

Northfield Area Family YMCA

Group Fitness Schedule - Updated 3/3/10

Classes -March 3 - March 31

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
8:30-9:30 am	NEW	Tai Chi	WC-Kristi
10:00-11:00 am		Pilates	WC-Amy
6:15-7:15 pm		Mix It Up Boot Camp	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
9:00-10:00 am	NEW	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
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
6:15-7:15 pm	NEW	Mix It Up Cardio	WC-Breanna
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
8:30-9:10 am		Strength Toning Class	WC-Gale
9:15-10:15 am		Pilates Fushion	WC-Gale
5:30-6:30 pm	see notes	Aqua Fitness Class	Senior Center
7:00-7:45 pm	NEW see notes	Water Volleyball (same policy as Aqua fitness)	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
10:15-11:00 am	NEW	Cardio Circuit Training	WC-Amanda
5:00-7:45 pm		Adult Open Swim	Senior Center
Saturday			
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	NEW 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
Sunday			
3:30-4:30 pm		Body Sculpt	WC-Amanda/Stacey

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

Class Description			
Class	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
Cardio Circuit Training	All	A Great Cardio Workout involving numerous workout equipment such as steps, resista-bands, free weights, etc.... Come Join for a full body cardio workout.	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
Pilates Fushion	All	Fantastic workout for your core muscles. This class is based on the highly effective exercises designed by Joseph Pilates, along with incorporating the use of the stability balls, resista-bands, medicines balls, etc...	Free to Members/\$5 nonmembers
Mix It Up Cardio	All	Spice up your exercise routine or try something new and fun with a variety of aerobic activities such as hi/lo impact floor aerobics, step and cardio kickboxing all in one class.	Free to Members/\$5 nonmembers
Tai Chi	Beg	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
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
NEW! The YMCA is pleased to announce a new collaboration with the Northfield Senior Center - SWIMMING !			
<p>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.</p> <p>Any costs associated with swimming are to help the Y pay the per use cost of the pool.</p>			
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.