

**Greater Rochester YMCA Northwest Family Branch  
Group Exercise Schedule Spring I Session  
February 22 - April 18, 2010**

SUNDAY			THURSDAY				
12:00-1:00 pm	•GentleYoga	Studio	Michelle/Marilana	8:00 am-8:55am	• Cardio Circuit	Studio	Bonnie
<b>MONDAY</b>				9:00 am- 9:55 am	•Body Conditioning	Studio	Christine
7:00 am-7:55 am	** Cycle	Studio	Jess	9:00 am-9:55 am	•GentleYoga	Gym	Bonnie
8:00 am-8:55 am	•Feeling Fit	Studio	Bonnie	10:00 am-10:55 am	**IM=X Pilates	Studio	Alyssa
8:00 am-8:55 am	•Body Conditioning	Gym	Sherry	10:30 am-11:25 pm	•Line Dancing	Gym	Lynnora
9:00 am-9:55 am	•Step Aerobic	Studio	Emilie	11:15 am-12:00 pm	•SilverSneakers® II	Studio	Lisa
9:00 am-9:55 am	•Qi Gong	Gym	Kathy	12:05 pm-12:50 pm	•SilverSneakers® Yoga Stretch	Studio	Lisa
10:10 am-11:05 am	•GentleYoga	Gym	Bonnie	5:00 pm-5:55 pm	•► Cycle	Studio	Lan/Kim
10:15 am -11:10 am	•Feeling Fit Plus	Studio	Lisa	6:00 pm- 6:55 pm	**Cardio Kickboxing	Studio	Mandie
11:15 am-12:00 pm	•SilverSneakers® II	Studio	Lisa	7:00 pm-7:55 pm	•► Cycle	Studio	Linda
11:15 am-12:10 am	•SilverSneakers® I	WB	Bonnie	8:00 pm-9:30 pm	**Inter./Advanced Tai Chi	Studio	Robert
12:15 pm-1:10 pm	•SilverSneakers® I	Studio	Mindy	<b>FRIDAY</b>			
5:00 pm-5:55 pm	•Step Aerobic	Studio	Karen	7:00 am-7:55 am	**Cycle	Studio	Jess
6:00 pm-6:25 pm	▲Core Muscle	Studio	Mandie	8:00 am-8:55 am	•Feeling Fit	Studio	Julie
6:30 pm-7:25 pm	** Cardio Training Camp	Studio	Mandie	8:00 am-8:55 am	•Body Conditioning	Gym	Bonnie
7:00 pm-8:30 pm	▲Beg. Level Tai Chi	SKR	Robert	9:00 am-9:55 am	•Qi Gong	Studio	Kathy
7:30 pm-8:25 pm	• Active Yoga	Studio	Alyssa	9:00 am- 9:55 am	•Zumba	Gym	Shelley
<b>TUESDAY</b>				10:10 am-11:05 am	•Yoga	Gym	Christine
8:00 am-8:55 am	• Cardio Circuit	Studio	Bonnie	10:15 am -11:10 am	•Feeling Fit Plus	Studio	Lisa
9:00 am- 9:55 am	•Zumba	Gym	Andrea	11:15 am-12:00 pm	▲Zumba Gold	Studio	Shelley
9:00 am-9:55 am	•GentleYoga	Studio	Alyssa	12:15 pm-1:10 pm	•SilverSneakers® I	Studio	Lisa
10:00 am-10:55 am	**IM=X Pilates	Studio	Emilie	5:00 pm-5:55 pm	**IM=X Pilates	Studio	Emilie
11:15 am-12:00 pm	•SilverSneakers® II	Studio	Mindy	<b>SATURDAY</b>			
12:05 pm-12:50 pm	•SilverSneakers® Yoga Stretch	Studio	Mindy	7:10 am-7:55am	**Cycle	Studio	Michelle/Jess
5:00 pm-5:55 pm	•► Cycle	Studio	Emilie	8:00 am-8:55 am	•Body Conditioning	Studio	Bonnie/Lani
6:00 pm- 6:55 pm	**Cardio Kickboxing	Studio	Wendy	9:00 am-9:55 am	**Advanced Step	Studio	Emilie/Rebecca
7:00 pm-7:55 pm	•Body Conditioning	Studio	Wendy	10:00 am 10:55 am	** Cardio Training Camp	Studio	Mandie
7:30 pm-8:25 pm	•Zumba	Gym	Shelley				
8:00 pm-9:30 pm	**Inter./Advanced Tai Chi	Studio	Robert				
<b>Wednesday</b>							
7:00 am-7:55 am	**Cycle	Studio	Jess				
8:00 am-8:55 am	•Feeling Fit	Studio	Bonnie				
8:00 am-8:55 am	•Body Conditioning	Gym	Sherry				
9:00 am-9:55 am	•Step Aerobic	Studio	Emilie				
9:00 am-9:55 am	•Qi Gong	Gym	Kathy				
10:15 am -11:10 am	•Feeling Fit Plus	Studio	Lisa				
11:15 am-12:00 pm	•SilverSneakers® II	Studio	Lisa				
11:15 am-12:10 am	•SilverSneakers® I	WB	Julie				
12:15 pm-1:10 pm	•SilverSneakers® I	Studio	Lisa				
5:00 pm-5:55 pm	**IM=X Pilates	Studio	Alyssa				
6:00 pm-6:25 pm	▲Core Muscle	Studio	Angelia/Rebecca				
6:30 pm-7:25 pm	**Advanced Step	Studio	Angela/Rebecca				
7:30 pm-8:25 pm	• Active Yoga	Studio	Bonnie				

▲ A great place to start! All fitness levels welcome.  
 ● All fitness levels welcome  
 \*\*Intermediate/Advanced fitness levels suggested  
 ◎ Membership benefit, registration required  
 ► Space is limited! Need ticket from Member Service Desk

Key for Rooms:

Studio = Aerobic Studio Upstairs  
 Gym = Gymnasium, 1st floor  
 WB = Wegman B Room, 1st floor  
 SKR = Strong Kids room, 1st floor



# Group Exercise Class Descriptions

**STEP AEROBICS** - Emphasis is on basic step movements. No previous step aerobic experience is necessary.

**ADVANCED STEP** - This class has more challenging choreography and arm movements. Prior step aerobics experience is required. This is an advanced fitness level class.

**STEP CIRCUIT** - This class uses timed segments alternating from step aerobics to muscle conditioning activities. The circuit segment provide you with a complete body workout.

**CARDIO CIRCUIT** - Class will consist of timed segments alternating from various aerobic activities to strength building exercise.

**CARDIO INTERVAL** - An intermediate to advanced level cardio training class which uses short, high intensity cardio segments followed by longer low intensity recovery segments. Class finishes with abdominal and low back exercises and flexibility stretches.

**CARDIO TRAINING CAMP** - An athletic cardiovascular and strength training class including sports drills and traditional calisthenics. This program is focused on endurance, strength, speed and power rather than choreography.

**YMCA CYCLE REEBOK** - The instructor takes the class through a virtual "mind trip on wheels" - This is a fun and challenging mode of exercise that appeals to everyone and will keep you in top physical condition. **This class is limited to 23 participants. First come, first served. Numbers are available at the front desk.**

**CARDIO KICKBOXING** - A high intensity interval workout utilizing well-defined movements that include kicks and punches. Class concludes with muscle conditioning and flexibility.

**Gulick Gym** - This is a beginner level 40 minute circuit. You will gain confidence, strength and endurance. This program is focused on helping new exercisers begin a workout and be successful.

**SILVERSNEAKERS® I** - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand held weight, elastic tubing with handles and a ball are offered for resistance. A chair is used for seated stretching and relaxation exercises.

**SILVERSNEAKERS® II** - Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

**SILVERSNEAKERS® YOGA STRETCH** - Having fun while improving balance, learning restorative breathing techniques and functional skills using a variety of standing and seated yoga poses.

**Feeling Fit** - Exercise can help delay some of the effects of aging. This total fitness program allows you to work at the pace that's right for you. The workout combines low impact aerobics, strength exercises and flexibility.

**Feeling Fit Plus** - This class has more intricate choreography and a higher intensity level. Feeling Fit experience is advised.

**IM-X PILATES** - In a series of exercise sequences you will develop superior core muscle power and postural endurance, which helps to optimize physical performance. Joint stabilization, back strength and hip flexibility are just some of the benefits you will receive from this unique workout.

**ACTIVE YOGA** - A program designed to provide a holistic approach to exercise. Yoga poses are used to build strength, cardiovascular endurance and enhance flexibility. Participants will relieve stress and tension, working inwards while working out.

**GENTLE YOGA** - This relaxing program offers slow stretching and strengthening of the body to improve posture and focus the mind. The class will include instruction of proper breathing, meditation and relaxation techniques.

**RESTORATIVE YOGA** - Restorative yoga will help to reset and restore balance in the body and release stresses of daily life. In this class we will enjoy some gentle stretches which will encourage the body to switch from operating in our fast paced life into a relaxed state so that the body can sink

more restfully in supported postures. Come and experience the difference a little bit of rest will make in your life. **(Registration is required for this class)**

**TAI CHI** - An ancient blend of mental concentration and gentle physical activity.

Taught in a martial arts form, the course emphasizes flexibility, balance, body control, stretching, breathing and energizing. No physical contact.

**QI GONG** - The ancient Chinese healing art of Qi Gong decreases stress and improves healthy vitality. These gentle exercises combine visualization, breathing and body movements to promotes relaxation and energizes the body.

**HIP HOP** - This dance fitness class incorporates street moves and hip-hop funk music for fun, invigorating, low impact workout. No dance experience necessary.

**Zumba Gold** - This class offers an introduction to the Advanced Zumba class. Zumba Gold offers the same benefits as Zumba in a 45 min. lower intensity.

**ZUMBA** - The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got ZUMBA!

**LINE DANCING** - Students are exposed to a variety of fun and innovative dance steps that are choreographed to old and new country music beats. This class will offer the opportunity to have fun while improving your fitness levels.

**CORE MUSCLE** - A 30 minute class offering a balance of abdominal and lower back exercises designed to strengthen your core muscles and sculpt those abs!

**BODY CONDITIONING** - Through non-aerobic exercise, participants work toward developing muscle fitness. Participants will work opposing muscle groups, abs and back and conclude with flexibility.

**BODY CONDITIONING** - Through non-aerobic exercise, participants work toward developing muscle fitness. Participants will work opposing muscle groups, abs and back and conclude with flexibility.

**IM-X Plates** - Integrated Movement Exercise is a program based on Plates. In a series of exercise sequences you will develop superior core muscle power and postural endurance, which helps optimize physical performance. Joint stabilization, back strength and hip flexibility are just some to the benefits you will receive from this unique workout.



YMCA OF GREATER  
**ROCHESTER**

*Northwest Family Branch*