



# FITNESS CLASS SCHEDULE

NEWTON YMCA

WINTER 2017

Beginning Monday, November 6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>\$ Boot Camp</b> 5:15-6:00 a.m. Chad Gym	<b>Body Pump®</b> 5:15-6:15 a.m. Marie Studio A	<b>\$ Boot Camp</b> 5:15-6:00 a.m. Chad Gym	<b>Body Pump®</b> 5:15-6:15 a.m. Marie Studio A	<b>\$ Boot Camp</b> 5:15-6:00 a.m. Chad Studio A		
	<b>Yoga</b> 7:00-8:00 a.m. Meghan Studio B		<b>Yoga</b> 7:00-8:00 a.m. Meghan Studio B	<b>CXWORX™</b> 5:15-5:45  <b>PIYo®</b> 5:45-6:15 Marie Studio B	<b>Power Cycle*</b> 6:15-7:00 Shawna/Brad  <b>Cycle Together*</b> 7:05-7:50	
<b>Body Sculpt</b> 8:00-8:45 a.m. Esmeralda Studio A	<b>Chair Cardio/Strength</b> 8:15-8:55 a.m. Catie Studio A	<b>Body Sculpt</b> 8:00-8:45 a.m. Esmeralda Studio A	<b>Chair Cardio/Strength</b> 8:15-8:55 a.m. Catie Studio A	<b>Body Sculpt</b> 8:00-8:45 a.m. Esmeralda Studio A	<b>Cycle*</b> 7:55-8:40 Studio A Brad	
<b>Step &amp; Sculpt</b> 9:00-10:00 a.m. Mary La Rosa Studio A	<b>Blast</b> 8:20-9:00 Kristin Gym	<b>Step &amp; Sculpt</b> 9:00-10:00 a.m. Jolinda Studio A	<b>HIIT</b> 8:20-9:00 Hannah Gym	<b>Step &amp; Sculpt</b> 9:00-10:00 a.m. Mary La Rosa Studio A		
<b>Cardio Circuit</b> 9:00-9:45 a.m. Hannah Gym	<b>CXWORX</b> 9:00-9:30 Esmeralda Studio B	<b>Strength Circuit</b> 9:00-9:45 a.m. Hannah Gym	<b>Line Dancing</b> 9:05-10:00 a.m. Studio A	<b>Blast (Int- Adv.)</b> 9:10-10:00 a.m. Kristin Gym	<b>Body Pump®</b> 9:00-10:00 a.m. Marie/Joan Studio A	
<b>Rollga</b> 9:50-10:20 Rosa Studio B		<b>Rollga</b> 9:50-10:20 Rosa Studio B	<b>Dance Fitness</b> 9:00-9:45 Amanda Studio B		<b>CXWORX™</b> 10:05-10:35 Marie/Joan Studio A	<b>Yoga</b> 1:30-2:00 Miranda Studio B
<b>Chair Cardio/Strength</b> 10:05-10:50 a.m. Mary La Rosa Studio A				<b>Chair Cardio/Strength</b> 10:05-10:50 a.m. Mary La Rosa Studio A		
<b>CXWORX™</b> 12:00-12:30 Marie Studio B	<b>Cycle Together</b> 12:00-1:00 Shawna Studio A	<b>Instructor's choice</b> 12:00-12:45 Shawna Studio A	<b>Cycle Together</b> 12:00-1:00 Shawna Studio A	<b>Yoga</b> 12:15-1:00 p.m. Shawna Studio B		
<b>Step Aerobics</b> 5:15-6:00 p.m. Marie Studio A	<b>Body Pump®</b> 5:15-6:15 p.m. Joan Studio A	<b>Step Aerobics</b> 5:15-6:00 p.m. Marie Studio A	<b>Body Pump®</b> 5:15-6:15 p.m. Joan Studio A			
<b>PIYo® LIVE</b> 6:05-6:45 p.m. Marie Studio A	<b>Turbo Kick®</b> 5:30-6:15 Hannah Studio B	<b>PIYo® LIVE</b> 6:05-6:45 p.m. Marie Studio A				
	<b>CXWORX™</b> 6:20-6:50 Joan Studio B		<b>CXWORX™</b> 6:20-6:50 Joan Studio B			
<b>TRX®-Treme</b> 6:00-6:45 p.m. Mary Gym		<b>TRX®-Treme</b> 6:00-6:45 p.m. Mary Gym				
<b>Cycle 30</b> 6:50-7:20 p.m. Esmeralda Studio A	<b>Holiday Challenge</b> Kelsey 6:30-7:30 Studio A	<b>Cycle 30</b> 6:50-7:20 p.m. Esmeralda Studio A	<b>Holiday Challenge</b> Kelsey 6:30-7:30 Studio A			
	<b>Yoga</b> 6:55-7:40 Miranda Studio B		<b>Yoga</b> 6:55-7:40 Miranda Studio B			

\*Classes will start on Nov. 25, 2017

**Black – Strength/Cardio**  
**Pink – Flexibility & Strength**  
**Red – Cardio**  
**Blue – Strength**  
**Purple – Mind, Body & Spirit**  
**\$ Green – \$ Fee Based**  
**Change in Class/Time/Day**  
**Bilingual – Español y English**  
*Schedule is subject to change.*

# 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](http://www.newtonymca.org/group-fitness)

## LAND EXERCISE CLASSES – FREE for Members

**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! 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.

**CXWORX:** (B,I,A): 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!

## 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

**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.

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

**HIIT:** (I,A) (small gym) High Intensity Interval Training! Tap into an anaerobic way of training that shoots your heart rate up for a short amount of time then a longer rest period. Short but intense!

**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're going to get, but you can be sure you'll get a great sweat and have a great variety!

**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.

**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!

**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!

**TURBO KICK** (B,IA,) A cardio kickboxing party! Punch, kick, and sweat your way to a great cardio workout.

**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

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

flexibility, physical and internal strength.

habits while making the lifestyle changes.

**B-BEGINNER, I- INTERMEDIATE, A- ADVANCED**