



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY



# 2019 FALL GROUP EXERCISE 9/8/19—11/2/19



## MONDAY

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

**5:45—6:30pm**  
**Why not Weights**  
**(359) New**  
**Wellness Center-**  
**Janice**

**5:45—6:15pm**  
**Abs galore/butt n**  
**more**  
**(431) Green**  
**Arabia**

**6:15 – 7:00pm**  
**Xtreme Cardio**  
**(431) Green**  
**Arabia**

**7:00 – 7:45pm**

## TUESDAY

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

**5:45 – 6:30pm**  
**Dancerzise**  
**(431) Purple**  
**Arabia**

**6:30—7:15pm**  
**Disco Spin (431)**  
**Green**  
**Arabia**

## WEDNESDAY

**5:45 – 6:30pm**  
**Powered By**  
**Praise**  
**(431) Purple**  
**Jasmine**

**5:45—6:30pm**  
**Working with**  
**Weights (359)**  
**New Wellness**  
**Center—Moniquea**

## THURSDAY

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

## 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 @ 431**  
**Green = green room @ 431**  
**New Wellness Center = 359 Pennington Ave.**

All classes are FREE to YMCA to Full Facility Mem-  
 bers.

Program and Non-Members may participate in group  
 exercise classes for a \$10  
 guest pass fee.

\*Instructors are subject to change without notice\*

Classes in red—new classes

## 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

**Abs Galore/butt n more** (B,I,A,) 30 minutes of nothing but abs and butt. Monday 5:45pm (431)

**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)

**Dancerzise** (B,I,A) Here it is this new class is just what you are looking for if you want a Zumba class with a *twist*. This class

promises to work your entire body while you move to the beat. You will never be bored class changes weekly. Tuesday 5:45pm (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)

**Why not Weights/Working with Weights** (B,I,A) This new fitness class will challenge you in every way as you build strength and endurance thru weight training. Monday and Wednesday 5:45pm (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)