




2017 Group Exercise Schedule

Suffolk Family YMCA

		Exercise Studio	Gymnasium	Mind & Body	Cycling Studio		
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Multi-Level Cycling 5:15am-6:15pm	Multi-Level Pro FIT 5:15-6:15am	Multi-Level Cycling 5:15-6:15am	Group Power 5:15-6:15am	Multi-Level Cycling 5:15-6:15am		
		Multi-Level Pilates Plus 6:30-7:15am	Multi-Level Y-Pilates 5:15-6:15am	Multi-Level Pilates Plus 6:30-7:15am			
	Multi-Level Pro FIT 8:30-9:00	Multi-Level Abs & More 8:30-9:00am	Group Core 8:30-9:00am	Multi-Level Abs & More 8:30-9:00am	Multi-Level Pro Fit 8:30-9:00am	Abs & More -1st/3rd Group Core -2nd/4th 8:30-9:00am	
		Group Power 9:15-10:15am			Multi-Level Yoga 9:15-10:15am	Group Power 9:15-10:15am	
	Multi-Level Cycling 9:15-10:15am	Level 2 Cycling 9:15-10:15am	Multi-Level Cycling 9:15-10:15am	Level 2 Cycling 9:15-10:15am	Multi-Level Cycling 9:15-10:15am	Multi-Level Cycling 9:15-10:15am	
	Group Active 9:15-10:15am	Multi-Level Yoga 9:15-10:15am	Multi-Level Strength & Tone 9:15-10:15am	Multi-Level Pro FIT 9:15-10:00am	Multi-Level Strength & Tone 9:15-10:15am	Multi-Level Family Zumba 10:30-11:30am	
	Fundamental Yoga 9:15-10:15am		Multi-Level Y-Pilates 9:15-10:15am	Multi-Level Yoga 10:30-11:30am	Kid Fit (0-2 yrs) 10:30-11:00	Multi-Level Yoga 10:30am-11:30am	Multi-Level Yoga 1:30-2:30pm
	Multi-Level Cardio Circuit 10:30-11:30am	Multi-Level Group FIGHT 10:30-11:30am			Kid Fit (3-5yrs) 11:15-12:00pm	**Starter Cycling 10:30-11:00am ** 2nd & 4th Sat.	Multi-Level Cycling 3:00-4:00pm
	Multi-Level Line Dancing 11:30-12:30pm	Multi-Level Strength & Tone AOA 11:45-12:45pm	Chair Yoga 12:30-1:30pm	Multi-Level Strength & Tone AOA 11:45-12:45pm	Multi-Level Yoga AOA 11:15-12:15pm		Multi-Level Zumba 3:00-4:00pm
		Multi-Level Group FIGHT 4:15-5:15pm				Multi-Level Kettlebells 4:00-4:30pm	
PM	Multi-Level Strength & Tone 4:15-5:15pm	Multi-Level Zumba 4:15-5:15pm	Multi-Level Strength & Tone 4:15-5:15pm	Multi-Level Zumba 4:15-5:15pm	Multi-Level Piloxing 4:15-5:15pm	<p>*Members must be at least 13 years old to participate in classes that use weights. A parent or guardian must also be present for participants ages 13-15.*</p> <p>*Classes that consistently have fewer than five participants are subject to cancellation.*</p>  <p>Call Member Services desk at 934-9622 for more details.</p> <p>We're for Youth Development, Healthy Living, and Social Responsibility</p>	
	Starter Cycling 5:30-6:00pm	Level 1 Cycle & Strength 4:15-5:15pm	Starter Cycling 5:30-6:00pm	Level 1 Cycle & Strength 4:15-5:15pm			
	Multi-Level Abs & More 5:30-6:00pm	Group Core 5:30-6:00pm	Multi-Level Abs & More 5:30-6:00pm	Group Core 5:30-6:00pm	Multi-Level Abs & More 5:30-6:00pm		
	Multi-Level Group FIGHT 6:15-7:15pm		Multi-Level Zumba 6:15-7:15pm		Multi-Level Zumba 6:15-7:15pm		
	Level 1 Cycling 6:15-7:15pm	Level 1 Cycling 6:15-7:15pm	Level 1 Cycling 6:15-7:15pm	Level 1 Cycling 6:15-7:15pm			
	Level 2 Y Boot Camp 6:15-7:15pm	Group Power 6:15-7:15pm	Level 2 Y Boot Camp 6:15-7:15pm	Group Power 6:15-7:15pm			
	Multi-Level Yoga 7:00-8:00pm	Multi-Level Pilates Plus 6:15pm-7:15pm	Multi-Level Yoga 6:15-7:15pm	Multi-Level Pilates Plus 6:15-7:45pm			
	Multi-Level Zumba 7:30-8:30pm	Multi-Level Zumba 7:30-8:30pm		Multi-Level Zumba 7:30-8:30pm			

Class Descriptions

Age Guidelines

Ages 13+ May participate in Group Exercise classes without a parent or supervising guardian. If a class involves free weights, a parent or guardian must accompany 13-15 year olds.

Ages 8-12 May participate in Level 1 Group Exercise classes that do not utilize any type of weights. Parent or guardian supervision required.

Levels

Starter Classes-are 30 minute classes geared towards the beginner exerciser.

Level I Classes-are 60 minute classes geared towards the beginner to intermediate exerciser.

Level II Classes-are 60 minute classes geared towards the intermediate to advanced exerciser.

Multi-Level Classes-are 60 minute classes geared to accommodate the beginner to advanced exerciser.

Classes

Abs and More- This class focuses on strengthening the core which include; the abdominal and lower back muscles. Additional exercises that incorporate the upper and lower body cardiovascular training may be added.

AOA- Classes designed for Active Older Adults 55 years and older.

Cardio Circuit-This class alternates muscular strength, cardiovascular activities, kickboxing, and may include latin dance.

Chair Yoga – This yoga class is performed in a chair for those who cannot get up and down from the floor. Enjoy the benefits of yoga breathing, stretching and relaxation while using a chair for support. Good for beginners or those with physical limitations.

Cycle & Strength- This class combines a cardiovascular workout on the stationary bike followed by a strength workout focused on the upper body and core utilizing dumbbells, bands and other equipment.

Cycling/Starter Cycling- This class combines a cardiovascular workout on the stationary bicycle, focusing on proper cycling techniques. Please arrive 15 minutes early for bike setup and bring a water bottle and a towel to class.

Fundamental Yoga - This class is a 60-minute introduction to yoga. Concentrate on improving balance, flexibility, relaxation and breathing techniques.

Group Active - Group Active gives you all the fitness training you need - cardio, strength, balance, and flexibility - in just one hour. Get stronger, fitter and healthier with inspiring music, adjustable dumbbells, weight plates, body weight and simple athletic movements. **ACTIVATE YOUR LIFE!**

Group Core - 30 action-packed minutes of functional and integrated exercises using your body weight, weight plates, a towel and a platform. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and will help strengthen your abs!

Group Fight-Group Fight burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid pace to smash your cardio fitness! From the boxing ring to the fighting cage, Group Fight combines cutting-edge moves with thrilling music. This electric experience is additive! **FIGHT FOR IT!**

Group Power-Blast all your muscles with this high-rep weight training workout for all fitness levels ages 13 and up. Using an adjustable barbell, weight plates and body weight; Group Power combines squats, lunges, presses and curls with functional integrated exercises. Dynamic music from the 70's to today and a motivating group atmosphere will get your heart rate up and push you to your personal best. Power Up!

Kettlebells - This dynamic functional workout uses kettlebells to perform full body movements that develop muscle power, endurance and strength while elevating the heart rate in a fun group environment. Core training will be included.

Kid Fit-Interactive physical activities and games that are FUN for children. Calisthenics type exercises are an integral part of this program.

Pilates-A class designed to strengthen and lengthen the core muscles.

Breathing control and flexibility exercises are used to improve posture, body alignment and overall strength.

Pilates Plus- A combination of Pilates and other formats(tai chi, kickboxing, strength & tone, etc) focused on strengthening the core muscles. Exercises are used to improve body alignment, flexibility and overall strength. Weights, rings, bands, ballet barre and ball may be used.

Piloxing- This classes mixes pilates and boxing as a fat burning, muscle sculpting, core interval workout. Piloxing infuses pilates and boxing movements that incorporates the use of weighted gloves that tone the arms and maximize cardiovascular health.

Pro FIT - A high intensity full body strength and conditioning program to improve agility, stability, stamina, speed and coordination through a variety of challenging workouts. Functional and safe exercises using medicine balls, barbells, kettlebells and other resistance equipment along with cardio/plyometric movements may be performed.

Strength and Tone- Exercises and stretches for the entire body. Free weights, resistance bands and fit balls are utilized.

Y Boot Camp-This exercise class challenges the body with a variety of cardio and strength training techniques.

Calisthenics type exercises are an integral part of this program.

Y-Fusion- A fusion of Pilates and Yoga blending one move into another, the core work of Pilates with the balance and strength of Yoga.

Yoga- Concentrate on improving balance, flexibility, relaxation and breathing techniques. This is a great way to learn how to manage and relieve stress.

Zumba -A cardiovascular workout using Latin inspired dance moves set to international music. Ages 8 and up are welcome.