



**Group Exercise Schedule  
Spring 2016  
Torigian Family YMCA**

**NEW SCHEDULE  
EFFECTIVE  
FEBRUARY 29, 2016**

**FITNESS STUDIO**

**Effective February 29, 2016**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>5:10-6:00am</b> INSANITY Rich		<b>5:10-6:00am</b> BOOT CAMP Linda K.		<b>7:30-8:25am</b> TRX TRAINING Rich	<b>8:30-9:30am</b> TABATA Jill
		<b>5:30-6:30am</b> TRX TABATA Elisabeth		<b>5:30-6:30am</b> BOOT CAMP Shannon	<b>8:45-9:45am</b> STEP FITNESS Adam	<b>9:45-10:45am</b> BOOT CAMP Delroy
<b>8:00-8:55am</b> TONE & SCULPT Katie R.		<b>8:00-8:55am</b> TONE & SCULPT Lisa		<b>8:00-8:55am</b> TONE & SCULPT Kate M.		
	<b>8:30-9:25am</b> TONE & SCULPT  Rachelle		<b>8:30-9:25am</b> KICK & PUMP CIRCUIT Olga			
<b>9:00-10:00am</b> Tabata Elisabeth		<b>9:00-10:00am</b> ZUMBA Rachelle		<b>9:00-10:00am</b> INSANITY Angela		
	<b>9:30-10:30am</b> TRX CIRCUIT Linda M.		<b>9:30-10:30am</b> TRX CIRCUIT Linda M.			
	<b>12:15-12:45pm</b> EXPRESS FIT TRX TRAINING Olga		<b>12:15-12:45pm</b> EXPRESS FIT TRX TRAINING Olga			
	<b>12:45-1:15pm</b> EXPRESS FIT YOGA FLOW Olga		<b>12:45-1:15pm</b> EXPRESS FIT YOGA FLOW Olga			
<b>4:15-5:15pm</b> TONE & SCULPT Joanne		<b>4:15-5:15pm</b> TONE & SCULPT Linda M.	<b>4:15-5:15pm</b> ZUMBA Chris	<b>4:15-5:15pm</b> TONE & SCULPT Jill	<b>4:00-5:00pm</b> ZUMBA Flo	
<b>5:30-6:25pm</b> ZUMBA Chris	<b>5:30-6:25pm</b> TONE & SCULPT Lynda C.	<b>5:30-6:25pm</b> TABATA Stefanie	<b>5:30-6:25pm</b> TONE & SCULPT Lynda C.	<b>5:30-6:25pm</b> TABATA Stefanie		
<b>6:30-7:25pm</b> ZUMBA Mia	<b>6:30-7:25pm</b> TRX CIRCUIT Chantelle	<b>6:30-7:25pm</b> ZUMBA Chris	<b>6:30-7:25pm</b> BOOT CAMP Chantelle	<b>6:30-7:25pm</b> ZUMBA Cheryl Cor.		
		<b>7:30-8:30pm</b> BOOT CAMP Delroy				

## GROUP CYCLE STUDIO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:10-5:55am</b> GROUP CYCLE Tina	<b>5:10-5:55am</b> GROUP CYCLE Tina	<b>5:10-5:55am</b> GROUP CYCLE Emily	<b>5:10-5:55am</b> GROUP CYCLE Nancy	<b>5:10-5:55am</b> GROUP CYCLE Chantelle	<b>7:15-8:00am</b> GROUP CYCLE Connie	<b>7:15-8:00am</b> GROUP CYCLE Amy
	<b>9:00-10:00am</b> GROUP CYCLE Angela		<b>9:00-10:00am</b> GROUP CYCLE Angela		<b>8:35-9:35am</b> GROUP CYCLE Rich	<b>8:30-9:30am</b> GROUP CYCLE Anna A.
<b>9:15-10:00am</b> GROUP CYCLE MaryEllen		<b>9:15-10:00am</b> GROUP CYCLE Lisa		<b>9:15-10:00am</b> GROUP CYCLE Debbie	<b>9:45-10:45am</b> GROUP CYCLE Cheryl	
<b>6:00-7:00pm</b> GROUP CYCLE Cheryl Cam		<b>6:00-7:00pm</b> GROUP CYCLE Jen D.		<b>6:00-7:00pm</b> GROUP CYCLE Jen D.		<b>10:30 - 11:30am</b> GROUP CYCLE Nancy
	<b>6:30-7:30pm</b> GROUP CYCLE Nancy		<b>6:30-7:30pm</b> GROUP CYCLE Cheryl Cam			

Reserve a spot in Cycling and TRX classes by visiting the online schedule at [www.ymcametronorth.org](http://www.ymcametronorth.org)

## MIND BODY STUDIO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>8:15-9:15am</b> POWER YOGA Stacey		<b>8:15-9:15am</b> BEGINNER YOGA Nicole		<b>8:15-9:15am</b> POWER YOGA Connie	<b>9:00-10:15am</b> GENTLE YOGA Patti
<b>9:15-10:15am</b> YOGA FLOW Stacey		<b>9:15-10:15am</b> YOGA FLOW Nicole		<b>9:15-10:15am</b> BARRE & TONE Kate M.	<b>9:30-10:30am</b> POWER YOGA Renee	
	<b>9:30-10:25am</b> BARRE & TONE Katie R.		<b>9:30-10:25am</b> YOGA FLOW Jaqueline			
<b>10:30-11:30am</b> CHAIR YOGA Stacey	<b>10:30-11:30am</b> STAY FIT Debbie	<b>10:30-11:30am</b> CHAIR YOGA Nicole	<b>10:30-11:30am</b> STAY FIT Debbie	<b>10:30-11:30am</b> CHAIR YOGA Stacey		
			<b>4:30-5:30pm</b> BOOTY BARRE FLEX & FLOW Mia			
<b>6:30-7:25pm</b> POWER YOGA Jaqueline	<b>6:30-7:25pm</b> BARRE & TONE Anna L.	<b>6:30-7:25pm</b> GENTLE YOGA Patti	<b>6:30-7:25pm</b> PILATES Lynda C.			
<b>7:30-8:30pm</b> YOGA FLOW Patti	<b>7:30-8:30pm</b> GENTLE YOGA Monica	<b>7:30-8:30pm</b> BOOTY BARRE PLUS Mia	<b>7:30-8:30pm</b> YOGA FLOW Michelle			

- For class descriptions and the most up to date instructor information, please visit our website at [www.ymcametronorth.org](http://www.ymcametronorth.org)
- Classes with attendance of 8 people or less are subject to change or cancellation.
- Group Exercise rooms may be in use by other departments in the building, outside of the regularly scheduled classes.
- For questions or comments about the schedule and instructors, please contact Olga Arnold at [oarnold@metronorthymca.org](mailto:oarnold@metronorthymca.org)

Updated 2/21/15

## GROUP EXERCISE CLASS DESCRIPTIONS

**BARRE & TONE** – Designed to trim, tighten and tone your entire body with an emphasis on defining your gluteus and legs. By using small, controlled movements, isometric holds and high repetition, Barre Conditioning develops strength, flexibility, and endurance while blasting calories. This workout will shape and elongate your muscles through Pilates and dance style movements.

**BEGINNER YOGA** – Enjoy the benefits of yoga while learning the poses in a supportive, fundamental format at a slow, comfortable pace. Suitable for true beginners, experienced practitioners looking for precise alignment to prevent injuries or those returning to their mat after some time away.

**BOOT CAMP** – This workout burns fat and calories, increases strength and power endurance by targeting all major muscle groups. Challenge yourself by combining full-body resistance training with athletic-based cardio/strength and plyometric circuit training to get a total body workout. This intense workout (modifications are always demonstrated) uses a variety of equipment such as TRX, Bosu, Stability Balls, Gliding Discs, weighted bars, kettle bells, tubes, and your own body weight with built-in recovery for an efficient, easy-to-follow, and fun workout.

**BOOTY BARRE FLEX & FLOW** – A barre class that utilizes barre techniques and resistance bands with a pilate's focus on toning and flexibility.

**BOOTY BARRE PLUS** – A fun fast paced class that utilizes barre techniques and cardio intervals for a full body workout that tones and maximizes caloric burn.

**CHAIR YOGA** – A gentle yoga practice incorporating standing poses, seated poses, relaxation, breathing exercises, & meditation. Great for beginners, those with joint issues, and older populations.

**EXPRESS FIT TRX TRAINING** – Get your workout in on your lunch break! TRX Training will shape your entire body and core in just 30 minutes. See “TRX Training” for a full description.

**EXPRESS FIT YOGA FLOW** – Get your workout in on your lunch break! See “Yoga Flow” for a full description.

**GENTLE YOGA** – Each class includes basic breathing techniques, specific poses, and flow series. Weight-bearing postures, balancing poses, and deep relaxation will help to calm your mind while developing muscular strength and improving posture and flexibility.

**GROUP CYCLE** – Come ride our Keiser M3 stationary bike to music for a full cardiovascular/spin workout while toning the lower body muscle groups. Participants are able to modify intensity. Make sure you bring a towel and water!

**INSANITY** – Is a revolutionary cardio-based total body conditioning workout based on the principles of MAX Interval Training. By using MAX Interval Training, INSANITY pushes the participant to new training heights, resulting in more calories burned, faster results, and a more efficient metabolism. INSANITY's interval training is considered a pinnacle of cardio training.

**KICK & PUMP CIRCUIT** – Intervals of kickboxing and muscle conditioning. This high energy class incorporates a variety of moves for a fun, challenging workout.

**STAY FIT** – A total body conditioning program geared to the older adult population. Program includes muscle toning, flexibility and balance work.

**STONE & SCULPT** – This class will leave you feeling fit and tone, with maximum results! This total body toning class utilizes weights, bands, exercise balls, toning balls and more. Strength work for the legs, core and upper body. Great for all levels of fitness.

**PILATES** – Designed to help participants develop leaner, longer-looking muscles and establish a strong core through strength and stability exercises utilizing bands, fitness rings, toning balls and light weights.

**POWER YOGA** – This yoga class is a combination of deep breathing and sequences of flowing yoga postures. It has the ability to build strength, increase endurance, release tension and create more flexibility in the entire body. This is a fast paced-class and some yoga experience is recommended.

**STEP FITNESS** – Get your heart and lungs in shape and tone your lower body muscles. Step fitness is an aerobic activity which uses choreographed routines of stepping up and down on a step platform. Time flies in the high energy, low impact class. Step this way – if you want to burn calories, develop strong legs, lifted butt and a functionally fit core.

**TABATA** – Cardio and Muscle interval training using the Tabata technique. Twenty minutes of pure cardio intervals and twenty minutes of pure muscle intervals using weights, Gliding disks, resistance tubing, etc. A great way to burn fat and build lean muscle mass!

**TRX CIRCUIT** – This class combines cardiovascular exercises to elevate the heart rate and TRX exercises to improve overall body strength by utilizing one's own body weight.

**TRX TABATA** – Utilize TRX Suspension Training to challenge your core and strengthen your entire body. Mix in free weights, the BOSU Balance Trainer, Stability Balls, Medicine Balls & more for a total body workout! Class also incorporates Tabata protocol which is a high intensity strength or cardio exercise for 20 seconds followed by 10 seconds of active recovery and repeated with variety for 8 sets. Each of these 4 minute dynamic intervals contains simple, yet super intense, movements designed to fatigue specific areas of the body. This method of training has been proven to increase fat loss and improve stamina.

**TRX TRAINING** – Suspension straps that utilize total-body weight at various angles. Helps build a rock-solid core, and increases muscular endurance. Benefits people of all fitness levels.

**YOGA FLOW** – A Vinyasa style of Yoga based on Hatha Yoga tradition. This class involves linking traditional Yoga poses together to create strength, flexibility, endurance and balance. This well-rounded class is safe and effective for most levels of fitness and ability levels.

**ZUMBA®** – Ditch the workout, Join the party! Zumba mixes Latin and international rhythms and dancing to create a fun and energized class that everyone can enjoy, regardless of age or fitness level.