

Northfield Area Family YMCA Group Fitness Schedule - Updated 8/22/2010

Classes -September 1 - September 30

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
8:30-9:15 am	NEW	Pilates	WC-Amy
5:30-6:30 pm	NEW	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
6:15-7:15 pm	NEW	Boot Camp	WC-Amanda
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
9:00-9:45 am	FOR KIDS	Music and Movement (Beg. 9/20)	Wellness Center
5:00-5:45 pm	NEW	Zumba Gold	WC-Elizabeth
6:00-6:45 pm	NEW	Total Stretch	WC-Stacey
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
8:30-9:30 am		Strength Toning Class	WC-Gale
9:30-10:15 am	NEW	Bender Ball Core and More	WC-Gale
6:30-7:30 pm	NEW see notes	POWER Class	WC-Amanda
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
9:00-9:45 am	FOR KIDS	Music and Movement (Beg. 9/20)	Wellness Center
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
10:15-11:00 am	NEW see notes	Aqua Fitness Fusion	Senior Center
10:45-11:30 am	NEW	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-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
Total Stretch	All	Come join our Total Stretch class, where in a relaxed enviroment you will enjoy a total body workout of increased flexibility and core muscle groups. No Choreography involved!	Free to Members/\$5 nonmembers
Bender Ball Core and More	All	Strengthen the Power House of your core (abs, back, and sides) with these pilate techniques in a session that will strengthen, challenge, relax and invigorate you!	Free to Members/\$5 nonmembers
Wild Step Aerobics	All	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
Zumba Gold	All	An addictive fitness program inspired by Latin dance. We utilize the principles of fitness to maximize caloric output, fat burning, and total body toning. All while being in a fun and low key atmosphere.	Free to Members/\$5 nonmembers
POWER Class	All	60-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
Boot Camp	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
Step Class	All	Improve your cardio fitness, build confidence, coordination! Fun low impact low-intense workout. Body sculpting/flex too.	Free to Members/\$5 nonmembers
NEW! The YMCA is pleased to announce a new 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.

1