



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE CLASSES

INDIAN RIVER FAMILY YMCA

Winter 2013

January-April

All classes are multi-level unless otherwise stated. Each class includes a warm-up, work phase and cool-down. For your safety, please do not enter a class more than five minutes after it has begun.

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

Cycling Classes

If you are new to Group Cycling classes, please arrive 15 minutes early for a bike fitting. Please bring a towel and a bottle of water to class.

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

GX Group Exercise Studio
SMB Spirit/Mind/Body Studio
GC Group Cycling Studio

Stay & Play Hours

Monday-Friday 8am-Noon
Monday-Thursday 4:30-8pm
Friday 4:30-7:30pm
Saturday 8am-Noon
Sunday Noon-3pm

Interactive Zone Hours

Monday-Thursday 4:30-8pm
Friday 4:30-7:30pm
Saturday 8am-Noon
Sunday Noon-3pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle 6-7am (GC)	Cardio Circuit 6-7am (GX)		Cycle & Strength 6-7am (GC)			
Yoga 8-9am (GX)	Body Design 8:30-9:30am (GX)	Yoga 8:30-9:30am (GX)	Body Design 8:30-9:30am (GX)	Pilates 8:15-9:15am (GX)	Body Design 8:30-9:30am (GX)	
Cycle 8:30-9:15am (GC)	Cycle 9:30-10:30am (GC)	Cycle 9:30-10:30am (GC)	Cycle 9:30-10:30am (GC)	Cycle 9:30-10:30am (GC)	Starter Cycle 8:45-9:15 (GC)	
Body Design 9:30-10:30am (GX)	Chair Yoga 9:30-10:30am (SMB) Level I	Body Design 10:30-11:15am (GX)		Zumba 10:30-11:30am (GX)	Cycle 9:30-10:30 (GC)	
					Zumba 10:30-11:30am (GX)	
Zumba 11am-Noon (GX)						Cycle 1:30-2:30pm (GC)
Cycle 5:30-6:15pm (GC)	Cycle 5:30-6:15pm (GX)	Cycle 5:30-6:30 pm (GC)	Cycle & Strength 5:30-6:30pm (GC)	Cycle & Strength 5:30-6:30pm (GC)		
Step Interval 5:30-6:30pm (GX)	Kickboxing 5:30-6:30pm (GX) Level II	Zumba 5:30-6:30pm (GX)	Drums Alive 5:30-6:00pm (GX)			
Low Impact 5:30-6pm (SMB) Level I						
Abs & More 6-6:30pm (SMB) Level I	Cycle 6:30-7:30pm (GC)	Yoga 6:35-8:05pm (GX)	Strength & Tone 6:00-6:30 pm (GX)	Zumba 6:00-7:00pm (GX)		
Cycle 6:30-7:30pm (GC)			Tai Chi 6:30-7:30pm (SMB) Level I			
Zumba 6:35-7:35pm (GX)	Yoga 6:35-7:35pm (GX)		Pilates 6:35-7:35pm (GX)			



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.

Level I Classes are 15 – 60 minute classes geared towards the beginner to intermediate exerciser.

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

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.

Cardio Circuit alternates muscular strengthening exercises with cardiovascular activities.

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.

Low Impact – This is a cardiovascular workout using movements where one foot always remains on the floor, putting minimal stress on the joints. Class may include some muscle conditioning exercises.

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

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 Zumba is a lower intensity version of our regular Zumba 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.

Step Interval combines step aerobics and strength training for a total body workout

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.

Tai Chi is an ancient Chinese discipline focused on slow, fluid movements for balance, control, precision, strength and flexibility.

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.)

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