



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## 2019 SPRING PRE SUMMER GROUP EXERCISE 5/6/19–6/8/19



### MONDAY

10:00-11:00am  
SilverSneakers  
(359)

Shane/Melanie

6:00-6:45pm  
SPIN  
(431) Purple  
Dan

6:30 – 7:15pm  
Xtreme Cardio  
(359)  
Arabia

7:00 – 7:45pm  
Vinyasa Yoga  
(431) Purple  
Onesha

**NEW!!!**  
7:15–8:00 pm  
**Powered by  
Praise**  
(359) Jasmine  
Jasmine

### TUESDAY

10:00-11:00am  
SilverSneakers  
(359)

Shane/Melanie

5:45 – 6:30pm  
Zumba  
(359)  
Moniquea

**NEW!!!**  
6:30 – 7:15pm  
**Tabata**  
(359)  
Moniquea

7:00 – 7:45pm  
DISCO SPIN  
(431) Green  
Arabia

### WEDNESDAY

**NEW!!!**

5:45 – 6:30pm  
**Body Sculpt in  
Motion**  
(359)  
Janice

**NEW!!!**  
**EVERY 2ND  
WEDNESDAY**  
5:45–6:30pm  
**The Challenge**  
(359)  
Renee

**NEW Class & New  
Location**  
6:30 – 7:15 pm  
**The MIXX/MOSSA**  
(359)  
Traci

**NEW!!!**  
7:15–8:00 pm  
**Strong Zumba**  
(359)  
Jasmine

### THURSDAY

5:45 – 6:30pm  
Body Works  
(359)  
Leslie

7:00-8:00pm  
LINE DANCE  
CLASS  
(431)  
Eve  
With EV'E

### FRIDAY

10:00-11:00am  
SilverSneakers  
(359)  
Shane/Melanie

### SATURDAY

9:15am–10:00am  
**Gentle Yoga**  
(431)  
Moniquea

**NEW!!!**  
9:15 – 9:45am  
**Train with Jazz**  
(359)  
Jasmine

**NEW!!!**  
9:45 – 10:15am  
**Fit with Jazz**  
(359)  
Jasmine

10:15 – 11:00am  
**Women N Weights**  
Wellness Center  
(431)  
Traci

**NEW!!!!!!**  
11:00 – 11:45am  
**Dance Fitness**  
(359)  
Katrina

**Fitness Class Locations**  
431 = 431 Pennington Ave  
359 = 359 Pennington Ave.  
Purple = purple room  
Green = green room

All classes are FREE to YMCA Full Facility Members.  
Program and Non-Members may participate in group  
exercise classes for a \$10  
guest pass fee.

## Group Exercise Class Descriptions

The Capital Area YMCA offers group exercise classes led by certified fitness instructors.

Each class will help increase cardiovascular strength and endurance while improving flexibility, tone muscle, reduce stress and burn calories.  
B = Beginner I = Intermediate A = Advanced—members are encouraged to work at their own pace

**Body Works/ Cardio (B,I,A)** A combination of strength, toning, cardiovascular conditioning and flexibility to provide a total body workout. Various pieces of equipment used so that no two classes are ever the same. Thursday 5:45pm (359)

**Body Sculpt in Motion (B,I,A)** Up the ante on your core and cardio workout with this fat burning, muscle toning, and stress reducing class! Wed 6:30 (359)

**Dance Fitness (B,I,A)** Fitness class with a twist keeping you always wondering what the class will be like next week. One thing you will never be is bored cause the choreography changes but never disappoints. Saturday 11:00am (359)

**Fun Fitness (B,I,A)** This workout will keep you wondering, what will we do next. Every 2nd Wednesday 5:45pm (359)

**Gentle Yoga (B,I,A)** Stress be gone as you relax, refresh, stretch and revive your body with this gentle yoga class. Sat 9:15am (431)

**Line Dancing (B,I,A)** Line dancing is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines. Thursday 7:00 pm (359)

**Powered by Praise (B,I,A)** What better way to change your body, than with music that changes your mind. Monday 7:15pm (359)

**SilverSneakers (B,I,A)** a fitness program designed specifically for our members who are Medicare beneficiaries. is a fitness program designed specifically to address the needs of our senior population and will increase their cardiovascular strength and endurance. We also help our members improve their muscular strength, muscular endurance and increase their flexibility. Call to see if you qualify for a FREE YMCA membership. Monday (431), Tuesday (431), and Friday 10:00am (431)

**SPIN (B,I,A)** Cycling incorporates various types of riding techniques and simulates an outdoor ride filled with hills, sprints and other terrains all done to some of the hottest tunes. Monday 6:00 pm and Tuesday 7:00 pm (431)

**Strong Zumba (B,I,A)** Strong by Zumba is a high intensity interval class—think burpees, pushups and other high-impact moves—that’s synced to specific music. Wednesday 7:15pm (359)

**Tabata (B,I,A)** This work out is one of the most popular forms of high intensity interval training designed to get your heart rate up in that anaerobic zone for short periods of time. Tuesday 6:30pm

**The MIXX/MOSSA (B,I,A)** This new total body workout promises to challenge all your muscles.....come try the MIXX, you will be glad you did. Wednesday 6:30pm (359)

**Fit and Train with Jazz (B,I,A)** In just 30 minutes in this class you can begin to drop those unwanted inches in all the trouble spots. Saturday 9:45am (359)

**Xtreme Cardio Party (B,I,A)** This innovative take on traditional cardio takes the traditional cardio fitness class to the next level. Prepare to be moved in ways you never thought. Monday 6:30pm (359)

**Vinyasa Yoga (B,I,A)** Vinyasa is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. Monday 7:00pm (431)

**Women n Weights (B,I,A)** This power packed class takes place in our wellness center. Weights are not just for men anymore. Saturday 10:15am (431)

**Zumba (B,I,A)** Come join our certified Zumba instructors and participate in this low-impact, high energy choreographed dance party to your workout regime. This class is high level fun and uses combinations of fast and slow rhythms that tone and sculpt the body. Join the party. Tuesday 5:45pm (359)