




FREE "LAND" GROUP EXERCISE CLASS SCHEDULE
KV YMCA Winter 2012 Effective February 1st, 2012

AUGUSTA STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-7:00 am		Weighted Workout Becky	Sunrise Zumba Jennifer 5:30-6:30am	Weighted Workout Alicia R 5:30-6:30am	Sunrise Zumba Jennifer 5:30-6:30am	
7:45-8:45 am		Beg/Int. Pilates Michelle 8-8:45am				Tonga JoAnn
9:00-10:00 am	AOA Cardio + Strength -Julie 8:45-9:45pm	Step & Strength -Julie		Step & Strength Julie 8:30-9:30am	AOA Flexibility and Strength Kim G 9:45-10:30	
10:30-11:15 am	SilverSneakers® Yoga Stretch Tanya 10:45-11:30am	SilverSneakers® I Kim G	SilverSneakers® Yoga Stretch Tanya 10:45-11:30am	SilverSneakers® I Denise	AOA Balance and Core Falling Prevention Kim G 10:45-11:30am	
12:15-1:00 pm	Zumba Jennifer	Cardio Core & More Janice	Beg/Int. Pilates Michelle	Cardio Core & More Laurie		
4:45-5:30 pm			Tone Zone -Val			
5:30-6:30 pm	Zumba Anna	Bootcamp Jamyne	Step, Stretch & Tone Val	Free Style Step Combo Kim		
6:30-7:30 pm	Yoga -Connie		Yoga -Connie			

MANCHESTER STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15- 6:00 am	Step Cardio -Janice	Cardio Core & More - Laurie	Step Cardio -Laurie	Cardio Core & More - Janice	Cardio Kickboxing -Laurie	
6:00- 6:30 am	Abs, Back & Balance -Janice		Abs, Back & Balance -Laurie		Abs Back & Balance -Laurie	
8:00- 9:00 am	Fun Step Alicia R		Pure Posture Plus Kim	Zumba Jennifer 7:30-8:30am	Pure Posture Johanna	Masterblast -Trish 8-9:30am
9:00-10:00 am	Fit For All Plus Alicia R		Fit For All Plus -Denise	Beg./Int. Pilates -Michelle	Fit For All Plus -Denise	
10:00-10:45 am	AOA Cardio & Strength -Diana	AOA Balance and Core Falling Prevention Denise	AOA Flexibility and Strength Kim G	SilverSneakers® Yoga Stretch Tanya 10:15-11:00am	AOA Cardio & Strength Denise	
11:00-11:45 am	SilverSneakers® I -Diana		SilverSneakers® I -Denise		SilverSneakers® I -Denise	
5:00- 5:30 pm	Body Shop -Joann 5-5:45pm			All Abs Val		
5:30- 6:30 pm	Step, Stretch & Tone Val 5:45-6:45pm	Zumba Anna	Cardio Kickboxing Grace 5:15-6:15 pm	Step, Strength & Tone Val	 Become our fan on Facebook	

Manchester & Augusta Land Group Exercise Class Descriptions (alphabetized)

For more info, contact **Craig Cameron at 207-622-9622 or Craig@kvymca.org**

Abs, Back & Balance: Focus on your abdominal wall and strengthening your lower back as well as integrating balance training moves that we all need to work on!

All Abs: A half hour of blasting your abs to enhance definition and core strength

AOA Cardio & Strength: Low impact aerobics followed by exercises aimed at improving muscle strength & tone, balance and flexibility. Class is designed for Active Older Adults.

AOA Balance & Core: Functional fitness balance and core exercises for Active Older Adults. Class designed for balance and fall prevention.

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: weight/cardio/ core plyometrics interval class, with a sweet stretch period at the end.

Bootcamp: Jump start your metabolism with athletic drills and calisthenics.

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

Fit for All Plus: High/Low impact aerobics followed by exercises aimed at improving muscle strength & tone, balance and flexibility. A rigorous workout for all fitness levels!

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

Free Style Step Combo: For step aerobics lovers who want easy to follow yet challenging choreographed step routines, and also enjoy mixing it up a little with intervals of fun "martial cardio" drills on the floor plus body weight strength moves with the bench.

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: Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement, and activity for daily living skills. Handheld weights, elastic tubing with handles and a ball are offered for resistance and a chair is used for seated and/or standing support.

SilverSneakers® YogaStretch: YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

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 & Strength: 45 minutes of cardio step and 15 minutes strength exercises with props.

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

Stretch Express: Start your weekend off right with this stretch and flexibility class. Emphasizes on total body range of motion on your 30 minute lunch hour.

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.

Tone Zone: Crunched for time but need the motivation of a class to exercise? Stop in for 15 minutes and target specific muscles. First 15 minutes Core/Back, second 15 minutes Arms/Legs **OR** stay for 30 minutes and hit all major muscle groups!

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!)

Yoga: A Hindu discipline aimed at training the consciousness for a state of perfect spiritual insight and tranquillity. A system of exercises practiced as part of this discipline to promote control of the body and mind

Zumba: Latin aerobic dance class uses fun, rhythmic moves that work your core. Includes Salsa, Hip Hop, Reggeton, Samba, belly-dancing and more!