



GROUP FITNESS CLASS SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

December 1 – 23, 2018

**CLASSES TAKE PLACE IN THE DANCE STUDIO UNLESS OTHERWISE NOTED*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:45- 8:45 HATHA YOGA	7:00-7:45am INDOOR CYCLING <i>*RESERVATION REQUIRED</i>	7:00-7:45am INDOOR CYCLING <i>*RESERVATION REQUIRED</i>	7:00-7:45 INDOOR CYCLING <i>*RESERVATION REQUIRED</i>	7:00-7:45am INDOOR CYCLING <i>*RESERVATION REQUIRED</i>	8:00-8:45 SILVER SNEAKERS Teen Center	8:00-8:45 INDOOR CYCLING <i>*RESERVATION REQUIRED</i>
9- 10am ZUMBA	9- 10am MOVEMENT & MUSCLE	8-9am YOGA	8:00-9:00 MEDITATION Teen Center	8-9am HATHA YOGA	9- 10am TOTAL BODY CIRCUIT	9- 10am BOOT CAMP
			9-10am CARDIO SCUPLT	11:00 -12:00 ENHANCE FITNESS Teen Center	10:15- 11:15am CARDIO SCULPT	10:10-11:25 HATHA YOGA
11:00 - 12:00 ENHANCE FITNESS Teen Center		11:00 -12:00 ENHANCE FITNESS Teen Center	10:30-11:30 INDOOR CYCLING <i>*RESERVATION REQUIRED</i>			11:30-12:30 ZUMBA
	6:30- 7:20pm ZUMBA				11:30-12:30 HATHA YOGA	12:45-1:45 GENTLE YOGA
6pm – 7pm AFRICAN DANCE Dec 3, 5, 17 Please RSVP	6:30-7:15 INDOOR CYCLING <i>*RESERVATION REQUIRED</i>	6:30-7:15 INDOOR CYCLING <i>*RESERVATION REQUIRED</i>		5:45-6:45pm ZUMBA	Most fitness classes are drop-in and FREE with any YMCA membership	
7:15-8:15pm KRIPALU YOGA		7:15- 8:15pm HATHA YOGA	7:20- 8:15pm PILATES	7:00-8:30 Adult Ballet separate fee required	Enhance Fitness requires PRE-registration Cycling class requires a RESERVATION (see front desk to reserve a spot)	

Any questions, contact Phil Donnelly, Vice President of Health & Fitness, 643-3062 or Pdonnelly@rocklandymca.org

CLASS DESCRIPTIONS

ADULT ELEMENTARY BALLET - extra fee applies, please ask for details. Students will learn the fundamentals of ballet in a fun and supportive atmosphere. This mixed-level class is sensitive to the skill and abilities of the students.

BOOT CAMP - Get a total-body workout, using dumbbells, bands, steps, stability balls, BOSU and medicine balls. This class will challenge your strength and endurance at the same time while incinerating the calories!! This class will help you take your body to places it's never been!

CARDIO-SCULPT - Experience the perfect balance between aerobic conditioning and body shaping. Burn calories to a heart-pumping fitness beat and sculpt, strengthen and lengthen, concentrating on all the major muscle groups using free weights and fitness tools. Go at your own pace, have fun, get strong,

ENHANCE FITNESS- Enhance@Fitness, an evidence-based group exercise program for older adults that uses simple, easy-to-learn movements that motivate individuals (particularly those with arthritis) to stay active throughout their life.

INDOOR CYCLING- a fun fantastic workout where you ride to the rhythm of powerful music. An indoor cycling class set to exciting music tracks and choreographed to provide an excellent workout and improve cardiovascular conditioning.

MEDITATION- Join us in learning the practice of mindfulness or "vipassana" meditation in order to quiet the mind and body, and build the awareness that allows you to be simply present in the moment.

MOVEMENT & MUSCLE- This class provides a full body work-out. With fun, easy to follow routines. The weight training portion of the class emphasizes proper techniques with a variation of dumbbells and exercise bands, everything can be adapted for all levels of fitness

PILATES - Focuses on conditioning the body from the inside out. Participants learn the importance of core stabilization, muscle balance, proper alignment, strength and flexibility while integrating the concepts of mindfulness, fluidity and grace.

SILVERSNEAKERS@ CLASSIC - This class utilizes a combination of chair movements and strength training with very low intensity. Perfect for older adults looking to build their strength and maintain joint mobility.

Step & Sculpt: This class is a mix of cardio & strength. It has easy to follow step moves to get your heart pounding and conditioning exercises & dumbbell work to strengthen your muscles. Class ends with core work and simple stretches.

Stretch: Come de-stress with this gentle class set to soothing music. This class will improve both you flexibility and strength by targeting all the muscle groups through a combination of yoga and athletic stretches.

Total Body Circuit - A combination of core, balance, stability, strength training and flexibility to help you burn calories while having fun.

YOGA - Develop strength and flexibility through stretching postures, breathing techniques, and meditation.

- Hatha Yoga is the Branch of Yoga that focuses on the physical well-being of a person and believes that the body is the vehicle of the spirit.
- Kripalu Yoga puts great emphasis on Proper Breath, alignment, coordination of breath and movement, and "honoring the wisdom of the body
- Gentle Yoga - Gentle yoga classes are for those who want a softer, nurturing, slow-paced, well-supported and relaxing practice.

ZUMBA - an aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music. It's easy to do, effective and totally exhilarating!