

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

# Davenport Family YMCA

## Winter 2 Session

### March 1st-April 18th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Morning Classes</b>					
<b>BodyPump Express**</b> 6:00-6:35am Jen	<b>Cycling*</b> 6:00-6:45am Cycling Room Suzanne	<b>Cycling*</b> 6:00-6:45am Jay	<b>Cycling*</b> 6:00-6:45am Cycling Room Suzanne	<b>Cycling*</b> 6:00-7:15am Cycling Room Mary E.	<b>Cycling*</b> 8:00-9:00am Cycling Room Kasey
					<b>BodyPump**</b> 9:00-10:00am Katrina
<b>Fit For Life</b> 9:00-10:30am Mary R.	<b>BodyPump**</b> 9:30-10:30am Tesi	<b>Fit For Life</b> 9:00-10:30am Mary R.	<b>Total Body Workout</b> 9:00-9:45am Vicki	<b>Fit For Life</b> 9:00-10:30am Mary R.	<b>Zumba</b> 10:00-11:00am Staff
<b>BodyPump**</b> 11:15-12:15am Jen	<b>Abtastic Abs</b> 12:30-1:00pm Annette	<b>BodyPump**</b> 12:00-1:00pm Katrina	<b>Abtastic Abs</b> 12:30-1:00pm Annette	<b>Cycling*</b> 9:30-10:30am Cycling Caroline	
				<b>BodyPump Express**</b> 11:00-11:45am Tesi	
<b>Evening Classes</b>					<b>Sunday</b>
<b>Cycling*</b> 4:30-5:30pm Cycling Room Mary E.	<b>Total Body Workout</b> 4:30-5:30pm Judy	<b>Cycling*</b> 4:30-5:30pm Cycling Room Russ	<b>BodyStep**</b> 4:30-5:30pm Tesi	<b>BodyPump**</b> 4:30-5:30pm Jen	<b>Yoga</b> 1:00-2:00pm (studio) Karmen
<b>Stability Ball Strength</b> 5:00-5:30pm Judy	<b>BodyStep**</b> 5:30-6:30pm Tesi	<b>Stability Ball</b> 5:00-5:30pm Judy	<b>Cycling*</b> 5:30-6:30pm Cycling Room Kasey	<b>Cycling*</b> 4:30-5:30pm Cycling Room Russ	
<b>Pilates Fusion</b> 5:30-6:15pm Judy	<b>BodyPump**</b> 6:30-7:30pm Jen	<b>Yoga- Flow &amp; Strength</b> 5:30-6:30pm (studio) Karmen	<b>BodyPump**</b> 5:30-6:30pm Tesi	<b>Child Watch Hours</b> Monday-Friday 8am-Noon Monday-Thursday 4-8pm Saturday 8:30-11:30 am  <b>Kid's Gym Hours</b> Monday-Friday 10am-Noon, 5-8pm Saturday & Sunday 2-4pm *class requires pre-registration or additional fee **Class requires Les Mills punch card Cycling classes: SPD pedals available, water and towel recommended Scheduled updated 2/26/10	
<b>Yoga- Flow &amp; Strength</b> 5:30-6:30pm (studio) Karmen		<b>Pilates</b> 5:30-6:15pm Sharon			
<b>Zumba</b> 6:30-7:15pm Jennifer		<b>Tai Chi- Beginners</b> 6:30-7:30pm John			
<b>Cycling*</b> 6:30-7:30pm Cycling Room Carla		<b>Tai Chi- Advanced</b> 7:30-8:30pm John			

# Davenport Family YMCA

## Group Fitness Class Descriptions



**BODYPUMP™** is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast! **Les Mills punch card required.**



**BODYSTEP™** is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body. **Les Mills punch card required.**



Are you ready to get your Latin groove on? Come join us for a great cardiovascular class that uses fun Latin dance moves and Latin music. This class is appropriate for all levels. No previous dance experience required. Just come ready to have some fun!

**Group Cycling:** 45-60 minutes of endurance, sprints and hills set to music. Indoor cycling is a great way to not only get a great cardiovascular workout but strengthen and tone the lower body as well. All participants are encouraged to bring water and a towel to class. SPD pedals are available on all bikes. All new participants are encouraged to attend an introductory class or meet with instructor prior to starting session. Additional fee and registration required.

**Pilates:** The mat class is a series of floor exercises designed to re-align and strengthen your body, concentrating on your abdominal muscles or core. This class incorporates breathing, strength, flexibility and proper alignment to achieve optimal results.

**Pilates Fusion:** 45 minutes of pilates style core training infused with upper and lower body strength training. The class format varies providing plenty of variety. This class is appropriate for all levels.

**Stability Ball Strength:** 30 minutes of core and strength training using dumb bells and a stability ball. Class format varies and is appropriate for all levels.

**Fit For Life:** Cardiovascular and strength training class all rolled into one great workout. This class format will vary from day to day to give you a variety of workout options. Upper and lower body strength training and core conditioning are emphasized in this 90 minute class. This class is appropriate for all levels.

**Yoga-Flow & Strength:** A 60 minute Hatha style yoga class that is taught in the Yogafit three mountain theory. This class incorporates more strength postures and a flowing style of linking the poses together. This class is designed to stimulate and energize you!

**Abtastic Abs:** 30 minutes of pure core conditioning. Each class will focus on a variety of core exercises to help strengthen and tone your mid-section. This class is appropriate for all levels.

**Total Body Workout:** Increase your lean muscle by toning and shaping. Hand weights, tubing and stability balls will be used in this class. Get fit and strong and strengthen your entire body. This class is appropriate for all levels.