



GROUP/ WATER EXERCISE SCHEDULE • SEPT/OCT, 2018
www.northfieldymca.org/healthy/group-exercise/ • NORTHFIELD AREA FAMILY YMCA

MONDAY	5:15-6:15a	CORE DE FORCE	STRENGTH	Caitlin
	8:30-9:30a	AQUA YOGA	WATER EXERCISE	Marie
	9:00-9:50a	MOVE IT! COMBO	STRENGTH/CARDIO	Heather R
	11:00-12:00p	YOGA I	MIND/BODY	Ingrid
	12:10-1:00p	TABATA	STRENGTH/CARDIO	Nikki
	5:30-6:15p	BUTTS & GUTS	STRENGTH/CARDIO	Donna
	6:30-7:20p	RIP	STRENGTH	Becky
	7:30-8:20p	ZUMBA	CARDIO	Victoria

TUESDAY	5:15- 6:05a	INSANITY	STRENGTH/CARDIO	Jerry
	8:30- 9:30a	STRONG BY ZUMBA	STRENGTH/CARDIO	Suzanne
	9:15- 10:00a	AQUA CARDIO STRENGTH	WATER EXERCISE	Elizabeth
	9:45-10:45a	RIP	STRENGTH/CARDIO	Becky
	11:00-11:50a	ZUMBA	CARDIO	Lindsay
	4:15-5:15p	CORE DE FORCE	STRENGTH	Caitlin
	5:30-6:30p	ZUMBA	CARDIO	Raelene
	6:35-7:10p	KETTLEBELLS	STRENGTH	Jerry
7:20-8:15p	YIN YOGA	MIND/BODY	Becky	

WEDNESDAY	5:15-6:15a	PIYO	STRENGTH	Jerry
	8:30-9:15p	INSANITY	STRENGTH/CARDIO	Caitlin
	9:30-10:30a	RIP	STRENGTH/CARDIO	Tammy
	11:00-11:50a	SLOW FLOW	MIND/BODY	Ingrid
	4:30-5:15p	SHOTOKAN KARATE	MIND/BODY	Tom
	5:30-6:20p	KICKBOXING	STRENGTH	Donna
	6:30-7:25p	TABATA	STRENGTH/CARDIO	Nikki
	7:30-8:15p	ZUMBA	CARDIO	Tamsen

THURSDAY	5:15-6:15a	CORE DE FORCE	STRENGTH	Caitlin
	8:30-9:30a	STRONG BY ZUMBA	CARDIO	Suzanne
	9:15-10:00a	AQUA PILATES	WATER EXERCISE	Elizabeth
	10:00-10:45a	YIN YOGA	MIND/BODY	Ingrid
	11:00-11:50a	ZUMBA	CARDIO	Kathryn
	4:00-5:00p	POWER YOGA	MIND/BODY	Marie
	5:15-6:15p	RIP	STRENGTH/CARDIO	Raelene
	7:30-8:15p	SHOTOKAN KARATE II	MIND/BODY	Tom

FRIDAY	8:30-9:30a	RESTORATIVE YOGA	MIND/BODY	Heather S.
	9:55-10:55a	RIP	STRENGTH/CARDIO	Suzanne
	11:05-12:00p	INSANITY	STRENGTH/CARDIO	Caitlin
	4:30-5:30p	RIP	STRENGTH/CARDIO	Becky
	5:35-6:30p	ZUMBA	CARDIO	Victoria

SAT	7:45-8:45a	ZUMBA	CARDIO	Lindsay
	9:00-9:30a	KETTLEBELLS	STRENGTH	Lorien
	9:35-10:00a	CORE FITNESS	STRENGTH	Lorien
	10:05-10:35a	SIMPLY STRETCH	MIND/BODY	Lorien
	10:55-11:55a	BEGINNING SHOTOKAN KARATE	MIND/BODY	Tom

SUN	2:00-3:00p	STRONG BY ZUMBA	CARDIO	Suzanne
	3:10-3:50p	TABATA	STRENGTH/CARDIO	Nikki
	4:00-4:30p	STEP	CARDIO	Nikki
	4:50-5:50p	YOGA II	MIND/BODY	Marie/Becky



STRENGTH / CARDIO:

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

CIRCUITS Circuit training is an excellent way to improve mobility, strength and stamina. The training comprises of 4-7 exercises that are performed for a specific number of repetitions with rest periods.

CORE DE FORCE Total body workout inspired by MMA-style training. Combines movements from boxing, kickboxing, Brazilian jiu-jitsu, Muay Thai, and more! Non-contact, not self defense, no equipment needed. HIIT intervals using skill based cardio training. Trains both sides, and body weight training with core-centric movement.

CORE FITNESS A strong core leads to a strong body, better posture, and in general better self awareness! Work your way through various strengthening exercises for the abdominals, back and hips, all to help midsection stability and strength

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.

KICKBOXING A group fitness class that combines boxing techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn mega calories as you build lean muscle, reduce stress, and boost confidence!

MOVE IT! COMBO This class is a mash-up of various styles of cardio, muscle toning and stretch, set to uplifting music. Inspired by kickboxing, dance and cardio drumming, you will work up a sweat while grooving to the beat. Your muscles will also get trained in strength and flexibility. If you want a fun, total body workout, and you like variety, this class is for you!

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.

STEP Step class is a 30 min high intensity cardio burst. With dynamic movements in multiple directions, this class will be sure to get your heart pumping!

STRONG BY ZUMBA Is a High Intensity Interval Training class using more traditional fitness moves for a more athletic, conditioning-style workout. You use your own body weight as resistance to achieve muscle definition. ... In a STRONG by Zumba™ class, music is the key element.

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-butt, fat burning, full body interval workout that will leave you dripping sweat. Rock out with us!

TABATA Short on time and need a fully body workout? Look no further than Tabata. Tabata is a HIIT workout

where the exerciser will do 8 rounds, 20 seconds on 10 second off format for a full body workout

STONE Focus will be on various areas of the body using light weights, resistance bands, and other props. Exercises to strengthen and tone the body.

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

MIND / BODY:

POWER YOGA Power Yoga links breath and poses while focusing on building strength. It includes intermediate poses and some yoga experience is recommended.

SLOW FLOW YOGA Slow Flow Yoga A meditative flow that practices slowing down by using a slow steady breath, holding postures, transitioning smoothly, and opening gently and mindfully with the ability to move deeper into one's body and self.

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.

YIN YOGA Fewer poses held longer for a deeper stretch. A great deeper stretch to lubricate at the joint level in a calming and soothing environment.

YOGA I Relieve stress, improve balance and strengthen your core with yoga, where movements and postures are linked together with the breath featuring basic yoga postures.

YOGA II Building on Yoga I, this class features intermediate poses.

AQUA:

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, stretching and balance poses, assisted by the support of the water. This low-intensity shallow end class can benefit students at all levels, including beginners.

AQUA ZUMBA Ends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

Questions about classes or schedule? Contact Suzanne, Group Fitness Coordinator, at groupex@northfieldymca.org

Check online for child watch availability at: www.northfieldymca.org/calendars/child-watch/