

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Hampton Family YMCA

1322 LaSalle Avenue, Hampton VA 23669

(757) 722-9044

September-10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	YCYCLE (M) 6:00 - 7:00am Jack		YCYCLE (M) 6:00 - 7:00am Jack		
	FOF(L) 7:50 -9:00am Heather		FOF (L) 7:50 -9:00am Heather		Turbokick (M) 8:15 -9:10am Pam
PowerCut (★) 9:10 - 10:10am Paula	Interval (M) 9:15 - 10:15am Pat	PowerCut (★) 9:15 - 10:15am Lori	Interval 9:15 - 10:15am Pat	PowerCut (★) 9:15 - 10:15am Pat	Step (★) 9:15 - 10:15am Robbie
Silver Sneakers CC/Yoga (L) 10:15 - 12pm Robbie	Silver Sneakers MSROM (L) 10:30 - 11:30am Robbie		Silver Sneakers MSROM (L) 10:30 - 11:30am Robbie	YCYCLE (★) 9:15 - 10:15am Arlyne	YCYCLE (★) 9:00 - 10:15am Carol
ZUMBA(L) 11:05 - 12:05p Sobi		ZUMBA (M) 10:30 - 11:30am Marsha			Bootcamp (M) 10:30 - 11:30 Cristi and Shay
				Bootcamp (M) 12:10 - 1:00pm Minisa	ZUMBA (★) 12:00- 1:00pm Marsha
					SUNDAY
Turbokick (M) 4:30 - 5:25pm Wendy	PowerCut (L) 4:30 - 5:25pm Wendy	Step and Tone (M) 4:30 - 5:25pm Ginny	PowerCut (L) 4:30 - 5:25pm Kiki		
YCYCLE (M) 5:45 - 6:45pm Carol	YCYCLE (M) 5:30 -6:30pm KiKi	YCYCLE (M) 5:45 - 6:45pm Carol	YCYCLE (M) 5:30 - 6:30pm Wendy	YCYCLE (M) 5:45 - 6:45pm Mona	YCYCLE (M) 1:30 - 2:30 pm Jack
Step and Tone (★) 5:30 - 6:25pm Ginny	StepChallenge (★) 5:30 - 6:25pm Tracy	Turbokick (M) 5:30 - 6:25pm Wendy	Step and Tone (★) 5:30 - 6:25pm Robbie		
PowerCut (★) 6:30 - 7:30pm Tanika	ZUMBA (L) 6:30 - 7:30pm Marsha	PowerCut (★) 6:30 - 7:30pm Shay	ZUMBA (L) 6:30 - 7:30pm Marsha	ZUMBA (L) 6:30 - 7:30pm Marsha	

(★) All intensity levels (L) Low (M) Medium (H) High

It is recommended that you consult your physician prior to starting any exercise program.

A branch of Peninsula Metropolitan YMCA - 101 Long Green Blvd., Yorktown, VA 23693

Revised Date:

9/4/2010

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Hampton Family YMCA Spirit, Mind and Body Room

September-10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pilates (L) 9:10 - 10:10am Lori	Fit Yoga (M) 9:15- 10:30am Heather		Fit Yoga (M) 9:15- 10:30am Heather		
Prenatal Yoga (L) 5:00 - 6:00pm Karen					
Fit Yoga (L) 6:00 - 7:00pm Jacki	Taewresdo (M) 6:30 - 8:00 pm Abe	Fit Yoga (L) 6:30 - 7:45 Kim	Taewresdo (M) 6:30 - 8:00 pm Abe		
(★) All intensity levels (L) Low (M) Medium (H) High					
<p align="center">It is recommended that you consult your physician prior to starting any exercise program.</p>					
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Class Name	Description
Boot Camp	A workout that incorporates the military basic training principle to whip you into shape.
Fit Over Fifty	A blend of Cardiovascular and Muscle endurance training focused on the need of a fit over fifty populations
Interval	A cardiovascular activity incorporating resistance equipment. Heart rate level varies with recovery times. Step and/or Hi/Low activity.
Pilates	The Pilates method of body conditioning is a unique system of stretching and strengthening exercises developed over 90 years ago by Joseph H. Pilates. It strengthens and tones muscles, improves posture, provides flexibility and balance, unites body and mind and creates a more streamlined shape.
PowerCut	This is a group fitness muscle conditioning program performed to music using plate-loaded bars. Using this endurance/strength training method results in a lean, toned, and "cut" appearance.
Step	A moderate to high intensity, low impact workout using the step to improve cardiovascular fitness. Each class includes a warm-up, approximately 45 minutes of aerobic exercise, a cool down and an abdominal segment ending with a full body stretch.
Tai Chi	A gentle form of exercise appropriate for all fitness levels. The movements in Tai Chi are graceful and rhythmic. The actions are simple, but emphasize balance and body control. (Fee may apply.)
Turbokick	Martial art and traditional group exercise movements pattern combined with techniques for the ultimate cardiovascular challenge complete with sport specific warm up, intense interval training, strength/endurance training and Tai Chi cool-down.
Yoga	This class includes classic yoga postures and teaches the fundamentals of correct form. You'll use slow and precise body positions to help align and lengthen skeletal and muscular tissue and learn controlled breathing linked to movement for a more conscious, inspiring and relaxing workout. Yoga class begins and ends with meditation to help bring ease and stillness to our busy lives.
Zumba	A blend of Latin and international music to create a dynamic, fun, and effective cardio workout. The class is designed to utilize an interval format, combining various rhythms with movements that tone and sculpt the body.
SilverSneakers® I Class - MSROM	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 weights, elastic tubing with handles and a ball are offered for resistance. A chair is used for seated and/or standing support.
SilverSneakers® II Class - Cardio Circuit	Cardio Circuit is an advanced group exercise class presented in circuit format designed for older adults who have expressed a desire for more cardiovascular and muscular endurance conditioning and have experience with exercise activities requiring advanced levels of agility, balance, and coordination.
Step Challenge	The ultimate class of Step choreography and cardiovascular endurance.
Step & Tone	A total body work out, this class is a moderate to high intensity, low impact workout using the step to improve cardiovascular fitness with intervals of strength training incorporated throughout the class.
Group Cycling	Uses visualization and music cues with self-directed resistance to experience exercise intensity.