

KV YMCA Winter 2010 ~ GROUP EXERCISE SCHEDULE ~ MANCHESTER STUDIO Effective March 1, 2010						
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15-6:00AM	Step Cardio - <i>Janice</i>	Cardio Core & More- <i>Laurie 5:30-6:30AM</i>	Step Cardio - <i>Laurie</i>	Cardio Core & More- <i>Janice 5:30-6:30AM</i>	Step Cardio - <i>Laurie</i>	
6-6:30AM	Abs, Back & Balance - <i>Janice</i>		Abs, Back & Balance - <i>Laurie</i>		Abs, Back & Balance - <i>Laurie</i>	
8-9AM	Fun Step- <i>Trish</i>	Cardio Fit Ball - <i>Trish</i> 8:45-10:00AM	Pure Posture "Plus" - <i>Eric</i>		Pure Posture - <i>Eric</i>	Masterblast- <i>Trish</i> 8-9:30AM
9-10AM	Fit For All II- <i>Diana</i>		Fit For All II - <i>Denise</i>	Beg./Int. Pilates - <i>Michelle 9-9:45AM</i>	Fit For All II- <i>Denise</i>	
10-10:45AM	Fit For All I- <i>Diana</i>	Zumba Gold- <i>Jennifer</i>		Fit for All I- <i>Jennifer</i> 10-11AM	Fit For All I- <i>Denise</i>	
11-11:45AM	SilverSneakers® I - <i>Diana</i>		SilverSneakers® I - <i>Denise</i>	SilverSneakers® Cardio Circuit- <i>Jennifer</i>	SilverSneakers® I - <i>Denise</i>	
3:45-4:30PM	15 Minute Express- <i>Nancy</i>			15 Minute Express- <i>Nancy</i>		
5-5:45PM	Beg./Int. Pilates - <i>Michelle</i>	ZUMBA Toning- <i>Jennifer 5-6PM</i>				
5:30-6:30PM	Step Stretch & Tone- <i>Kim 5:45-6:45PM</i>		Cardio Kickboxing- <i>Grace</i>	Step Stretch & Tone- <i>Alicia</i>		
6:30-7:30PM			Core Cardio- <i>Sarah</i>			

KV YMCA Winter 2010 ~ GROUP EXERCISE SCHEDULE ~ AUGUSTA STUDIO Effective March 1, 2010						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6-6:50AM		Weighted Workout - <i>Becky</i>	Weighted Step- <i>Trish</i> 6:00-7:00AM	Weighted Workout - <i>Becky</i>		
7:45-8:45AM						TONGA- <i>Kate/Sub</i>
8-8:45AM		Beg./Int. Pilates - <i>Michelle</i>			Cardio Dance & Hip Hop Abs - <i>Sarah</i> 8:30-9:30AM	
9:00-10:00AM		20/20/20- <i>Julie</i>		20/20/20- <i>Julie</i>		Body Shop II- <i>Chele 9-9:55</i> MPR
9:30-10:30AM	Fit For All I- <i>Melissa</i>		Fit For All I- <i>Melissa</i>		Fit For All I - <i>Melissa</i>	Basic Body Shop- <i>Chele 10-10:45</i> MPR
10:30-11:15AM	SilverSneakers®Yoga Stretch - <i>Melissa</i> 10:45-11:30AM	SilverSneakers® I - <i>Denise</i>	SilverSneakers®Yoga Stretch - <i>Melissa</i> 10:45-11:30AM	SilverSneakers® I - <i>Denise</i>	SilverSneakers®Yoga Stretch - <i>Melissa</i> 10:45-11:30AM	
12:15-1PM	Step Express- <i>Laurie</i>	Cardio Core & More- <i>Janice</i>		Cardio Core and More - <i>Laurie</i>	Zumba Express - <i>Pam</i>	
4:40-5:10PM	All Abs- <i>Chele</i>		All Abs- <i>Val</i>			
5:15-6:15PM	ZUMBA- <i>Jennifer</i>	Martial Cardio- <i>Trish/Ashley</i>	Step Stretch & Tone- <i>Val</i>	Stylized Step- <i>Steph</i> 5:15-6PM		
5:40-6:25PM	Basic Body Shop - <i>JoAnn MPR</i>			Body Shop II- <i>Chele</i> MPR		

KV YMCA Winter 2010 ~ AUGUSTA AQUA FITNESS CLASSES Effective March 1, 2010						
<i>*All classes in Family Fun Pool unless noted by CP = Competition Pool</i>						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30-7:30AM					Silver Splash- <i>Jennifer</i>	
8-9AM	Aqua Fit I- <i>Kim</i>	Aqua Walking/Running - <i>Eric</i>	Aqua Fit I- <i>Kim</i>	Aqua Walking/Running - <i>Eric</i>	Aqua Fit I- <i>Kim</i>	
9-9:30AM	Joint Ventures- <i>Kim</i>	Joint Ventures- <i>Eric</i>	Joint Ventures- <i>Kim</i>	Joint Ventures- <i>Eric</i>	Joint Ventures- <i>Kim</i>	
10:30-11:15AM	Aqua Zumba— <i>Pam</i>		Silver Splash- <i>Pam</i>			
12-1PM			Aqua Blast - <i>Pam &</i> <i>Eric</i>		Aqua Cardio & Core- <i>Eric</i>	Aqua Fit II- <i>Linda</i>
12:30-1:15PM	Aqua Fit II- <i>Barbara</i>	Aqua Fit II- <i>Barbara</i>		Aqua Fit II- <i>Barbara/Pam</i>		
5:30-6:30PM		Aqua Fit II- <i>Linda</i> CP		Aqua Fit II- <i>Linda</i> CP		
6:30-7:30PM		Aqua Fit II- <i>Lisa</i>		Aqua Fit II- <i>Lisa</i>		

See class descriptions on back side...Have questions? Please contact Trish at 626-3488 or trish@kvymca.org

Manchester & Augusta Group Exercise Class Descriptions (alphabetized)

15 Minute Express: Crunched for time but need the motivation of a class to exercise? Stop in for 15 minutes and target specific muscles. 3:45-4:00PM Core/Back, 4:00-4:15PM Arms/Legs, 4:15-4:30PM Core/Back, 4:30-4:45PM Arms/Legs. **OR** stay for 30 minutes and hit all major muscle groups! We encourage you to take advantage of the track and cardio machines before or after to complete your exercise regime.

20/20/20: 20 min. high energy step aerobics/20 min. upper body strength work/20 min. lower body toning with props.

Abs, Back & Balance: Very similar to All Abs below, but also integrates balance training moves that we all need to work on!

All Abs: 30 minute class that gives full attention to your abdominal wall and strengthening your lower back.

Aqua Fitness Classes: See detailed descriptions on Aquatics section in our Program Guide, page 7.

Basic Body Shop: If you are looking for a class you can ease into and does not involve step aerobics but includes both cardio and strength exercises to help you tone up, try this!

Beg./Int. Pilates: Come learn the basics of Pilates mat work for “core enhancing,” learn how to progress your movements, and leave feeling refreshed, balanced and strong.

Body Shop II: We have added this new intermediate level class that will challenge you a little more than the Basic Body Shop with it's variety of exercises designed to gain muscle and increase your overall fitness.

Cardio Core & More: Steps, hand weights, balls, bands and body weight are used in an interval training format to get your heart rate up and give you a total body tone up.

Cardio Dance & Hip Hop Abs: Discover the movement that feels good for your body. This non-impact, energizing class incorporates a variety of dance styles, and finishes with creative standing abs that will lift, tuck and tighten your way to a firmer front!

Cardio Kickboxing: No experience necessary, just an interest in a cardio workout featuring offense and defense moves, combo's and drills for the upper and lower body. Please bring gloves/ wraps for contact with the Kick Bags!

Cardio Fit Ball: This class is 45 minutes of free style aerobics followed by 30 minutes of dynamic stretching, lots of core strengthening and other toning exercises with the stability ball. Come for the first 45 minutes or come for the entire class!

Core Cardio: Strengthen your core—abs, back, hips, and gluts—through a cardio workout that incorporates dance, kickboxing, and the stability ball. This class will end with extra ab work, Pilates-style on the floor, along with a full-body stretch.

Fit for All I: Low impact aerobics followed by exercises aimed at improving muscle strength & tone, balance and flexibility. This is a great class for beginners or those looking for a gentler joint-friendly workout.

Fit for All II: High/Low impact aerobics followed by exercises aimed at improving muscle strength & tone, balance and flexibility. A more rigorous workout than Fit for All I, but modifiable if time slot is preferable!

Fun Step: No weights, just a vigorous and creative step choreography workout followed by a cool-down stretch plus ab work at the end.

Martial Cardio: 2 instructors alternate weekly: Martial Cardio nights are like Tae Bo workouts – easy to follow, yet rigorous martial arts moves guaranteed to make you sweat and release stress! Boot Camp nights also crank your metabolism with athletic drills and calisthenics.

Masterblast: A full-service 1.5 hour workout that accommodates all fitness levels but challenges you to work to your fullest potential. Plan on athletic and zesty step and/or floor choreography intervals and weighted total body combo sets.

Pure Posture: A resistance training class that incorporates free weights, isometrics, tubing, and standing dynamic movement combinations that will challenge you to bring on your best posture, body alignment and achieve better muscle tone.

Pure Posture “Plus:” Same as above but with some cardio floor calisthenics added in throughout the class!

SilverSneakers® I, Silver Sneakers® Cardio Circuit, SilverSneakers® YogaStretch: See detailed descriptions on Active Older Adult section in our Program Guide, page 11.

Step Cardio: 45 min. of cardio step training to help you get and keep your heart rate up and burn calories first thing in the a.m.!

Step Express: Condensed high energy step class offered on the lunch hour, ends with just a little floor work and abs.

Step Stretch & Tone: 30 min. of cardio step training followed by ample toning/stretching with weights, bands, or balls.

Stylized Step: If you enjoy more choreographed step routines, this is the class for you!

TONGA: Tone up your body through a blend of yoga, pilates and weighted moves for a nice way to start your Saturdays. All fitness levels benefit.

Weighted Step: Cardio intervals (step choreography and mixed impact floor aerobics) are alternated with weight lifting combos for an intense total body effort workout.

Weighted Workout: Get overall results and strengthen your core with this format which uses the step as a prop, along with mats, bands, weights, bands and balls. (No aerobics included and beginner friendly!)

Zumba: This is a one-hour Latin aerobic dance class uses fun, rhythmic moves that work your core. Includes Salsa, Hip Hop, Reggeton, Samba, belly-dancing and more! You'll get a little more ab work on floor at the end.

Zumba Express: Get your groove on with this new 45 min. Latin aerobic dance class that uses fun, rhythmic moves that totally work your core. Includes standing ab-work at the end.

Zumba Gold: A Zumba workout tailored toward the senior fitness enthusiast—fun and zesty but not too fast paced and intimidating.

Zumba Toning: Same description as Zumba above, but this class will also incorporate the use of special light-weight Zumba toning sticks to add dimension to the routine!

