

NO MATTER YOUR GOALS YOU BELONG AT THE Y.

Take the first step towards a healthier you
and become a member of the Y today!



GROUP EXERCISE 3/2/20—4/4/20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00-11:00am SilverSneakers (359) Melanie/Renee	10:00-11:00am SilverSneakers (359) Melanie/Renee	5:45-6:30pm NEW CLASS WITH LIVE DJ!!!! Cardio Kick Boxing (431) Orange Renee	12:30-1:15pm NEW CLASS!!!! Lunch time UNWIND Gentle Yoga (431) Purple Lyia	10:00-11:00am SilverSneakers (359) Melanie/Renee	9:15—10:15am NEW CLASS!!!! Gentle Yoga (431) Purple Lyia
5:45—6:30pm Why not Weights (359) Wellness Center Janice	12:30-1:15pm NEW CLASS!!!! Lunch time UNWIND Gentle Yoga (431) Purple Lyia		5:45 – 6:30pm Body Works (431) Purple Leslie Class rotates every other Thursday		10:30-11:15am NEW CLASS!!!! Xtreme HIP HOP (431) Orange Rashaan
5:45—6:15pm Abs galore/butt n more (431) Purple Arabia	NEW TIME!!! 6:00 – 6:45pm Move Your Body Dancerzise (431) Green Arabia		NEW CLASS!!!! Effective 3/5/2020 Pilates with Lyia (431) Purple Class rotates every other Thursday		
6:15 – 7:00pm Xtreme Cardio (431) Purple Arabia	7:00—7:45pm Disco Spin (431) Green Arabia		NEW CLASS!!! 6:30-7:15pm Starts 1/23/2020 Zumba (431) Purple		
7:00 – 7:45pm Vinyasa Yoga (431) Purple Onesha					

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 Members.

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

**Instructors are subject to change
without notice**

Capital Area YMCA

609-599-9622

www.capitalymca.org

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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 6:00pm (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)

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)

Pilates (B,I,A) An exercise regimen that is typically performed on a floor mat and aims to improve flexibility and stability by strengthening the muscles and especially the torso-stabilizing muscles of the abdomen and lower back. Thursday 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)

Xtreme Hip Hop (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 (431)

Zumba (B,I,A) One of your favorite dance classes with amazing rhythms that produce fabulous results. Thursday 6:30pm (431)