



GROUP FITNESS SCHEDULE

NEWTON YMCA

MARCH/APRIL 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
\$ Boot Camp 5:15-6:00 a.m. Chad Gym	* Body Pump® 5:15-6:15 a.m. Marie F	\$ Boot Camp 5:15-6:00 a.m. Chad Gym	* Body Pump® 5:15-6:15 a.m. Marie F	\$ Boot Camp 5:15-6:00 a.m. Chad Fitness Studio		
	Yoga 7:00-8:00 a.m. Meghan F		Yoga 7:00-8:00 a.m. Meghan F			
Body Sculpt 8:00-8:45 a.m. Steph F	Chair Cardio/Strength 8:15-8:55 a.m. Catie F	Body Sculpt 8:00-8:45 a.m. Steph F	Chair Cardio/Strength 8:15-8:55 a.m. Catie F	Body Sculpt 8:00-8:45 a.m. Steph F	★ Cycle 8:15 – 8:45a.m. Esmeralda F	
Step & Sculpt 9:00-10:00 a.m. Jolinda F		Step & Sculpt 9:00-10:00 a.m. Jolinda F	Line Dancing 9:00-10:00 a.m. Fitness Studio	Step & Sculpt 9:00-10:00 a.m. Mary La Rosa F		
Cardio Circuit 9:00-9:45 a.m. Hannah Gym	Strength / Cardio 9:05 -9:50 Esmerelda Gym	Cardio Circuit 9:00-9:45 a.m. Hannah Gym	Pesas y Cardio Circuito 8:45 Esmerelda Gym	Blast 9:00-9:50 a.m. Kristin Gym	*Body Pump® 9:00-10:00 a.m. Rhonda F	
Chair Cardio/Strength 10:00-10:45 a.m. Mary La Rosa F				Chair Cardio/Strength 10:00-10:45 a.m. Mary La Rosa F		
Core N' More 12:00-12:45 p.m. Shawna F	Cycle Together 12:00-1:00 p.m. Shawna F		Yoga 12:00-12:45 p.m. Shawna F			
		Kids On The MOVE! 4:30-5:10 p.m. K-1 st grade F	Kids On The MOVE! 4:30-5:10 p.m. 2 nd – 5 th grade F			
Step Aerobics 5:15-6:00p.m. Marie F	* Body Pump® 5:15-6:15 p.m. Joan F	Step Aerobics 5:15-6:00 p.m. Marie F	* Body Pump® 5:15-6:15 p.m. Joan F			
PIYo® LIVE 6:05-6:45 p.m. Marie F	Cycle 30 6:20-6:50 p.m. Joan F	PIYo® LIVE 6:05-6:45 p.m. Marie F	Cycle 30 6:20-6:50 p.m. Joan F			
Cycle 30 6:50-7:20 p.m. Esmeralda F		Cycle 30 6:50-7:20 p.m. Esmeralda F			★ Black – Strength/Cardio Pink – Flexibility & Strength Red – Cardio Blue – Strength Purple – Mind, Body & Spirit \$ Green – \$ Fee Based Change in Class/Time/Day * Reserve Equipment Bilingual – Español y English <i>Schedule is subject to change.</i>	
TRX®-Treme 6:00 – 6:45 p.m. Mary Small Gym	Healthy Challenge Group 7:00-7:55 p.m. Kelsey F	TRX®-Treme 6:00 – 6:45 p.m. Mary Small Gym	Healthy Challenge Group 7:00-7:55 p.m. Kelsey F			

Personal Training available. Come and get your FIT on! Sign up today at the front desk!

For more information contact the Welcome Center at 641-792-4006 or go on line to www.newtonymca.org

Contact: Stephanie Kappos at stephaniekappos@newtonymca.org

BODY PUMP®

Launch 101

1.APRIL.2017

#FIND YOUR STRONGER

Register at the front desk to attend this launch

Newton YMCA's Group Fitness descriptions

Class schedules are subject to change at any time.

Check our website for current schedules at www.newtonymca.org/group-fitness

LAND EXERCISE CLASSES – FREE for Members * Sign up to reserve equipment at the Welcome Center

BLAST: (B, I, A) (Gym) A high intensity workout that will make you build strength, stamina and cardiovascular endurance while burning A LOT of calories. This fifty minute class is made up of three working sets that will challenge and change your body in a positive way. This class focuses on proper lifting technique, body mechanics and efficiency utilizing different types of equipment each week 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.

CARDIO CIRCUIT (B, I, A) (Small Gym) A variety of cardio circuits with muscle conditioning will ensure a total body workout while improving overall endurance levels to benefit your heart and lungs! All skill levels are welcome seeing that advanced participants can challenge themselves during the muscle intervals and beginners may use the muscle intervals as a recovery period.

CARDIO & STRENGTH CIRCUIT (B, I, A) (Gym) Enjoy a training regimen that focuses on strengthening your entire body throughout the workout. Circuit helps keep your heart rate up while toning your body. This class is great for those getting started in strength training or someone wanting to up their workout regimen.

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. Hand held weights, elastic tubing, and a ball are offered for resistance and a chair is used for seated and/or standing support.

CYCLE (B, I, A) (Fitness Studio) Cycle is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and rides.

CYCLE 30 (B, I, A) (Fitness Studio) Will get you moving and feeling better in only 30 minutes. It's a cardio workout that is as easy as riding a bike. Inspiring music and motivating coaching will get you to burn calories, improve muscular endurance and build cardio fitness.

CYCLE TOGETHER (B, I, A) (Fitness Studio) is a huge calorie burner. It's a 60-minute cycling experience brought indoors. Chase the pack, spin the flats, climb mountains and sprint to the finish. Feel the thrill of the energetic music and group dynamics as you get all the benefits of interval training.

KIDS ON THE MOVE (B, I) A fun energetic workout for kids of any age with great music and a ton of FUN! We would love Parents to stay and supervise as well as participate if they able.

LINE DANCING (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 are also exercising!

PESAS Y CARDIO CIRCUITO (B, I, A) (Gymnasia) Esta Clase es para todos los niveles, principiantes intermediarios, o avanzados. Trabajaremos todas las partes del cuerpo usando equipo extra como bandas, pesas, pelotas etc. o tu mismo peso corporal. Ven y entrena en un ambiente agradable y amigable donde poco a poco podras ver cambios en tu destreza y agilidad.

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.

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®-TREME (B, I, A) (Small Gym)** The name says it all. Individuals will 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. Yoga focuses on internal strength, postural integration and radiant health.

POWER YOGA IN 30 (B, I, A) (Fitness Studio/Out Side) This short but highly effective class connects your mind and body through a series of postures, creating a continuous flow, accompanied by deep breathing. Enjoy increased flexibility, physical and internal strength in just 30 minutes.

Black – Strength/Cardio

Pink – Flexibility & Strength

Red – Cardio

Blue – Strength

Purple – Mind, Body & Spirit

(B) Beginners

(I) Intermediate

(A) Advanced

\$ Green – \$ Fee Based

Bilingual–Español y English

* Reserve Equipment

Schedule subject to change

M–Small Gym, W–Small Gym, F–Fitness Studio
B–Beginner, I Intermediate, A– Advanced.

OUTCOME BASED EXERCISE PROGRAMS – Fees\$

\$ Boot Camp Combines intervals of cardio drills and muscle conditioning exercises to provide you with the ultimate circuit workout. uses jump ropes, stairs, free weights, even a little healthy competition.

\$ Healthy Challenge Group Personal Training Gain experience and knowledge with a program designed to equip you with the training you need to develop eating and workout strategies. You'll join an atmosphere built on support, encouragement, motivation and competition that challenges participants to develop healthy habits while making the lifestyle changes.