

**FREEMAN SOUTHWEST FAMILY YMCA**

**Group Exercise Classes**

**Schedule Effective: June 1, 2009**

**YGROUP EXERCISE™**

We build strong kids, strong families, strong communities.

| MONDAY  | TUESDAY                                   | WEDNESDAY                                     | THURSDAY                                   | FRIDAY  | SATURDAY |
|---|---|---|--|---|----------|
| 8:30-9:00 a.m.<br>Spinning<br>Dustin                            |   | 8:30-9:00 a.m.<br>Spinning<br>Dustin          |  | 8:30-9:00 a.m.<br>Spinning<br>Liz             |          |
| 9:00-9:55 a.m.<br>Steps & Reps<br>Heather                       | 9:00-9:45 a.m.<br>Spinning<br>Cortney     | 9:00 -9:55 am<br>Steps & Reps<br>Liz          | 9:00 -9:45 am<br>Spinning<br>Cortney       | 9:00-9:55 a.m.<br>Steps & Reps<br>Heather     |          |
|   | 10:00-10:30 a.m.<br>Ball & Bar<br>Cortney | 11:00-11:45 a.m.<br>SilverSneakers®<br>Kathie | 10:00-10:30 am<br>Ball & Bar<br>Cortney    | 10:00-10:20 a. m.<br>XTREME Abs<br>Danae      |          |
| 11:45-12:30 p.m.<br>SilverSneakers®<br>Cardio Circuit<br>Donese | 10:30-11:00 a.m.<br>Tiny Tots<br>Cortney  |   | 10:30-11:00 am<br>Tiny Tots<br>Cortney     | 10:30-11:00 am<br>Pilates<br>Peggy            |          |
| 4:30 – 5:30 p.m.<br>Dance & Abs<br>Ashlie                       |   | 4:30-5:30 p.m.<br>Dance & Abs<br>Ashlie       | 5:45-6:45 p.m.<br>Bootcamp<br>Bob          | 11:45 12:30 p.m.<br>SilverSneakers®<br>Donese |          |
| 5:45-6:45 p.m.<br>Bootcamp<br>Sarah/Bob                         | 6:00-7:00 p.m.<br>Spinning & Abs<br>Sarah |   | 6:00-7:00 p.m.<br>Spinning & Step<br>Sarah |   |          |
| 6:15-7:15 p.m.<br>Zumba<br>Lyn                                  |   |   |  |   |          |
| 7:15-8:30 p.m.<br>Tango   | 7:00-8:00 p.m.<br>Closed for Karate       |   | 7:00-8:00 p.m.<br>Closed for Karate        |   |          |

**Drop-in anytime - all group exercise classes are included in your membership!**

**Come in a few minutes early so you can get any equipment ready, meet the instructor, and stretch!  
Your body needs a proper warm-up!**



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and strong communities.**



## **Freeman Southwest Family YMCA**

### Class Descriptions for Group Exercise Classes

**Ball & Bar:** This class is designed to build strength and give the body a total workout. Bars, free weights and swiss balls will all be used in this class.

**Boot Camp:** The name says it all! A hard-core endurance workout with high intensity exercises and strength training that will challenge you.

**Dance & Abs:** Dance it up to the latest hits on the charts and work up a sweat at the same time.

**Pilates (all levels):** A multi-level approach from basic to advanced Pilates. Exercises that help participants gain improved posture, increased balance, improved muscular balance, strengthened abdominals, back, and mental focus.

**SilverSneakers-®:** Is a trademarked group exercise class designed for older adults. Exercises include work for all major and minor muscle groups addressing strength, flexibility, muscular endurance, balance, coordination, agility, speed and power.

**Spinning:** A vigorous cardio workout. You control the resistance on your bike to make it as easy or difficult as you choose. Choose from a 30, 45 or 60 minute class!

**Tango:** The Argentine Tango is a dance of grace, passion, and complexity that moves with changing rhythms and intensity. All ages and levels are welcome.

**Tiny Tots:** A FUN parent and child class for ages two to five! Come and learn new songs, dances and games with your child.

**XTREME Abs:** The name says it all! 20 minutes to beautifully sculpted abs!

**Zumba®:** Ditch the workout and join the Party! A Latin inspired dance fitness class that incorporates Latin and International dance movements in an aerobic/fitness fashion, to achieve a balance of cardio and muscle-toning benefits.

# YWATER FITNESS™

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## Why Exercise in the water?

- ♥ Water provides 12 times the resistance than air.
- ♥ Beneficial to your joints
- ♥ Fun & Friends!
- ♥ Great pre/post surgery workout
- ♥ Great pre/post pregnancy
- ♥ The water decreases your blood pressure.
- ♥ Water increases your circulation.
- ♥ Work opposing muscle groups at the same time! – Cut the workout in half!
- ♥ Decreases swelling
- ♥ Burn 550 calories in one hour!

**Fit & Fun:** Use the resistance of the water for a challenging yet fun workout. Fun activities and Friends keep you coming back for more!

**H2O Combo:** A full body cardio/strength workout incorporates key fitness components to maintain and improve overall fitness.

**Joints In Motion:** This program is designed specifically for those who suffer from arthritis or other forms of discomfort. This beneficial, but low key class, increases flexibility and strengthens muscles.

**Silver Splash:** designed to enhance the quality of life and daily function by using the properties of water to enhance cardiovascular fitness, range of motion, agility, balance and coordination.

**Wet 'n Wild:** High energy total body conditioning may take the occasional comfortable adventure to deep end for that extra push!

Effective: June 1, 2009

This ☀ is a great place to start!

## Mondays:

9:45-10:30 am – Joints in Motion ☀  
10:30-11:15 am – Fit & Fun

## Tuesdays:

8:30-9:30 am – H2O Combo  
9:45-10:30 am – Joints in Motion ☀  
5:00-5:45 pm – Wet 'n Wild \*  
\* Belts available for deep end adventure

## Wednesdays:

9:45 am-10:30 am – Silver Splash ☀  
10:30-11:15 am – Fit & Fun  
\* Monthly Luncheon & Activities

## Thursdays:

8:30-9:30 am – H2O Combo  
9:45-10:30 am – Silver Splash  
10:30-11:15 am – Joints in Motion ☀  
5:00-5:45 pm – Wet 'n Wild

## Fridays:

10:30-11:15 am – Fit & Fun ☀

No need to know how to swim and it's **GREAT** Cross-training!



*YMCA Mission*  
To put Christian principles into practice through programs  
that build healthy spirit, mind and body for all.

