
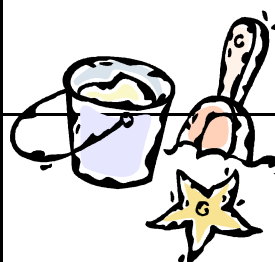




July 2009

Group Exercise Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Basic Training 6-7 am (G/F) Jane 	Cardio Kickbox & Condition 9-10 am (A) Heidi	Cardio♦Yoga♦ FatBurn Fusion 6-7 am (A) Kathryn	Basic Training 6-7 am (G/F) Jane	Cardio♦Yoga♦ FatBurn Fusion 6-7 am (A) Kathryn	Step & Sculpt 8:30-9:30 am (A) Barry	Muscle Conditioning 9:30-10:30 am (A) Barry
Cardio♦Yoga♦ FatBurn Fusion 6-7 am (A) Kathryn	Have A Ball 10:30-11:30 am (A) Mo	Keeping Fit 9-10 am (G) Marcia	Keeping Fit 9-10 am (A) Jessica	Keeping Fit 9-10 am (G) Louise	<div style="border: 1px solid black; border-radius: 50%; padding: 10px;"> <p> A = Auditorium G = Gymnasium LY = Live Y'ers SS = Spinning Studio RC = Racquetball Court WC = Wellness Center F = Field YFC = Youth Fitness Ctr. </p> </div>	
Keeping Fit 9-10 am (G) Jessica		Recess 9-10 am (A) Heidi	ZUMBA 9-10 am (G) Marcia 	Recess 9-10 am (A) Heidi		
Dancercise 9-10 am (A) Marcia			Have A Ball 10:30-11:30 am (A) Mo			
ZUMBA 7:45-8:45 pm (A) Loren 	Awesome Arms & Ab Solutions 7:15-8:00pm (A) Rosella	More Muscle 6:45 - 7:45 (YFC) Barry	Below the Belt & Ab Solutions 7:15-8:15pm (A) Rosella	<div style="border: 1px solid black; border-radius: 50%; padding: 10px; background-color: #e0f0ff;"> <p> BRIDAL BASIC TRAINING*** Brides-to-be, shape up for your wedding day! Call 617-244-6050 ext. 3007 for more information. </p> </div>		

More Classes on Back

Open Cycle 5pm-6pm Wed & Thurs.



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 8-9 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) Michele	Y CYCLE All Terrain 6:30-7:30 pm (SS) Kim	INTRO to Y CYCLE 7/1 and 7/15 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	T'ai Chi 6:30 am (A) Brendan	Pilates 10:30-11:30 am (A) Jessica	Pilates 6-7 am (A) Kathryn	Pilates with Props 10:30-11:30 am (A) Jessica		Pilates 8:30-9:30 am Kathryn (A)
Yogalates 6:15-7:15 pm Gina (LY)	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): Spin your way into shape with this indoor cycling class.

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