



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE CLASSES

TAYLOR BEND FAMILY YMCA

Jan 2– Apr 1

All classes are multi-level unless otherwise stated. For your safety, please do not enter a class more than five minutes after it has begun.

Classes that consistently have fewer than eight participants are subject to cancellation.

Cycling Classes

If you are new to Group Cycling classes, please arrive 15 minutes early for a bike fitting.

Age Guidelines

Ages 13+ may participate in all Group Exercise classes without a parent or supervising guardian.

Ages 8–12 may participate in Level I Group Exercise classes with a parent or supervising guardian.

For their safety, children **ages 13 and younger** may not participate in a Level II Group Exercise/Cycling class. In order to properly fit the bikes, the minimum height requirement is five feet.

Introductory, starter and multi-level classes are considered Level I.

Class Locations

- Group Exercise Studio
- Spirit/Mind/Body Studio
- Group Cycling Studio
- Gymnasium



Limited to 65 people. Tickets are required for Tuesday, Wednesday and Thursday night classes only. Pick up your ticket at the front desk starting at 6pm. All ticket and non-ticket class participants are asked to line up downstairs by the family locker room ten minutes prior to class start time. This does not include the Tuesday 4:15pm, Wednesday 1:00pm, Thursday 4:15 or Friday 5pm class.



Limited to 35 people. Tickets are not required for this class but you must line up downstairs by the family locker room ten minutes prior to class time.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycling 6–7am	Cardio Circuit 5:30–6:15am	Cycling 6–7am	Cardio Circuit 5:30–6:15am	Cycling 5:30–6:30am		
Stretch, Move & Bend 8–9am	Abs & More 8:30–9am	Stretch, Move & Bend 8–9am	Abs & More 8:30–9am	Stretch, Move & Bend 8:10–9:10am	Cycling Level II 8–9am	
Abs & More 8:30–9am	Body Design 9:15–10:15am	Abs & More 8:30–9am	Body Design 9:15–10:15am	Abs & More 8:30–9am	Tabata Level II 8:05–8:35am	
Cycling 9:15–10:15am	Pilates Strength 9:15–10:15am	Step 9:15–10:15am	Tabata Level II 9:15–9:45am	Cycling Level II 9:15–10:15	Abs & More 8:40–9am	
Kickboxing 9:15–10:15am	Tabata Level II 9:15–9:45am	Cycling 9:15–10:15am	Step 9:15–10:15am	Kickboxing Strength 9:15–10:15am	Yoga Level II 9:15–10:15am	
Y–Pilates 9:15–10:15am	Cycling 9:30–10:15am	Y–Pilates 9:15–10:15am	Y–Pilates 9:15–10:15am	Y–Boot Camp 9:30–10:30	Step 9:15–10:15am	
Zumba 10:30–11:30am	Zumba 10:30–11:30am	Zumba Toning 10:30–11:30am	Zumba 10:30–11:30am	Zumba 10:30–11:30am	Yoga 9:15–10:15am	
Yoga Level I 10:30–11:30am	Yoga 10:30–11:30am	Yoga 10:30–11:30am	Yoga 10:30–11:30am	Yoga Level I 10:30–11:30am	Cycling 9:15–10:15am	
					Yoga 10:30–11:30am	
					Zumba/Body Design 10:30–11:30am	
					<i>*alternating Saturdays</i>	
Chair Yoga 11:45am–12:45pm	Zumba Gold 12:30–1:30pm	Chair Exercise 11:45am–12:45pm	Zumba Gold 12:30–1:30pm	Chair Yoga 11:45am–12:45pm		Tabata Level II 1–1:30pm
20/20/20 1–2pm		Zumba 1–2 pm				Abs & More 1:40–2pm
						Zumba 2:05–3:05pm
Power Cut 4:15–5:10pm	Body Design <i>*upper body only</i> 4:15–4:45pm	Body Design 4:15–5pm	Zumba 4:15–5:05pm	Zumba 5:00–5:50pm		Yoga
Zumbatomic For ages 4–12 5–5:30pm	Cycling 4:15–5pm	Y–Boot Camp 5:10–6pm	Cycling 4:15–5pm			
Step 5:20–6:10pm	Tabata Level II 4:50–5:20pm	Cycling 5:15–6pm	Yoga Level I 5–6pm			
Abs & More 5:35–6pm	Yoga Level I 5–6pm		Tabata Level II 5:10–5:45pm			
	Abs & More 5:30–6pm		Abs & More 5:50–6:10pm			
Cycling 6:15–7:15pm	Body Design 6:15–7:15pm	Step Level II 6:15–7:10pm	Kickboxing Strength 6:15–7:15pm			
Yoga 6:15–7:30pm	Cycle & Strength 6:15–7:15pm	Cycling 6:15–7:15pm	Cycling 6:15–7:15pm			
Kickboxing 6:15–7:15pm	Y–Pilates 6:15–7:15pm	Yoga 6:15–7:30pm	Zumba 7:20–8:20pm			
Y–Boot Camp 6:20–7:10pm	Zumba 7:20–8:20pm	Zumba 7:20–8:20pm	Zumba 7:20–8:20pm			
Body Design 7:20–8:20pm						
Zumba 8:30–9:30pm						



CLASS DESCRIPTIONS

Starter classes are geared toward the beginner exerciser. There are no limits for attending Starter classes—feel free to attend as often as you wish.

Multi-Level classes are geared to accommodate beginning to advanced exercisers. All of our classes are multi-level unless otherwise specified.

CLASSES

20/20/20 is a total body workout and includes 20 minutes of cardiovascular conditioning, 20 minutes of strength training and 20 minutes of core exercises and stretching.

Abs & More focuses on strengthening the core muscles which include the abdominals and lower back. Additional exercises that incorporate the upper back may be included.

Body Design strengthens and conditions the entire body using free weights, exercise tubing or other equipment.

Boot Camp challenges you with a variety of cardio and strength training techniques through Calisthenic-type exercises.

Cardio Circuit alternates muscular strengthening exercises with cardiovascular activities.

Chair Exercise is perfect for the active older adult and is primarily performed in a chair (although some standing exercises may be incorporated). Tubing and other equipment may be used to improve strength, and yoga movements to improve flexibility and balance.

Chair Yoga will help you gain strength, flexibility, relaxation and balance through Yoga movements done utilizing a chair. This class is a great way to introduce yourself to the wonderful world of Yoga.

Cycle & Strength combines a cardiovascular workout on the stationary bike followed by a strength workout focusing on the upper body and core utilizing dumbbells, bands and other equipment. Please bring a towel and water.

Cycling is performed on a stationary bicycle, focusing on proper body alignment and cycling techniques. Please bring a towel and water. A bike fitting is required before attending first cycling class.

Kickboxing combines shadow boxing, kickboxing and sports drills to involve the whole body.

Kickboxing Strength combines shadow boxing, kickboxing and sports drills to involve the whole body followed by strength moves using kickboxing fundamentals.

Pilates strengthens and lengthens core muscles. Breathing control and flexibility exercises are used to improve posture, body alignment and overall strength.

Pilates Strength is a class that uses Pilates exercises to build core strength, with upper and lower body conditioning included. Weights, balls and bands may be used in this class.

Power Cut conditions the muscles of the entire body with repetitions set to music using plate-loaded bars, and may also include use of dumbbells, resistance tubing, bands and stability balls.

Stability Ball is a great total body conditioning class that enhances balance and strength with the use of a stability ball. Free weights and other equipment may be used.

Starter Cycling is a lower intensity version of our regular Cycling class, geared for those new to cycling. This class includes a bike fitting and orientation as part of the class.

Starter Step is a lower intensity version of our regular Step class, geared for starter exercisers.

Step is an aerobic class that utilizes choreography on a step platform throughout the workout. Class may include abdominal and conditioning exercises.

Strength & Tone conditions the entire body using resistance exercises to develop muscular strength and endurance. Hand weights, balls and more may be used during the class.

Stretch, Move & Bend is designed for active older adults and others who want to focus on increasing cardiovascular fitness, strength, balance and flexibility. Class includes low-impact movement performed at a lower intensity along with muscle conditioning and exercises for flexibility and balance.

Tabata training incorporates a circuit comprised of strength and cardio exercises. The basic Tabata concept is to exercise at high intensity for 20 seconds, followed by 10 seconds of rest. This process is repeated 8 times, all to be completed in 20 minutes. Class begins with a 5-minute warm up and ends with a 5-minute cool down.

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

Zumba is a cardiovascular workout that uses Latin-inspired dance moves set to international music. (Appropriate exercise or dance shoes are required for all participants.)

Zumbatomic is a new way to get the kids off the couch, away from video games and into fitness! This Latin-inspired workout is based on the same elements as adult Zumba®, but with easy-to-follow moves to create a unique fitness program for kids 4-7 and 6-12 years old. It is an exciting new way for kids to exercise and have fun while learning to dance! Children signed in to Stay & Play should be registered for this class in the Stay & Play area. Children signed in to the Interactive Zone will be given the option of participating

Zumba Gold is designed to take into consideration the physical needs associated with older adults.

Zumba Toning is a higher-intensity Zumba® class that incorporates a calorie-burning, strength-training workout using lightweight, maraca-like Toning Sticks to enhance rhythm and tone the body.

YMCA OF SOUTH HAMPTON ROADS

Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. • www.ymcashr.org