

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Cooper Street
Branch



Update 03/02/2010

Aerobics Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am		Strength and Conditioning DeLisa	Hi Lo to-go (Cardio) Sue New	Strength and Conditioning Kimberly C	Turbo Kick Box Patty	
8:15am in gym			Boot Camp Brandy			Boot Camp Cristina
8:15am	Muscle Fusion Barb C.	Cardio Fusion Barb C.	Turbo Kick Box Jamie	Stability Ball Express Barb C.	Strength and Conditioning Barb C.	Pilates Melanie
9:20am	Boot Camp Brandi	Cardio Mix Staff	Strength and Conditioning Barb C	Turbo Kick Box Staff	Zumba Laura J.	Step Melanie
10:25am	Step Kristy	Pilates Laura J.	Zumba Alyssa	PIYo Laura J.	Belly Dance Hafsah	Turbo Kick Box Barb D.
11:30am						Strength and Conditioning Kimberly C.
4:50pm	Step Melanie	Cardio Fusion Kristy	Step DeeAnna	Strength and Conditioning Kristy	5:00 pm Zumba! Alyssa/Andrea	
5:55pm	Strength and Conditioning Janne	Turbo Kick Box Barb D.	Muscle Fusion Melanie	Pilates Akram		
7:00pm	Intermediate Yoga Lisa R.		Yoga Melanie	Turbo Kick Box Barb D.		
7:00pm Gym	Street Beat Suzanne Gym	Zumba Alyssa Gym				

Community Room

9:30am		Keep It Simple Stretch Laura J	Mom & Tot Class 9:00am (must register)	Keep It Simple Strut Laura J.		
10:00am	Yoga Kay		Yoga Kay			
10:30am						Yoga Kay
11:30 am						Beginner Yoga Kay
4:50pm	Kids Fitness Yoga Jen (ages 5-12)	Kids Fitness Interval Training Kim (ages 5-12)	Kids Fitness Game Day - Gym Jen (ages 5-12)	Kids Fitness Boot Camp Kim (ages 5-12)		
6:00pm		PIYo Barb C.				
6:15pm	Keep It Simple Strut Kristy					

Cycle Studio

5:30am	Cycle Ingrid		Cycle Abbey			
8:15am						Cycle Barb R / Janne
8:30am			Cycle Express Barb C			
9:00am		Cycle Kristy		Cycle Express Barb C.		
9:25am	Cycle Abbey	Keep It Simple Spin 10:15 Kristy			Cycle Jen	Cycle Express Cristina
5:00pm	Cycle Express Abbey		Cycle Express Cristina			
6:00pm		Cycle Janne		Cycle Cristina		
6:15pm	Keep It Simple Spin 6:15 Lisa S.					
7:00pm	Cycle Lisa S.		Cycle Barb R.			

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YMCA of Arlington 2010 Class Descriptions

New K.I.S.S. Classes – (Keep It Simple Series)

These classes are specially designed for the beginning or returning exerciser. If you have never walked into a traditional group exercise class...let these classes be a personal invitation (Class offerings may vary by location).

Keep It Simple Spin – (Beginner Cycle)

You control the bike tension to make this workout as challenging or as easy as you need. You own your road trip!

Keep It Simple Stretch – (Beginner Pilates)

Functional Movement and muscular balance is the foundation for this class that introduces fundamental flexibility principles and incorporates mind-body concepts.

Keep It Simple Strut – (Beginner Aerobics)

This class will teach basic rhythmic moves, stretching, walking, designed to prepare the beginner exerciser for a lifetime of fun in exercising!

Express Classes Group Exercise class formats are compressed into 30 minutes to provide you with an efficient workout experience that maximize your exercise time! Perfect for all levels.

Fusion Classes These classes “fuse” various formats together to create a unique experience. You will be challenged in this comprehensive workout experience. All levels welcome!

Cardio Mix A variety of different cardio formats ranging from step, hip hop, zumba to interval. This class formats will rotate every 3-4 weeks, a class for all levels.

Hi Lo to-go (Cardio) - a traditional non-stop 45 minute aerobic workout in a free-flowing and fun format.

Traditional and Trends:

Boot Camp This military-style format may include calisthenics, core training, ply metrics, running, cardio drills and strength exercises. Creative and intense exercises in a simple to follow format. May be taught indoors or outdoors depending on the weather.

Cycle Enjoy an outdoor activity inside Ride to great music that drives and motivates. Perfect for those who like a social workout while maximizing the calories you burn!

Step A predominantly low-impact activity which involves stepping up and down on a platform while performing creative movements to music. The instructor will offer options in the class to suit various levels.

Strength and Conditioning-Intermediate/Advanced/Multi-Level – (formerly Total Toning, Muscle Flex)

Get ready for weights. This strength training class uses popular studio-based workout equipment: dumbbells, bands and bars. The perfect union of muscle and music! Great for men and women.

Kickboxing Interval training that incorporates boxing, sports drills, and basic kickboxing techniques.

Turbo Kick (TKB) This choreographed format comes complete with brief turbo (high intensity) intervals interspersed within kickboxing specific training. A great cardiovascular challenge that will leave you wanting more!

Mind-Body:

Pilates Developed by the legendary Joseph Pilates, this mat-based class is designed to strengthen and stretch the core muscles (abs, back, gluteals, and thighs) with a focus on breath-work as well.

Pilates on the Ball Pilates inspired exercises utilizing the stability ball. This class will increase your flexibility, strength, balance, and will help you feel great all over.

Yoga-Basic/Intermediate/Advanced/Multi-level

This class is based on a series of flowing yoga poses, designed to improve strength, flexibility, and balance. Multiple variations for most poses will be demonstrated, making the class perfect for beginners yet challenging enough for seasoned practitioners.

PiYo A combination of Yoga and mat Pilates to enhance strength while lengthening the muscles. Benefits can include improved posture, flexibility, & physical awareness. Great for stress reduction! Appropriate for all fitness levels.

Dance Formats:

Street Beat or Hip Hop

No experience required! Learn the hottest Hip-Hop and Salsa-influenced dance moves through the energy and music of the Street. You won't want to miss the beat of the Street!

Zumba®

Zumba combines high-energy and motivating music with unique moves and combinations. This international-based group exercise class is fun and easy to do. “Ditch the workout...join the party”.