       | All levels   | Donna   |
|               | 6:20-7:10pm   | RIP            | STRENGTH       | All levels   | Suzanne |
|               | 7:15-8:00pm   | ZUMBA          | CARDIO         | All levels   | Heather |

|                |                |                      |                 |            |                |
|----------------|----------------|----------------------|-----------------|------------|----------------|
| <b>TUESDAY</b> | 5:10-6:00am    | INSANITY™            | STRENGTH/CARDIO | All levels | Jerry          |
|                | 8:45-9:30am    | CIRCUITS             | STRENGTH        | All levels | Amanda/Lindsay |
|                | 9:15-10:00am   | AQUA CARDIO STRENGTH | WATER EXERCISE  | All levels | Elizabeth      |
|                | 9:45-10:45am   | RIP                  | STRENGTH/CARDIO | All levels | Becky          |
|                | 11:00-11:55am  | ZUMBA                | CARDIO          | All levels | Kathryn        |
|                | 12:00- 12:40pm | BUTTS & GUTS         | STRENGTH        | All levels | Becky          |
|                | 12:50- 1:15pm  | CORE FITNESS         | STRENGTH        | All levels | Becky          |
|                | 5:30-6:30pm    | ZUMBA                | CARDIO          | All levels | Eva            |
|                | 6:00 - 7:00pm  | AQUA YOGA            | WATER EXERCISE  | All levels | Marie          |
|                | 6:35-7:10pm    | KETTLEBELLS          | STRENGTH        | All levels | Lorien         |
| 7:15-7:50pm    | PILATES        | MIND/BODY            | All levels      | Lorien     |                |

|                  |                |                 |                 |              |         |
|------------------|----------------|-----------------|-----------------|--------------|---------|
| <b>WEDNESDAY</b> | 5:10-6:00am    | RIP             | STRENGTH/CARDIO | All levels   | Jerry   |
|                  | 8:45-9:45am    | PiYo            | MIND/BODY       | Intermediate | Cathy   |
|                  | 11:00-12:00pm  | BEGINNING YOGA  | MIND/BODY       | Beginning    | Ingrid  |
|                  | 12:00- 12:40pm | BUTTS & GUTS    | STRENGTH        | All levels   | Becky   |
|                  | 4:30-5:15pm    | SHOTOKAN KARATE | MIND/BODY       | All levels   | Tom     |
|                  | 5:30-6:30pm    | ZUMBA           | CARDIO          | All levels   | Lindsay |
|                  | 6:40-7:30pm    | RIP             | MIND/BODY       | All levels   | Becky   |
|                  | 7:40-8:30pm    | STYXX           | CARDIO          | All levels   | Donna   |

|                 |                          |                          |                 |            |           |
|-----------------|--------------------------|--------------------------|-----------------|------------|-----------|
| <b>THURSDAY</b> | 8:45-9:15am              | HITT                     | STRENGTH/CARDIO | All levels | Lindsay   |
|                 | 9:15-10:00am             | AQUA PILATES             | WATER EXERCISE  | All levels | Elizabeth |
|                 | 9:15-9:45am              | CORE FITNESS             | STRENGTH        | All levels | Lindsay   |
|                 | 10:00-10:45am            | YOGA                     | MIND/BODY       | All levels | Ingrid    |
|                 | 11:00-11:55am            | ZUMBA                    | STRENGTH/CARDIO | All levels | Lindsay   |
|                 | 4:00-5:00pm              | POWER YOGA               | MIND/BODY       | All levels | Marie     |
|                 | 5:30-6:25pm              | ZUMBA                    | STRENGTH/CARDIO | All levels | TBA       |
|                 | 6:30-7:20pm              | YOGA SCULPT (only May 4) | STRENGTH/CARDIO | Beginning  | Hannah    |
| 7:30-8:15pm     | SHOTOKAN KARATE LEVEL II | MIND/BODY                | Intermediate    | Tom        |           |

|            |             |     |          |            |         |
|------------|-------------|-----|----------|------------|---------|
| <b>FRI</b> | 5:10-6:00am | RIP | STRENGTH | All levels | Becky   |
|            | 8:45-9:45am | RIP | STRENGTH | All levels | Lori    |
|            | 4:30-5:30pm | RIP | STRENGTH | All levels | Suzanne |

|            |               |                           |           |            |        |
|------------|---------------|---------------------------|-----------|------------|--------|
| <b>SAT</b> | 7:30-8:50am   | ZUMBA                     | CARDIO    | All levels | Eva    |
|            | 9:00-9:30am   | KETTLEBELLS               | STRENGTH  | All levels | Lorien |
|            | 9:35-10:00am  | CORE FITNESS              | STRENGTH  | All levels | Lorien |
|            | 10:05-10:45am | SIMPLY STRETCH            | MIND/BODY | Beginning  | Lorien |
|            | 10:55-11:55am | BEGINNING SHOTOKAN KARATE | MIND/BODY | Beginning  | Tom    |

|            |                 |      |           |            |             |
|------------|-----------------|------|-----------|------------|-------------|
| <b>SUN</b> | 11:00am-12:00pm | YOGA | MIND/BODY | All levels | Marie/Becky |
|------------|-----------------|------|-----------|------------|-------------|



## GROUP EXERCISE CLASS DESCRIPTIONS

NORTHFIELD AREA FAMILY YMCA

**AQUA CARDIO STRENGTH** Get your heart rate up with a low-impact workout in the pool.

**AQUA PILATES** This class integrates the mind/body connection in the water using pilates to align the body, build long lean muscles and develop core strength.

**AQUA YOGA** Aqua Yoga incorporates deep breathing, gentle stretching and balance exercises, assisted by the support of the water. This low-intensity shallow end class can be adapted for students at all levels, and beginners to yoga or water fitness are welcome. It leaves you feeling relaxed and renewed.

**BUTTS & GUTS** A combination of lower body, abs and lower back exercises to tone, sculpt and strengthen the lower body and core.

**INSANITY™** Get into the best shape of your life! All-out strength and conditioning will make you the best you can be. Dig deep!

**KETTLEBELLS** Firm your glutes, abs, arms and legs with just one piece of equipment — the kettlebell.

**PILATES** Based on the exercises originally designed by Joseph Pilates, this highly effective conditioning method works out your “power house” muscles — the abs, lower back, thighs and glutes.

**PIYO** Increase lean muscle mass and burn fat faster with this combination of Pilates and yoga moves.

**RIP** Lift your way to fitness with a strength-training barbell program set to music.

**SHOTOKAN KARATE** Shotokan Karate is a non-contact Japanese martial art that teaches self-esteem, self-discipline, self-defense and self-confidence. Improve balance and muscle tone, increase flexibility, and stimulate your cardiovascular system in a safe and effective manner. Level II for students that have had 6 months or more of karate training.

**SIMPLY STRETCH** Increase flexibility with gentle, basic stretches and progressive movements in a relaxing environment.

**STYXX** This class will channel your inner performer and rock your body with this modern-day fusion of movement and music. Drum along to a slammin’ soundtrack using weighted drumsticks designed to transform drumming into a kick-ass, fat burning, full body interval workout that will leave you dripping sweat. Rock out with us!

**YOGA** Relieve stress, improve balance and strengthen your core with yoga, where movements and postures are linked together with the breath. Beginning Yoga features basic yoga postures. Yoga II features intermediate/advanced poses.

**YOGA SCULPT** When muscle meets yoga, Sculpt is born. Boost metabolism and build lean muscle mass as you move to upbeat tracks. You’ll combine free weights and cardio to intensify each pose while mixing in strength-training moves like squats, lunges and bicep curls.

**ZUMBA™** Move and dance with Latin-infused music for a fun, effective cardio and muscle-toning workout.

Questions about classes or schedule? Contact Stacey, Group Fitness Coordinator, at [info@northfieldymca.org](mailto:info@northfieldymca.org)