



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE

Winter 2014

SUNDAY

10:00 am	Core Solutions	Caroline B.	Studio A
10:30 am	Spinning™	Caroline B.	Studio B
10:35 am	Ashtanga Yoga	Lisa	Studio A
11:15 am	Power Sculpt	Caroline B.	MP
1:00 pm	Yoga All Levels	James	Studio A

MONDAY

6:30 am	Kettlebell/Lev 1	Ken	MP
6:30 am	IM=X Reformer/L1+	Greg	Studio A
7:00 am	Spinning™	Rebecca	Studio B
9:00 am	FY/Feeling Fit	Viki	Studio B
10:00 am	Fit & Flexible	Karen	MP
10:00 am	FY/Stretch	Viki	Studio B
12:00 pm	Hatha Yoga	Lindsay	Studio A
12:15 pm	Kickboxing Circuit	Andrew	MP
12:15 pm	*AB*Solute Spin	Susan	Studio B
12:30 pm	Low Impact Aerobics	Karen	Studio C
1:05 pm	Extra Strength	Andrew	MP
1:05 pm	Tai Chi	Roberto	Studio A
5:45 pm	emPOWER	Terrence	MP
5:45 pm	Spinning™	Hillarey	Studio B
6:15 pm	Core Solution	Karen	Studio C
6:30 pm	Advanced Step	Sam	MP
6:30 pm	Hatha Yoga	Lindsay	Studio A
6:35 pm	Spinning™	Brent	Studio B
7:00 pm	M.E.L.T.™	Jonathan	Studio C
7:30 pm	Zumba™	Sarah	Studio B
7:35 pm	Deep Definitions	Brent	MP
8:30 pm	Spinning™	Brent	Studio B
8:35 pm	Capoeira™	Rosella	MP

TUESDAY

6:30 am	Boot Camp	Binky	Studio B
7:00 am	Power Yoga	Nodira	Studio A
7:15 am	Stretch	Binky	Studio B
9:00 am	FY/Feeling Fit/Lev 1	Viki	Studio B
10:00 am	Tabata Bootcamp™	Greg	MP
10:00 am	FY/Strength/Lev 2	Karen	Studio B
11:00 am	Qigong	Rob	Studio A
12:15 pm	Total Body Blast	Robinson	CC 4thFl.
12:15 pm	Strength	Karen	MP
12:15 pm	Zumba™	Sophia	Studio A
12:15 pm	Spinning™	Andrew	Studio B
12:30 pm	Prenatal Yoga	Lindsay	Studio C
1:05 pm	Core Solution	Karen	Studio B
1:05 pm	Zumba+	Sophia	MP
1:05 pm	Hatha Yoga	Rob	Studio A
5:30 pm	Kettlebell/Lev 2	Terrence	MP
6:10 pm	Beg. Karate	Leighton	Studio C
6:15 pm	Spinning™	Terrence	Studio B
6:15 pm	Vinyasa Yoga	Kristin	Studio A
6:30 pm	Hi-Lo Aerobic	Hillarey	MP
7:10 pm	Adv. Karate	Leighton	Studio C
7:30 pm	Spinning™	Garner	Studio B
7:30 pm	Nia™	Kristin	Studio A
7:30 pm	Ultimate Abs	Brent	MP
8:10 pm	Adv. Karate	Leighton	Studio C

WEDNESDAY

6:30 am	Spinning™	Rebecca	Studio B
7:00 am	IM=X Reformer/L1	Annette	Studio A
7:00 am	Vinyasa Yoga+	Hess	Studio B
7:15 am	Cardio Combo+	Greg	MP
8:30 am	FY/Body Cond.	Lillian	Studio B
9:00 am	Three-Two-One	Lillian	Studio B
10:00 am	Vinyasa Yoga	Nicole	Studio A
10:00 am	Zumba Gold™	Yurie	Studio B
12:15 pm	IM=X Reformer/L2	Jacqueline	Studio A
12:15 pm	Power Sculpt	Annette	MP
12:15 pm	Spinning™	Sam	Studio B
12:30 pm	Low Impact Aerobics	Karen	Studio C
1:05 pm	Boxercise	Michael	Studio B
1:05 pm	Hatha Yoga	Suzanne	Studio A
1:10 pm	Mat Pilates	Jacqueline	MP
5:30 pm	Strength	Karen	MP
5:45 pm	Spinning™	Annette	Studio B
6:00 pm	Mat Pilates	Theresa	Studio A
6:00 pm	Tai Chi	Roberto	Studio C
6:30 pm	emPOWER	Terrence	MP
6:35 pm	Spinning™	Brent	Studio B
6:50 pm	Hatha Yoga	Nodira	Studio A
7:15 pm	Interval Training	Greg	MP
7:30 pm	Deep Definitions	Brent	Studio B
8:15 pm	Capoeira™	Rosella	MP
8:30 pm	Spinning™	Brent	Studio B

THURSDAY

6:30 am	Boot Camp	Binky	Studio B
7:00 am	Power Yoga	Kristin	Studio A
7:15 am	Stretch	Binky	Studio B
9:00 am	FY/Feeling Fit/Lev 1	Viki	Studio B
10:00 am	Zumba™	Yurie	MP
10:00 am	FY/Strength/Lev 2	Karen	Studio B
11:00 am	FY/Tai Chi	Roberto	Studio B
12:15 pm	Strength	Karen	MP
12:15 pm	Spinning™	Annette	Studio B
12:15 pm	Core Connection	Leslie	Studio A
12:15 pm	Prenatal Yoga	Lindsay	Studio C
1:05 pm	Core Solution	Karen	Studio B
1:15 pm	Cardio Combo+	Greg	Studio A
1:15 pm	Kettlebell/Lev 1	Viki	MP
2:15 pm	Mommy & Me Yoga	Kristin	Studio A
5:30 pm	Extra Strength	Andrew	MP
5:30 pm	Hatha Yoga	Joelle	Studio A
6:10 pm	Beg. Karate	Leighton	Studio C
6:30 pm	Power Yoga	Suzanne	Studio A
6:30 pm	Kettlebell/Lev 1	Andrew	MP
6:30 pm	Zumba	Wilber	Studio B
7:10 pm	Adv. Karate	Leighton	Studio C
7:30 pm	Ultimate Abs	Caroline R.	Studio B

FRIDAY

7:00 am	Spin Intervals	Caroline B.	Studio B
7:00 am	IM=X Reformer/L2	Annette	Studio A
8:15 am	FY/Body Cond.	Lillian	Studio B
9:00 am	FY/Feeling Fit	Lillian	Studio B
10:00 am	Hatha Yoga	Lindsay	Studio A
10:00 am	Zumba Gold™+	Yvonne	Studio B
10:00 am	Mat Pilates	Theresa	MP
11:00 am	Adult Ballet	Yurie	Studio B
12:15 pm	Zumba™	Wilber	Studio B
12:15 pm	Boot Camp	Michael	MP
12:15 pm	20/20	Karen	Studio C
12:15 pm	Hatha Yoga	Lindsay	Studio A
1:05 pm	Power Sculpt+	Caroline B.	MP
1:05 pm	Spin in the Zone	Ellen	Studio B
1:30 pm	M.E.L.T.™	Jonathan	Studio A
5:30 pm	20/20+	Karen	MP
5:45 pm	Zumba™	Gina	Studio A
6:15 pm	Kettlebell/Lev 2	Terrence	MP
6:30 pm	Spinning™	Sam	Studio B
6:55 pm	Gentle Yoga	Rob	Studio A
7:15 pm	Core Solution	Sam	Studio B

SATURDAY

9:00 am	Tai Chi	Roberto	Studio C
10:00 am	Vinyasa Yoga	Kristin	Studio A
10:00 am	Hi-Lo Aerobic	Hillarey	MP
10:45 am	Spinning™	Ellen	Studio B
11:00 am	Power Sculpt	Hillarey	MP
11:30 am	IM=X Reformer/L2	Jacqueline	Studio A
12:00 pm	Zumba™	Yuri	MP
12:15 pm	IM=X Reformer/L1	Jacqueline	Studio A
1:15 pm	Yoga & Intro to Meditation	James	Studio A

Room Locations

Multi Purpose (MP)	2nd Fl.
Life Fitness	2nd Fl.
Prog. Room	2nd Fl.
Gym	2nd Fl.
Weight Room	2nd Fl.
Studio A	3rd Fl.
Studio B	3rd Fl.
Circuit Center (CC)	4th Fl.
Studio C	1st Fl.

Please note that all classes listed in **BOLD** type are **FEE-BASED** classes. Classes and instructors are subject to change without notice. For information on fitness class schedules, please call Adam Gruberger, Senior Healthy Lifestyles Director at 212-912-2523 or agruberger@ymcanyc.org

+ Notes new class.

GROUP FITNESS CLASS DESCRIPTIONS

YOGA MIND/BODY CLASSES

Gentle Yoga

Designed to teach basic yoga postures that will enhance flexibility, strength and balance and promote relaxation.

Hatha Yoga

A yoga class that integrates postures, breathing exercises, relaxation and meditation to stretch, strengthen and condition. All levels are welcome.

Vinyasa Yoga

Flowing sequences of yoga poses linked together by an emphasis on breathing technique.

Power Yoga

A more athletic-based yoga class with challenging movements. Recommended for advanced yoga practitioners.

Ashtanga Yoga

Focuses on a specific sequence of postures, which are linked through movement and breath. The aspects to this practice include engagement of the internal locks and deep breathing which are used to assist the regulation of the flow of energy or life force. Recommended for advanced yoga practitioners.

Tai Chi

An ancient form of mind body exercise that uses purposeful, slow movements in a form of meditative exercise for relaxation, health and self defense.

QiGong

Qigong is a Chinese art and science of healing using breathing sequences, gentle movement and meditation to increase life force energy (Qi).

Mat Pilates

Based on original Pilates techniques, this class is designed to restore muscular balance, improve posture, help prevent injury and build strength and flexibility. All levels welcome.

M.E.L.T™

The M.E.L.T method is a revolutionary approach to pain-free living that will change the way you take care of your body. This is the first fitness program to focus on the connective tissues by using rollers and special balls for hands and feet. This class is appropriate for all ages and fitness levels.

Core Connection

An effective and challenging class which incorporates Pilates, yoga and breath work. To strengthen, lengthen and connect to your core on a deeper level.

Prenatal Yoga*

Expectant mothers will learn to stretch, strengthen, focus and relax. This class will help prepare you physically and mentally for the experience of childbirth.

Mommy & Me Yoga

Moms, come and stretch, strengthen and enjoy your baby! This is a yoga class for moms who are at least 6 weeks postpartum. Connect and bond with baby while practicing gentle yoga postures. Babies: from 6 weeks to 9 months.

*A physician's approval is required for non-members to participate in these classes.

MARTIAL ARTS/AEROBICS CLASSES

emPOWER

This workout focuses on all parts of the body, combining boxing moves with strength work. Enjoy this high-energy workout challenge.

Capoeira™

This exciting Brazilian martial arts class combines music, dance, and traditional movements. The goal is to increase flexibility, balance, agility and overall coordination and strengthen mental and physical concentration.

Kenshikai-Kan Karate

This class offers a comprehensive program of movement, self-defense and meditation. Regular participation develops strength, agility, flexibility and coordination along with focus and peace of mind.

STRENGTH TRAINING CLASSES

Core Solution/Ultimate Abs

This class focuses on abdominal, back and core muscle training and stabilization to improve the body's overall functional strength.

Strength

This non-aerobic workout targets individual muscle groups building muscular strength and endurance.

Extra Strength

The weight room moves into the studio for this advanced workout. Maximum results in minimum time build muscular strength and endurance.

Boot Camp

An efficient circuit training workout that challenges your entire body, utilizing calisthenics such as pushups, jumping jacks, crunches and other body weight exercises.

Tabata Boot Camp™

Tabata Boot Camp is a highly effective, total body, strength and cardio workout that incorporates on full Tabata. A Tabata is a short 20 sec. interval followed by 10 sec. of rest. Intervals are stacked in a cycle of 8 creating an amazing final 4 min. push to your workout.

Deep Definitions

Sculpt and define every inch of your body in this power weight class.

Interval Training

Supercharge your fitness with this challenging class of high speed, high intensity work alternated with recovery periods of low intensity.

Kickboxing Circuit

A circuit training class combining cardiovascular kickboxing moves with intervals of strength training.

Fit & Flexible

This class uses only body resistance for the workout. The student is led through 15 minutes of abs, 15 minutes of lower body, followed by a full 15 minutes of stretching and lengthening the various muscle groups.

Kettlebells

This is a total body workout that blends highly effective techniques for improving muscular endurance, total body coordinated movements and cardiovascular conditioning. Each movement and progression is taught with an emphasis on safety, highlighting essential body alignment. Take your body to the next level with Kettlebell training!

Power Sculpt

This is a high-powered class combining strength training with cardiovascular intervals that include plyometrics and basic boot camp drills. A strong emphasis is placed on core muscle recruitment and endurance.

AEROBIC/DANCE CLASSES

Advanced Step

This high-intensity workout is filled with advanced choreography that uses every angle of the bench! Prior step experience is advised.

20/20

A cardio workout for all fitness levels. Class includes warm-up, strength, aerobics, and ends with stretch.

Hi-Lo Aerobic

An energizing workout that combines both high and low impact movements. Modifications will be shown so participants can choose their own levels of intensity and impact.

Nia™

A free flowing movement class to stimulating music that combines elements of tai-chi, yoga and dance. Individual expression is encouraged to achieve physical, mental, emotional and spiritual fitness and well-being.

Zumba™

Zumba™ is a fusion of Latin and International music, utilizing dance themes that create a dynamic, exciting, effective fitness program. The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Zumba Gold™

Zumba Gold™ targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. It's a dance-fitness class that feels friendly, and most of all, fun. Beginners welcomed.

Cardio Combo

Cardio Combo is a mix of cardio, kickboxing and plyometric challenges to build overall muscular strength and endurance turning I can't to I can

SPINNING CLASSES

Spinning™

A great cardio workout of simulated road bike riding to energizing music, appropriate for all fitness levels. You can adjust your workout to match your personal level. The instructors will lead you on a ride designed to improve your fitness on a variety of levels.

Spin Intervals

This class will work on the concept of race riding using timed spinning intervals at various times throughout the class.

Endurance Spin

This class focuses on endurance on hills and sprints. Focus is on specific muscle groups recruited for endurance riding.

Spin in the Zone

This class focuses on heart rate training while spinning. Personal heart rate monitors are used, but are not required for class.

"Ab"solute Spin

One full hour of spinning followed by 30 minutes of core/abdominal work. Come for 60 minutes or stay 'til the end! A real challenge!

FOREVER YOUNG/AOA CLASSES

The Vanderbilt YMCA offers a comprehensive health and fitness program as well as a schedule of social events for Active Older Adults 55 years of age and over.

FY/Feeling Fit

This class provides a complete workout that encourages you to go at your own pace. The workout combines low-impact aerobics, body conditioning and flexibility exercises.

FY/Body Conditioning and FY/Strength

A comprehensive weight training class geared towards the Active Older Adult. Ab and Stretch work included.

FY/Three-Two-One

This one-hour interval class consists of a rotation of 3 minutes of aerobic training, 2 minutes of strength training and 1 minute of abdominal training.