



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



2019 SUMMER GROUP EXERCISE 6/24/19—9/7/19



MONDAY

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

6:15 – 7:00pm
XtremeCardio
(431) Green
Arabia

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

TUESDAY

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

5:45 – 6:30pm
Zumba
(431) Purple
Moniquea

6:15—7:00pm
Disco Spin (431)
Green
Arabia

WEDNESDAY

5:45 – 6:30pm
Body Sculpt in
Motion
(431) Purple
Janice

THURSDAY

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

FRIDAY

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

SATURDAY

9:15am—10:00am
Gentle Yoga
(431) Purple
Moniquea

Fitness Class Locations

431 = 431 Pennington Ave

359 = 359 Pennington Ave.

Purple = purple room

Green = green room

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

Instructors are subject to change without notice

ALL FITNESS classes

except

**SilverSneakers held at our
431 Pennington Ave. location**

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 (431)

Body Sculpt in Motion (B,I,A) A strength training class done in your group exercise fitness class set to music that will make you forget you are training. Wednesday 6:30pm (431)

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)

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)

Disco 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. Tuesday 7:00 pm (431)

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)

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 (431)