



# August 2010 ~ Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Basic Training</b> 6-7 am (G/F) Jane	<b>Cardio Kickbox &amp; Condition</b> 9-10 am (A) Heidi	<b>Cardio♦Yoga♦ FatBurn Fusion</b> 6-7 am (A) Kathryn	<b>Basic Training</b> 6-7 am (G/F) Jane	<b>CardioYoga FatBurnFusion</b> 6-7 am (A) Kathryn	<b>Outdoor Bootcamp*</b> 7:30-8:30 am (F) Tim	
<b>Cardio♦Yoga ♦FatBurn Fusion</b> 6-7 am (A) Kathryn	<b>Have A Ball</b> 10:30-11:30 am (A) Mo	<b>Keeping Fit</b> 9-10 am (G) Jane	<b>Keeping Fit</b> 9-10 am (A) Barry	<b>Keeping Fit</b> 9-10 am (G) Louise	<b>Muscle Conditioning</b> 8:30-9:30 am (A) Barry	<b>Muscle Conditioning</b> 9:30-10:30 am (A) Barry
<b>Keeping Fit</b> 9-10 am (G) Jessica		<b>Fit Circuit</b> 9-10 am (A) Heidi	<b>ZUMBA</b> 9:30-10:30 am (G) Carolyn 	<b>Fit Circuit</b> 9-10 am (A) Heidi		
<b>Muscle &amp; Conditioning</b> 9-10 am (A) Heidi	<b>Hip Hop Bootcamp*</b> 5:00-6:00 (L) Danielle	<b>Outdoor Bootcamp*</b> 6-7pm (LF) Erin				
<b>Outdoor Bootcamp*</b> 6-7pm (LF) Heidi		<b>Basic Belly Dance Jam*</b> 7:30-8:30 (L) Jessica	<b>Have A Ball</b> 10:30-11:30 am (A) Mo			
<b>ZUMBA</b> 7:30-8:30 pm (A) Carolyn 	<b>Awesome Arms &amp; Ab Solutions</b> 7:15-8:00pm (A) Rosella	<b>More Muscle</b> 6:45 - 7:45 (YFC) Barry	<b>Below the Belt &amp; Ab Solutions</b> 7:15-8:15pm (A) Rosella			

- A = Auditorium
- G = Gymnasium
- LY = Live Y'ers
- SS = Spinning Studio
- RC = Racquetball Court
- WC = Wellness Center
- F = Field
- LF = Field at former
- Newton Corner Library
- YFC = Youth Fitness Ctr.
- L = former Newton Corner

 West Suburban YMCA


More Classes on Back

For more information, call (617) 244-6050 ext 3007 or go to [www.westsuburbanymca.org](http://www.westsuburbanymca.org)

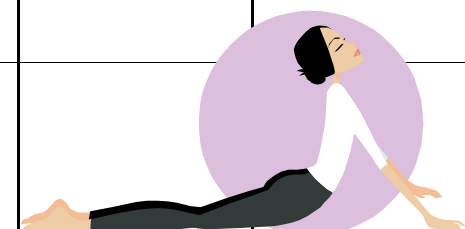
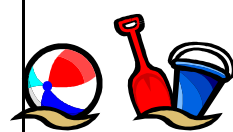




\*\*\*Schedule and instructors are subject to change without notice\*\*\*



**Y CYCLE:**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Y CYCLE All Terrain 9:30-10:15 am (SS) Patti	Sunrise CYCLE All Terrain 6-7am (SS) Kathryn	Y CYCLE All Terrain 9:30-10:15 am (SS) Patti	Sunrise CYCLE All Terrain 6-7am (SS) Michele	Y CYCLE All Terrain 9:30-10:15am (SS) Patti	Y CYCLE 7:30 am (SS) Michele	
Lunch Break Cycle 12:15-1:00 (SS) Michele	Y CYCLE & Ab Solutions 9:30-10:30 am (SS) Jane	Lunch Break Cycle 12:15-1:00 (SS) Michele	Y CYCLE & Ab Solutions 9:30-10:30 am (SS) Jane	Lunch Break Cycle 12:15-1:00 (SS) Michele		
Y CYCLE All Terrain 6:30 -7:30pm (SS) Kim	Y CYCLE All Terrain 6:30-7:30 pm (SS) Michele	Y CYCLE 6:30-7:30 pm (SS) Angela	Y CYCLE All Terrain 6:30-7:30 pm (SS) Kim			

**Mind & Body:**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Vinyasa Yoga 1-2pm (A) Jessica		Pilates 10:30-11:30 am (A) Jessica	Pilates 6-7 am (A) Kathryn	Pilates with Props 10:30-11:30 am (A) Jessica		
	Power Yoga 6:30 pm (LY) (75 minutes) Gina		Hatha Yoga 6:30 pm (LY) (75 minutes) Gina			Gentle Yoga 10:30 am (A) Barry
	Pilates 8-9 pm (A) Ellen	Tae Kwon Do 8:00pm (A) Teresa		 	 	Tae Kwon Do 5 pm (A) Teresa

## ***A Few Reminders***

- A minimum of 3 participants must be present at the start of class in order for class to be held.
- Space is limited in some classes. Participation is on a first-come, first-serve basis, so arrive early to ensure a spot in class.
- If you are participating in Yoga or Pilates, please bring your own mat to class.
- Appropriate shoes must be worn. Cross trainers or aerobic shoes are recommended. You will not be able to participate in class without the correct footwear.
- Classes are MULTI-LEVEL! Instructors will always show modifications. Remember, if it is new to you don't get frustrated! Keep moving and always have FUN!
- Each instructor has a different teaching style. We encourage you to try different classes more than once with that in mind. All of our instructors are nationally certified.
- Please allow yourself ample time to set up before class begins! The warm-up is a very important part of every class and should not be ignored! If you do arrive late for class, please make sure you warm up ahead of time and pick a spot in the back of the class to avoid distractions.
- Children are not allowed in the class under any circumstance. Babysitting is provided Mon. – Fri. from 8:45am – 1:00 pm and 3:30-5:30.

## **Group Exercise Class Descriptions**

(M) indicates that the classes are included with your membership.

**Ab Solutions (M)**: This class is designed to help strengthen and chisel your core to give you a nice strong physique.

**Awesome Arms (M)**: Focus on toning and shaping your upper body. Get a buff back and biceps, taut triceps and perfect pecs.

**Basic Training (M)**: Take your game to the next level! This multi-functional class incorporates cardiovascular conditioning and calisthenics with strength and conditioning for one hour of fun.

**Below the Belt (M)**: This 30 minute class focuses on toning and shaping hips, glutes, thighs and calves to give you strong, fit legs.

**Cardio \*Yoga \* Fat burn Fusion (M)**: This class is an exhilarating combination of cardiovascular endurance, body sculpting and yoga rolled into one.

**Dancercise (M)**: Dance your way into shape by combining the techniques of salsa, meringue and more dance styles in this class.

**Hatha Yoga (M)**: This class uses the yoga postures to develop strength, flexibility, balance and relaxation.

**Have A Ball (M)**: Try out this core strengthening class, in which you do different types of stability training exercises on a ball.

**Keeping Fit (M)**: A fun-filled low impact class designed specifically for the 55 plus who want to get moving!

**Kickboxing (M)**: Get a great workout by kicking and punching your way into shape with this fun, high intensity workout.

**Pilates (M)**: Work the deep muscles of the core to strengthen and stabilize the body with stability balls and other tools.

**Power Yoga (M)**: This physically challenging form of yoga challenges muscular strength and improves circulation.

**Recess (M)**: Feel like a kid again. Jump rope, play tag, run obstacle courses, and other fitness related games will have you burning calories and toning muscles in no time at all!

**Step & Sculpt (M)**: This class is designed to increase cardiovascular fitness while using a bench platform and adding intervals of weight training to burn more calories and tone those muscles.

**Tae Kwon Do (M)**: In this traditional Korean martial art class, both mental and physical strength and flexibility are fostered.

**Vinyasa Yoga (M)**: Focus on a dynamic connecting posture that creates a flow between traditional static stretches. Increase flexibility as well as purification through circulation and sweating.

**Weight Training (M)**: Learn the proper way to perform various weight lifting and toning techniques in order to get the most effective results from your workout.

**Y Cycle (M)**: Get into shape with this indoor cycling class.

**Zumba (M)**: Dance away your troubles in this fun, high-energy class with motivating moves, music & members!