

Northfield Area Family YMCA Group Fitness Schedule - Updated 4/20/09

Classes - May 1 - June 30

Monday
time 12:15-12:45 pm LUNCH TIME!
 5:15-6:00 pm
 6:15-7:15 pm

Tuesday
time 9:00-10:00 am
 10:00-10:30 am
 5:15-6:15 pm

Wednesday
time 12:15-12:45 pm LUNCH TIME!
 5:15-6:00 pm

Thursday
time 8:30-9:10 am
 9:15-10:15 am

Saturday
time 8:00-8:45 am
 9:30-10:30 am
 10:45-11:30 am

Sunday
time 3:30-4:30 pm
 4:45-5:45 pm

class Above the Belt Sculpt
 Beginning Zumba
 Boot Camp

class Pilates
 Drums Alive!
 Step I

class Below the Belt Sculpt
 Beginning Zumba

class Strength Toning Class
 Pilates

class Begins April 25
 Beginning Zumba
 Pilates
 Wild Step Aerobics

class Pilates
 Turbo Kick

location WC
 WC
 WC

location WC
 WC
 WC

location WC
 WC
 WC

location WC
 WC

location WC
 WC
 WC

location WC
 WC

Instructor Stacey P
 Lori M
 Amanda S

Instructor Amy N
 Amy N
 Stacey P

Instructor Stacey P
 Lori M

Instructor Gale M
 Gale M

Instructor Lori M
 Amanda
 Stacey

Instructor Amanda/Stacey
 Rachelle

Notes

Notes

Notes

Note Time Change!

Notes

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!
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 breath!

Strength Toning Class All Strengthen those muscles and tone your body with this slow paced strength class. Excellent way to amplify strengthen exercises you may already be doing.

Above/Below the Belt Sculpt Beg This 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. Designed for all levels of fitness.

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 'to

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?

Step I Beg Build confidence and coordination with this low impact intense workout. Moderate in intensity, this workout combines cardiovascular endurance with muscle conditioning.

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

Wild Step Aerobics Beg Moderate in intensity, this workout combines cardiovascular endurance with core muscle conditioning. 1/2 the class is aerobic and 1/2 is core conditioning

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!

Child Watch Hours (added 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

Wellness Center Hours (added 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

Free to Members/\$5 Guest Pass

Free to Members/\$5 Guest Pass

Members/\$5 Guest Pass

Free to Members/\$5 Guest Pass

Free (for now) to Members/\$5 Guest Pass

Free to Members/\$5 Guest Pass

Free to Members/\$5 Guest Pass

Free to Members/\$5 Guest Pass

Free to Members/\$5 Guest Pass

