



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY



# 2020 WINTER GROUP EXERCISE

## 1/6/20—2/29/20



### MONDAY

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

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

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

6:15 - 7:00pm  
 Xtreme Cardio  
 (431) Purple  
 Arabia

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

### TUESDAY

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

12:30-1:15pm  
**NEW CLASS!!!!**  
 Lunch time  
**UNWIND**  
 Gentle Yoga  
 (359) Purple  
 Aliya

5:45 - 6:30pm  
 Move Your Body  
 Dancerzise  
 (431) Green  
 Arabia

**NEW TIME!!!!**  
 7:00—7:45pm  
 Disco Spin (431)  
 Green  
 Arabia

### WEDNESDAY

5:45-6:30pm  
**NEW CLASS WITH**  
**LIVE DJ!!!!**  
 Kick Boxing  
 (431) Purple  
 Renee

### THURSDAY

12:30-1:15pm  
**NEW CLASS!!!!**  
 Lunch time  
**UNWIND**  
 Gentle Yoga  
 (359) Purple  
 Aliya

5:45 - 6:30pm  
 Body Works  
 (431) Purple  
 Leslie

### FRIDAY

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

### SATURDAY

9:15—10:15am  
**NEW CLASS!!!!**  
 Gentle Yoga  
 (431) Purple  
 Alyia

10:30-11:15am  
**NEW CLASS!!!!**  
 Extreme HIP HOP  
 (431) Purple  
 Rashaan

#### 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\*

## 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)

**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)

**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)

**Extreme Hip Hop** (B,I,A) This cardio step class has moves that will make you wanna dance. You have what it takes and this class will take all you have. Saturdays 10:30am

**Gentle Yoga** (B,I,A) Stress be gone as you relax, refresh, stretch and revive your body with this gentle yoga class. This class creates a space that is judgement free so students from all levels can have a freeing experience. Tuesday & Thursday 12:30pm & Saturday 9:15am (431)

**Kick Boxing** (B,I,A) Puch and kick your way into a better you with a LIVE DJ. This action packed class will have you leave different then when you came in. Wednesday 5:45pm (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)

**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 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 (431)

**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)