

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

September, 2010

AS-Aerobic Studio C-Cycle Room G-Gym YC – Youth Center Downstairs BB-Basic Beginnings Room Upstairs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 a.m. (C) Cycle Judy – All	5:45 a.m.(AS) Muscle Flex Judy– All	5:30 a.m.(AS) All About Abs (20 min) Gina-All	6:00 a.m.(C) Cycle Calvin – All	5:45 a.m. (AS) Muscle Flex CINDY – All Or TREADMILL (6:00am) VIVIAN (see board)	8:00 a.m.(C) Cycle + Betsy– All	12:45 p.m. (AS) Step Jane– Int/Adv
6:00 a.m. (AS) Sports Cond. Kristen-Int./Adv.	8:20 a.m.(AS) CARDIO/CORE SARAH--ALL	6:00 a.m.(AS) Cardio F.I.S.T. Vivian – Int./Adv.	8:20 am (AS) Muscle Flex Barbara – All.	6:00 a.m Upstairs conference Yoga Jennifer-All	8:15am (AS) INSTRUCTORS CHOICE! New Choices See board	1:30 p.m. (C) Cycle + Robin D.-All
8:30 am (AS) Muscle flex Jane--all	8:20 a.m. (C) Cycle+ Kelli – Int./Adv.	6:00 a.m Upstairs conference Pi/Yo Jennifer-All	8:20 a.m. (C) Cycle+ Kelli – Int./Adv	8:20 a.m.(AS) SWEATSHOP SARAH—INT/ADV	9:15 a.m. (C) Cycle Laura– All	1:45 p.m. (AS) Muscle Flex Staff-All
8:30am (G) Corepole Judy/Barbara--all	9:00 a.m. (G) Sports Cond. Alma -Int./Adv.	8:30 a.m.(G) Sports Cond. Kelly M-All	9:30 a.m.(AS) Yoga Colleen – All	8:30 a.m. (C) Cycle (50 min.) Patty-All	9:20 a.m. (AS) Muscle Flex See board All	3:30 p.m. (AS) NIA-DANCE FITNESS Trisha-All
9:00 a.m.(C) Beg. Cycle (40 min) Patty-Basic	9:30 a.m. (AS) Power Sculpt Barbara-All	8:30 a.m. (AS) Corepole Barbara-All	9:30 a.m. (C) Cycle/Piyo fusion Jennifer-All	8:30 a.m. (G) Sports Cond. Alma-Int/Adv	10:30 a.m. (AS) Beg. Yoga/Pilates Jan/Colleen - All	4:45 p.m. (AS) Power Yoga Gloria-Int/Adv
9:30 a.m.(AS) 1-2-3 Kelli-Int./Adv	10:45 a.m (AS) Pacers Lynn - Basic	9:30 a.m. (AS) Pilates Colleen.-All.	10:45 a.m.(AS) Pacers Circuit Colleen – Basic	9:20 am (BB) Arms and Abs (10 min) Patty-All		
9:35 a.m. (BB) Arms and Abs (20 min) Patty-All	NOON Cardio Combo Lunch Alma-ALL	11:00 a.m.(AS) Easy Stretch Lynn D. – All	Noon (AS) Zumba JEANNIE – All	9:30 AM (AS) TABATA/CORE PATRICE—INT/ADV		
10:45 a.m. (AS) Yoga Gloria-All	1:00 p.m.(AS) SilverSneakers® Lynn D. - Basic	Noon (AS) 1-2-3 Kelli—all	1:00p.m. (AS) SilverSneakers® Lynn - Basic	9:45 a.m.(G) Jump n Pump Kelli-ALL.		
Noon (AS) Kickboxing Kelly M –Basic/Int.	4:30 p.m.(AS) Power Core & More Patrice – Int./Adv	5:00 p.m.(AS) ZUMBA (60 min) Jeannie-ALL	4:30 p.m. (AS) Muscle Flex Circuit Patrice-interm.	10:30 a.m.(AS) Pilates Plus Colleen-All		
1:00 p.m Active Older Adult Walk Meet on the track	5:45 p.m.(AS) Yoga Gloria – All	6:00 p.m. Muscle Flex Cindy/Rosy-All	6:00 p.m. (AS) Let's Dance! See board	6:00 p.m. (AS) Gentle Yoga Stephanie/Janet-All		
4:30 p.m.(AS) STEP Jeannie –ALL	6:00 p.m. (C) Cycle Terri/Theresa-All	6:00 p.m. (C) Cycle+ Betsy -All	7:00 p.m. (AS) Jump N Pump Kelli-ALL			
5:30 p.m.(AS) Butts N Gutts Kelli-all	7:00 p.m.(AS) Zumba Kari-All	7:00 p.m.(AS) Yoga Jan – All				
6:00p.m. (AS) 1-2-3 Kelli-all		8:00pm (AS) Beginning Piyo Colleen--all				
6:00 p.m.(C) Cycle Jennifer –All						
7:00 p.m. (AS) Pi/Yo (AS) Jennifer – All						

Additions/Changes: *Beginning Yoga (10:30 am) 9/4, 9/11, 9/18* *Beginning Pilates (10:30 am) 9/25*

Coppell Family YMCA 146 Town Center Blvd. 972-393-5121 www.coppellymca.org

Financial Assistance is available please ask for details.

The mission of the YMCA of Metropolitan Dallas is to put Christian values into practice through programs that build healthy spirit, mind and body for all.

Class Descriptions

1-2-3	This one hour class builds muscle strength, definition and endurance. Through the use of hand held weights, bands, and balls the participant will experience a full body workout starting with lighter resistance, medium resistance and heavier resistance. With cardio on the stairs and on the track this is also a good option for weight loss. This class is easy to follow for all levels. (60 min.)
Boxing	An interval based class that combines kickboxing, sports drills, and simple dance moves in a party atmosphere.(45 min)
ButtsNGutts	Spend 30 minutes focusing on your glutes, thighs and abs! (30 minutes)
Cardio Combo Lunch	Lunchtime blast utilizing medicine balls and bosus for a high intensity cardio, core and full body strength workout.
Cardio F.I.S.T	<u>(Functional Integrated Strength Training)</u> Train and strengthen muscles in functional, everyday movement patterns using hand weights, resist-a-balls and Bosu platforms. (60 min.)
Corepole	Total Body workout using resistance bands on a specially designed piece of equipment called a Corepole. (45min.)
Cycle	A cardiovascular workout performed to music on specially designed stationary bikes. This class can be modified to all levels; don't forget your water and a towel! Please sign up at the Members Service desk prior to class. (45-60 min.)
Cycle +	This is a longer and/or higher intensity cycle class. Please sign up at the Members Service desk prior to class.
Cycle/Piyo Fusion	Fusion class—40 minutes of cycle and 20 minutes of stretching and core work (60 minutes)
Easy Stretch	A gentle way to increase flexibility and develop lean muscles. Includes core strengthening and yoga poses. (60 min.)
Gentle Yoga	A slow-paced yoga class focused on stretching, relaxation and rejuvenation. All levels welcome. (60 min.)
Jump and Pump	A strength and cardio interval class utilizing resistance equipment and jump ropes! (60 min)
Let's Dance!	Different formats such as Latin, Nia etc. each week to music. See flyer for details. All levels welcome (60 min.)
Muscle Flex	A strength class utilizing specially made variable weighted barbells. All muscle groups are worked utilizing the barbell with a weight that is specific to your strength level making it a great class for all levels. (60 min.)
Nia	Nia combines movements from the Dance Arts (Jazz, Modern Dance, Latin), the Martial Arts (Tai Chi, Tae Kwon Do, Aikido), and the Healing Arts (Yoga) into one fantastic Cardio Dance Fitness Class . All Nia movements are adaptable and can be personalized for any level of fitness and agility. (60 min.)
Pacers	A low impact class focusing on cardio strength and flexibility. All levels are welcome. (60 min.)
Pilates/Pilates Plus	A class based on a series of mat exercises that will challenge core strength, balance, and stability, encouraging development of good posture and strengthening your lower back, hips and legs. Various small equipment will be used to add intensity and resistance to give you total body conditioning. (60 min.)
PiYo	A unique blend of Pilates based exercises and Yoga poses. Great for beginners and those new to both disciplines.
Power Yoga	Yoga with an emphasis on sun salutations and flowing poses to build strength, stamina and flexibility. (60 min.)
Power Core& More	This class works it all! Bands, stability balls, weighted balls, and Bosu platforms are used to challenge your muscles in new ways, while getting a great cardio workout at the same time.(60min.)
SilverSneakers®	Strength and range of movement is the core of this multi-level chair conditioning class. The use of light hand weights, tubing and a small ball are included in this class. (45 min.)
Sports Conditioning	This class can include a combination of sports-specific training drills, plyometric moves, strength sequences and cardio segments in an interval format. (60 min.)
Step	This class is a cardio class using a step bench. Basic moves will be used so choreography will be easy to follow, but those experienced in step can increase the intensity by using more risers, jumps and arm movements. This class is for all levels (60 min)
Still Waters Yoga	Yoga for all levels that focuses our attention on Biblical scripture through meditation and yoga poses and flows. Yoga that refreshes your soul and renews your body. (60 min).
Sweatshop	Combines non-stop cardio, step and weights. A total get-it-done-in-an-hour class! (60 min)
Yoga	This is an effective way to build strength, stamina and flexibility while cultivating a sense of peace and well-being. All levels welcome. (60 min.)
Zumba	Dance your way to fitness—exciting and unique Latin moves will keep you moving. (60 Min.) m