



# FITNESS CLASS SCHEDULE

Fall 2018- begins Sept. 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MORNING</b>						
5:15-6:15 AM	Boot camp Jenna Gym	Body Pump Marie Studio A	Boot camp Jenna Gym	Body Pump Marie Studio A	Boot camp Jenna Gym	
5:15- 5:45 AM					CXWORX (core) Marie Studio A	
5:45 – 6:15 AM					PIYo Marie Studio A	
6:00 –7:00 AM			Deep Water Cheryl Pool		Deep Water Cheryl Pool	Running Club (6:30 AM) Laurie YMCA front doors
7:00-8:00 AM		Yoga Meghan Studio B		Yoga Meghan Studio B		
8:00- 8:45 AM	Body Sculpt Esmeralda Studio A		Body Sculpt Esmeralda Studio A		Body Sculpt Esmeralda Studio A	
8:15 –8:45 AM		CXWORX (core) Esmeralda Studio B		CXWORX (core) Esmeralda Studio B		
8:15- 8:55 AM		Chair Aerobics Catie Studio A		Chair Aerobics Catie Studio A		
8:15- 9:15 AM						Body Pump Instructor Rotation Studio A
8:20-9:00 AM		Blast Kristin Gym				
9:00-9:45 AM	C/S Circuit Hannah Gym		Strength Circuit Sara Gym	Dance Fitness Amanda Studio B	Blast Kristin Gym	
9:00-10:00 AM	Step N Sculpt Mary L. Studio A	Body Pump Hannah Studio A	Step N Sculpt Jolinda Studio A	Line Dancing Studio A	Step N Sculpt Mary L. Studio A	
9:00-10:00 AM	Shallow H2O Priscella Pool	Aqua Fit Mel Pool	Shallow H2O Priscella Pool	Aqua Fit Mel Pool	Shallow H2O Priscella Pool	
9:20-9:50 AM						CXWORX (core) Instructor Rotation Studio B
10:00 – 10:40 AM			Rollga Rosa Studio B			
10:05-10:55 AM	Chair Aerobics Mary L. Studio A				Chair Aerobics Mary L. Studio A	
<b>AFTERNOON</b>						
12:00-12:45 PM	CXWORX (core) Marie Studio A				Yoga Shawna Studio B	
1:00- 2:00 PM	AFYAP Juanita Pool		AFYAP Juanita Pool		AFYAP Juanita Pool	
<b>EVENING</b>						
4:45- 5:30 PM		Zumba Michaela Studio B		R.I.P.P.E.D *Begins Sept. 27 Studio B		
5:15-6:15 PM		Body Pump Joan Studio A		Body Pump Joan Studio A		
5:15-6:00 PM	Step Aerobics Marie Studio A		Step Aerobics Marie Studio A			
5:30-6:00 PM		AMPD Power Flow Michaela Studio B				
5:30- 6:15		Aqua Energy Mary D. Pool		Deep Water Splash Mary D. Pool		
6:00- 6:45 PM	TRX Mary D. Gym		TRX Mary D. Gym			
6:05 –6:45 PM	PIYo Marie Studio A		PIYo Marie Studio A			
6:15 – 6:45 PM		CXWORX (core) Joan Studio A				
6:50- 7:20 PM	R 30 (cycle) Esmeralda Studio A		R 30 (cycle) Esmeralda Studio A			
8:00- 8:45 PM				Bedtime Yoga Miranda Studio B		

**Blue** - Aqua  
**Red** - Cardio  
**Gray** - Strength/Cardio  
**Orange** - Strength  
**Pink** - Flexibility & Strength  
**Purple** - Mind, Body, Spirit  
**Green** - fee based



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All classes are free for members excluding those in green. Classes subject to change at any time.

**AMPD POWER FLOW (B, I, A):** Light kettlebells, Resistance bands and yoga inspired movements fused together to deliver a calorie burning, low impact workout.

**AQUA FIT (B,I,A):** A class for everyone! This shallow water, medium intensity workout will leave you feeling refreshed! Each class will include exercises in cardio, strength training and balance. You will have a safe, effective and fun workout while taking it easy on your joints, ligaments and tendons. Getting FIT never felt so good!

**ARTHRITIS FOUNDATION YMCA AQUATIC PROGRAM (AFYAP) (B,I,A) :** Fun and easy exercises in water to increase or maintain range of motion and flexibility while promoting joint protection.

**AQUA ENERGY:** Using the shallow end and creating our own energy, you will get a great cardio and strength workout using the water's resistance. This is an excellent option for everyone and low impact and gentle on joints.

**Bedtime Yoga:** Relax right before bedtime with a slow, restorative yoga practice.

**BLAST: (I, A) (Gym)** A high intensity workout that will make you build strength, stamina and cardiovascular endurance while burning tons of calories. This class focuses on proper lifting technique, body mechanics and efficiency utilizing different types of equipment and a variety of movements that will make you sweat!

**BODYPUMP®: (B, I, A) (Fitness Studio)** Anyone looking to get lean, toned, and fit FAST, this is for you. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the moves and techniques pumping out encouragement, motivation and great music.

**BODY SCULPT (B, I, A) (Fitness Studio)** Through the use of dumbbells, stability balls, rubber tubing, bands, and an individual's own body weight, body sculpt focuses on overall strength, stabilization, and flexibility.

**C/S CIRCUIT: (CARDIO/ STRENGTH CIRCUIT) ( I, A)(Gym)** Enjoy a training regimen that focuses on strengthening your entire body! This class is great for those getting started in strength training or someone wanting to up their workout regimen. Be ready to push yourself!

**CHAIR CARDIO & STRENGTH (B, I)(Fitness Studio)** Have fun while moving to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Handheld weights, elastic tubing, and small inflatable balls are offered for resistance and a chair is used for seated and/or standing support. Great for seniors!

**CXWORX: ):** A short, 30 minute class from Les Mills that will challenge your core! Tighten, tone, and strengthen your core in a new, fresh, and intense class!

**DANCE FITNESS: (B,I,A)** Come join Amanda in a fun, high energy dance class set to upbeat music! You'll burn tons of calories but the time will fly!

**DEEP WATER EXERCISE:** A deep-water class ideal for aerobic and muscle conditioning. Water belts and floatation devices such as barbells and noodles are used to provide a great workout with no impact. Shallow water exercise may be incorporated into this class at the instructor's discretion.

**DEEP WATER SPLASH:** A deep-water class filled with fun aerobic and muscle building exercises. You'll kick and punch your way to a healthier you! Water belts, dumbbells and noodles will give you an awesome workout with no impact.

**INSTRUCTOR'S CHOICE (B, I, A)** For the adventurous spirit! Cycling, circuit, strength, cardio, or a mix of a couple! You never know what you are going to get, but you can be sure you will get a great sweat and have a great variety!

**LINEDANCING (B,I,A)(Fitness Studio)** You never need a partner for our line dancing class, but feel free to bring along your friends to enjoy the music and atmosphere. Not only will you look good dancing, but you will also get a fantastic workout!

**PIYO® LIVE (B,I,A)(Fitness Studio)** Feel the combined effects of Yoga and Pilates. This class incorporates traditional yoga poses while adding in elements of Pilates to improve endurance, flexibility, body awareness and coordination.

**ROLLGA: (B,I,A) (Studio B)** Improve your strength and flexibility with the use of a unique foam roller. Great for sore muscles and joints. Your weekly massage right here!

**RUNNING CLUB: (B,I,A) (YMCA front doors):** The group will leave from the YMCA front doors and will run a variety of routes. A one mile option and a 3-4 mile option will be offered.

**R 30 (cycle) (B, I, A) (Fitness Studio)** Will get you moving and feeling better in only 30 minutes. Inspiring music and motivating coaching will get you to burn calories, improve muscular endurance and build cardio fitness.

**R.I.P.P.E.D. (I,A) (Studio B):** combines Resistance, Interval, Power, Plyometrics, Endurance, and core. Designed to help everybody meet their ultimate fitness goals in a super fun group exercise environment!

**SHALLOW H2O:** Using the resistance of the water, this class provides an aerobic and stretching workout adaptable to all ages and fitness levels. You get a great workout without the impact of the land aerobics.

**STEP AEROBICS (B, I, A) (Fitness Studio)** High intensity aerobic workout utilizing the STEP bench. Choreography is moderate to complex. This class is designed for participants who want to increase their cardiovascular fitness.

**STEP AND SCULPT (B, I) (Fitness Studio)** Segments of step aerobics and weight training to increase your heart rate and tone muscles. Weight training is done with hand weights and tubing. Abdominal exercise and stretching is also included.

**TRX® (B, I, A) (Small Gym):** Use elevated TRX straps to perform limitless number of movements. Workouts will vary from class to class and might integrate different aspects of H.I.I.T. training and circuits by using suspension trainers as well as dumbbells, bands, and balls!

**YOGA (B,I,A) (Fitness Studio)** Experience the mind/body connection through a series of postures, creating a continuous flow, accompanied by deep breathing. Focus on strength, flexibility, and posture.

**Zumba (B, I, A) (Studio A):** Perfect for everyone! A total body dance workout that feels more like a party than a workout!

B- beginner I –intermediate A-advanced

[Hannah.Bartlett@Newtonymca.org](mailto:Hannah.Bartlett@Newtonymca.org)