

JANUARY GROUP FITNESS SCHEDULE

469-9622

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <u>WATER</u> no class <u>GROUP FITNESS ROOM</u> 1:15pm 30/30/30 Amanda 30 min cardio/strength/core 3:15pm Ultra Cycle Sheri 4:30pm Yoga II Mich C	2 <u>Water</u> 9:00am AF Kathy 7:00pm AF Diane <u>GROUP FITNESS ROOM</u> 6:00am IT Jasmine 8:30am L&L Nan 9:30am CC Nan 10:30am Pilates Janet 12:00pm Yoga Phyllis 4:30pm T.S. Tricia 5:30pm Zumba Cindy K 6:30pm Cycling Eleanor 7:30pm Yoga Eleanor <u>GYM 3</u> 9:30am BT Mich B 5:30pm B.T. Elizabeth 6:30pm T.S. Liz <u>TRACK</u> 9:30am Brick Sheri	3 <u>WATER</u> 9:00am AF Romain <u>GROUP FITNESS ROOM</u> 6:00am Cycling Angie 8:30am Yoga Shauna 9:30am Step. Int. Jasmine 10:30am CF Tameka 12:00pm IT Amanda 4:30pm Cycling Donna 5:30pm Yoga Melinda 6:30pm Dance IT Bearta 7:30pm Pilates Yvonne <u>GYM 3</u> 9:30am T.S Liz 6:30pm 20/20/20 Yvonne	4 <u>WATER</u> 9:00am AF Nicki 7:00pm AF Diane <u>GROUP FITNESS ROOM</u> 6:00am Yoga Eleanor 8:30am L&L Beth 9:30am Cycling Beth 10:30am Yoga II Phyllis 12:00pm Pilates Stacie 4:30pm 20/20/20 Amanda 5:30pm Step Romain 6:30pm T.S. Cindy K 7:30pm Yoga Peter <u>GYM 3</u> 5:45am 20/20/20 Angie 9:30am C.C Renee C 6:00pm KB Yvonne <u>LOBBY</u> 9:30am OD BT Sheri	5 <u>WATER</u> 9:00am AF Mel <u>GROUP FITNESS ROOM</u> 6:00am Cycling Beth 8:30am Yoga B Donna 9:30am IT Renee C 10:30am Zumba Bearta 12:00pm BT Mich B 4:30pm T.S. Nicki 5:30pm Cycling Phyllis 6:30pm CF Tameka 7:30pm Pilates Phyllis <u>GYM 3</u> 9:30am T.S. Elizabeth 6:00pm Cardio Sheri 6:30pm T.S. Sheri <u>LOBBY</u> 10:30am Y Run Staff	6 <u>WATER</u> 9:00am AF Nan <u>GROUP FITNESS ROOM</u> 6:00am Yoga Stacie 8:00am L&L Mich C 8:30am Pilates Donna 9:30am Cycling Mich C 10:30am Yoga Shauna 4:30pm B.T. Tricia 5:30pm Family Fit Angie Games 6:30pm Zumba Cindy K <u>GYM 3</u> 6:00am B.T. Cindy W 9:30am 20/20/20 Elizabeth	7 <u>WATER</u> 9:00am AF Kathy <u>GROUP FITNESS ROOM</u> 8:00am Cycling Stacie 9:00am Step Romain 10:00am T.S. Amy 11:00am Yoga B Peter 12:00pm LineDance Nan 2:00pm BT Amanda <u>GYM 3</u> *8:00am Intensity Ahmad *sign up required 9:00am K.B Cindy W <u>Pool Room</u> 9:00am Yoga Donna <u>LOBBY</u> 10:15am Y Run Staff
8 <u>WATER</u> 1:15pm Aqua Jog Nicki <u>GROUP FITNESS ROOM</u> 1:15pm IT Tricia 2:15pm Pilates Donna 3:15pm Ultra Cycle Angie 4:30pm Yoga II Angie	9 <u>Water</u> 9:00am AF Dionna 7:00pm AF Diane <u>GROUP FITNESS ROOM</u> 6:00am IT Angie 8:30am L&L Mich C 9:30am CC Nan 10:30am Pilates Romain 12:00pm Yoga Stacie 4:30pm T.S. Liz 5:30pm Zumba Cindy K 6:30pm Cycling Amanda 7:30pm Yoga Renee C <u>GYM 3</u> 9:30am KB Beth 5:30pm B.T. Ambver 6:30pm T.S. Tricia <u>TRACK</u> 9:30am Brick Mich C	10 <u>WATER</u> 9:00am AF Nicki <u>GROUP FITNESS ROOM</u> 6:00am Cycling Eleanor 8:30am Yoga Shauna 9:30am Step. Int. Romain 10:30am CF Tameka 12:00pm IT Beth 4:30pm Cycling Mich C 5:30pm Yoga Melinda 6:30pm Dance IT Cindy K 7:30pm Pilates Janet <u>GYM 3</u> 9:30am T.S Amanda 6:00pm 20/20/20 Liz	11 <u>WATER</u> 9:00am AF Kathy 7:00pm AF Jess <u>GROUP FITNESS ROOM</u> 6:00am Yoga Eleanor 8:30am L&L Donna 9:30am Cycling Phyllis 10:30am Yoga II Phyllis 12:00pm Pilates Stacie 4:30pm 20/20/20 Jasmine 5:30pm Step Romain 6:30pm T.S. Amanda 7:30pm Yoga Amy <u>GYM 3</u> 5:45am 20/20/20 Cindy W 9:30am C.C Nan 6:00pm KB Yvonne <u>LOBBY</u> 9:30am OD BT Sheri	12 <u>WATER</u> 9:00am AF Mel <u>GROUP FITNESS ROOM</u> 6:00am Cycling Jenn 8:30am Yoga B Janet 9:30am IT Jasmine 10:30am Zumba Tameka 12:00pm BT Angie 4:30pm T.S. Renee 5:30pm Cycling Donna 6:30pm Zumba Bearta 7:30pm Pilates Phyllis <u>GYM 3</u> 9:30am T.S. Renee C 6:00pm Cardio Tricia 6:30pm T.S. Tricia <u>LOBBY</u> 10:30am Y Run Staff	13 <u>WATER</u> 9:00am AF Kathy <u>GROUP FITNESS ROOM</u> 6:00am Yoga Stacie 8:00am L&L Nan 8:30am Pilates Donna 9:30am Cycling Romain 10:30am Yoga Janet 4:30pm B.T. Mich B 5:30pm Family Fit Mich B Games 6:30pm Zumba Cindy K <u>GYM 3</u> 6:00am B.T. Eleanor 9:30am 20/20/20 Amanda	14 <u>WATER</u> 9:00am AF Janet <u>GROUP FITNESS ROOM</u> 8:00am Cycling Liz 9:00am Step Jasmine 10:00am T.S. Amber 11:00am Yoga B Renee C 12:00pm LineDance Nan workshop 1-4pm for instructors <u>GYM 3</u> 9:00am K.B Yvonne <u>Pool Room</u> 9:00am Yoga Melinda <u>LOBBY</u> 10:15am Y Run Staff
15 <u>WATER</u> 1:15pm Aqua Jog Nicki <u>GROUP FITNESS ROOM</u> 1:15pm IT Liz 2:15pm Pilates Stacie 3:15pm Ultra Cycle Tricia 4:30pm Yoga II Mich C	16 <u>Water</u> 9:00am AF Nan 7:00pm AF Diane <u>GROUP FITNESS ROOM</u> 6:00am IT Jasmine 8:30am L&L Mich C 9:30am CC Romain 10:30am Pilates Romain 12:00pm Yoga Melinda 4:30pm T.S. Mich B 5:30pm Zumba Cindy K 6:30pm Cycling Donna 7:30pm Yoga Peter <u>GYM 3</u> 9:30am KB Tameka 5:30pm B.T. Tricia 6:30pm T.S. Tricia <u>TRACK</u> 9:30am Brick Elizabeth	17 <u>WATER</u> 9:00am AF Nicki <u>GROUP FITNESS ROOM</u> 6:00am Cycling Eleanor 8:30am Yoga Janet 9:30am Step. Int. Elizabeth 10:30am CF Tameka 12:00pm IT Sheri 4:30pm Cycling Phyllis 5:30pm Yoga Shauna 6:30pm Dance IT Amy 7:30pm Pilates Renee C <u>GYM 3</u> 9:30am T.S Renee 6:00pm 20/20/20 Amanda	18 <u>WATER</u> 9:00am AF Sheri 7:00pm AF Jess <u>GROUP FITNESS ROOM</u> 6:00am Yoga Stacie 8:30am L&L Donna 9:30am Cycling Donna 10:30am Yoga II Melinda 12:00pm Pilates Phyllis 4:30pm 20/20/20 Amanda 5:30pm Step Jasmine 6:30pm T.S. Amy 7:30pm Yoga Eleanor <u>GYM 3</u> 5:45am 20/20/20 Cindy W 9:30am C.C Nan 6:00pm KB Cindy K <u>LOBBY</u> 9:30am OD BT Elizabeth	19 <u>WATER</u> 9:00am AF Mel <u>GROUP FITNESS ROOM</u> 6:00am Cycling Angie 8:30am Yoga B shauna 9:30am IT Jenn 10:30am Zumba Bearta 12:00pm BT Beth 4:30pm T.S. Mich B 5:30pm Cycling Amanda 6:30pm CF Tameka 7:30pm Pilates Phyllis <u>GYM 3</u> 9:30am T.S. Romain 6:00pm Cardio Amber 6:30pm T.S. Amber <u>LOBBY</u> 10:30am Y Run Staff	29 <u>WATER</u> 9:00am AF Janet <u>GROUP FITNESS ROOM</u> 6:00am Yoga Eleanor 8:00am L&L Janet 8:30am Pilates Donna 9:30am Cycling Liz 10:30am Yoga Mich C 4:30pm B.T. Jenn 5:30pm Family Fit Jenn Games 6:30pm Belly Dance Bearta <u>GYM 3</u> 6:00am B.T. Cindy W 9:30am 20/20/20 Beth	21 <u>WATER</u> 9:00am AF Sheri <u>GROUP FITNESS ROOM</u> 8:00am Cycling Jenn 9:00am Step Romain 10:00am T.S. Bearta 11:00am Yoga B Amy 12:00pm Zumba Amy 2:00pm BT Elizabeth <u>GYM 3</u> 8:00am Intensity Ahmad *sign up required 9:00am K.B Renee C <u>Pool Room</u> 9:00am Yoga Janet <u>LOBBY</u> 10:15am Y-Run Staff
22 <u>WATER</u> 1:15pm Aqua Jog Diane <u>GROUP FITNESS ROOM</u> 1:15pm IT Sheri 2:15pm Pilates Romain 3:15pm Ultra Cycle Beth 4:30pm Yoga II Eleanor	23 <u>Water</u> 9:00am AF Kathy 7:00pm AF Diane <u>GROUP FITNESS ROOM</u> 6:00am IT Angie 8:30am L&L Donna 9:30am CC Nan 10:30am Pilates Donna 12:00pm Yoga Mich C 4:30pm T.S. Amanda 5:30pm Zumba Bearta 6:30pm Cycling Phyllis 7:30pm Yoga Phyllis <u>GYM 3</u> 9:30am KB Beth 5:30pm B.T. Amber 6:30pm T.S. Yvonne <u>TRACK</u> 9:30am Brick Renee C	24 <u>WATER</u> 9:00am AF Donna <u>GROUP FITNESS ROOM</u> 6:00am Cycling Eleanor 8:30am Yoga Shauna 9:30am Step. Int. Romain 10:30am CF Tameka 12:00pm IT Beth 4:30pm Cycling Amanda 5:30pm Yoga Mich C 6:30pm Dance IT Cindy K 7:30pm Pilates Renee C <u>GYM 3</u> 9:30am T.S Jenn 6:00pm 20/20/20 Tricia	25 <u>WATER</u> 9:00am AF Mel 7:00pm AF Jess <u>GROUP FITNESS ROOM</u> 6:00am Yoga Stacie 8:30am L&L Nan 9:30am Cycling Mich C 10:30am Yoga II Janet 12:00pm Pilates Romain 4:30pm 20/20/20 Liz 5:30pm Step Jasmine 6:30pm T.S. Amy 7:30pm Yoga Amy <u>GYM 3</u> 5:45am 20/20/20 Jenn 9:30am C.C Nan 6:00pm KB Cindy W <u>LOBBY</u> 9:30am OD BT Elizabeth	26 <u>WATER</u> 9:00am AF Janet <u>GROUP FITNESS ROOM</u> 6:00am Cycling Beth 8:30am Yoga B Donna 9:30am IT Renee C 10:30am Zumba Bearta 12:00pm BT Elizabeth 4:30pm T.S. Liz 5:30pm Cycling Mich B 6:30pm CF Tameka 7:30pm Pilates Phyllis <u>GYM 3</u> 9:30am T.S. Bearta 6:00pm Cardio Tricia 6:30pm T.S. Tricia <u>LOBBY</u> 10:30am Y Run Staff	27 <u>WATER</u> 9:00am AF Sheri <u>GROUP FITNESS ROOM</u> 6:00am Yoga Eleanor 8:00am L&L Mich C 8:30am Pilates Shauna 9:30am Cycling Donna 10:30am Yoga Melinda 4:30pm B.T. Amanda 5:30pm Family Fit Amanda Games 6:30pm Zumba Cindy K <u>GYM 3</u> 6:00am B.T. Beth 9:30am 20/20/20 Renee C	28 <u>WATER</u> 9:00am AF Jess <u>GROUP FITNESS ROOM</u> 8:00am Cycling Eleanor 9:00am Step Tricia 10:00am T.S. Liz 11:00am Yoga B Peter 12:00pm CF Tameka 2:00pm BT Amanda <u>GYM 3</u> 8:00am Intensity Ahmad *sign up required 9:00am K.B Yvonne <u>Pool Room</u> 9:00am Yoga Eleanor <u>LOBBY</u> 10:15am Y-Run Staff
29 <u>WATER</u> 1:15pm Aqua Jog Jess <u>GROUP FITNESS ROOM</u> 1:15pm IT Jenn 2:15pm Pilates Janet 3:15pm Ultra Cycle Phyllis 4:30pm Yoga II Phyllis	30 <u>Water</u> 9:00am AF Kathy 7:00pm AF Jess <u>GROUP FITNESS ROOM</u> 6:00am IT Eleanor 8:30am L&L Mich C 9:30am CC Nan 10:30am Pilates Phyllis 12:00pm Yoga Melinda 4:30pm T.S. Mich B 5:30pm Zumba Cindy K 6:30pm Cycling Donna 7:30pm Yoga Donna <u>GYM 3</u> 9:30am KB Cindy W 5:30pm B.T. Amanda 6:30pm T.S. Nicki <u>TRACK</u> 9:30am Brick Sheri	31 <u>WATER</u> 9:00am AF Donna <u>GROUP FITNESS ROOM</u> 6:00am Cycling Stacie 8:30am Yoga Janet 9:30am Step. Int. Elizabeth 10:30am Zumba Bearta 12:00pm IT Renee C 4:30pm Cycling Phyllis 5:30pm Yoga Phyllis 6:30pm Dance IT Amy 7:30pm Pilates Yvonne <u>GYM 3</u> 9:30am T.S Romain 6:00pm 20/20/20 Amber				



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JANUARY GROUP FITNESS SCHEDULE

New Classes

Tuesday 6:30pm Dance Interval (group fit room)
6:00pm (*new time*) 20/20/20 (Gym 3)

Thursday 6:00-6:30pm Cardio Express
6:30-7:00pm Total Strength Express

Friday 6:00am Yoga

Saturday 12:00pm Line Dance or Zumba/CF
2:00pm Basic Training

- No Kickboxing on January 2nd at 9:30am, instead we will have Basic Training.

WELLNESS
CARY FAMILY YMCA

CLASS DESCRIPTIONS

LAND CLASSES

BASIC TRAINING – (B.T.) An intense fast paced cardio & strength conditioning class involving speed, agility, plyometrics, and running. This is a full body workout. (Intermediate, advanced) MSA

BELLY DANCING- (B.D.) Timeless dance based class that focuses on your core while having fun. (Specialty, may not be offered each month) (All levels)

BRICK – A bike/run or walk class. Intervals of cycling followed by run or walk. Class size limited. (All levels) MSA

CARDIO – A 30 minute class of strictly cardio, could include step, kickboxing, drills, plyometric exercises, etc.

CARDIO FUNK (CF) - A cardio dance workout fused with hip/hop and funk. (All levels)

CHOREOGRAPHED CARDIO (CC) – This class includes a warm up, stretching and abdominal exercises. Cardio portion consists of combinations of non impact moves designed to get your heart pumping. (All levels)

CYCLING – (CYC) Cycling is a non impact cardiovascular workout for a variety of fitness levels. Class may contain an abdominal workout. Class size is limited. Class length is 45 or 55 minutes. (All levels)

DANCE INTERVAL TRAINING (IT) – A class that combines intervals of dance (Latin, hip hop, funk) and strength training.

FAMILY FIT - A fun fitness workout designed for the whole family. Workouts will be the instructor's choice.

INTERVAL TRAINING (IT) - Intervals of intense cardio and weights. Taught in segments of 30 sec, 45 sec., 1 min, 90 sec. or more. (Intermediate, advanced) MSA

INTENSITY – An unconventional, *high intensity* class which incorporates plyometric exercises, sprints, pull ups, box jumps, heavy weights, rope pulls, a true intense mix geared for the advanced exerciser, this is not for beginners. Participants must be able to run a mile without stopping, complete pushups on their toes, etc.

You must sign up for this class. (Advanced) No Middle School.

KICKBOXING (KB) – A challenging action packed cardiovascular class that combines the energy and music of an aerobics class with martial arts techniques. (Intermediate)

Light & Lively (L&L) – This class consists of slow to moderate lo impact combinations followed by strength and flexibility exercises. (Beginners)

PILATES – An exercise class emphasizing a balance between flexibility and core strength. All exercises done on a mat. (Beginner, Intermediate) MSA

OUTDOOR BASIC TRAINING (OD BT) - An intense fast paced cardio & strength conditioning class held outside. This is a full body workout. Be prepared to get dirty. Meet in front of YMCA (Intermediate, advanced) MSA

STEP- This class utilizes a platform bench for cardiovascular conditioning. Intermediate choreography will be used in this class and options will be shown to increase/decrease intensity levels. (Intermediate) MSA

STEP INTERVAL- (Step Int.)A class with intervals alternating step aerobics and hand weight/tubing exercises for the upper body. Class concludes with abdominal exercises. (Intermediate) MSA

TOTAL STRENGTH – (TS) A strength class that targets all the major muscle groups to increase muscular strength and endurance. (All levels)

ULTRA CYCLE- A 65 Minute Challenging cycle class.(Intermediate, advanced) MSA

20/20/20 – Three workouts in one! Combine cardio, strength and core in 20 minute segments for a total body workout. (All levels) MSA

Y Run- Outdoor running class for participants who are able to run one consecutive mile at any pace. The base loop is a 5K distance with options. Meet in front of the YMCA. (Intermediate, advanced) MSA

YOGA – A basic practice geared to the student who wishes to establish the foundations of posture and breath. (All levels) MSA

YOGA BASICS (Yoga B.)– A class designed to enable students to become introduced to Yoga, and explore poses in greater depth. This class is geared to beginners.

YOGA II – This class is for the yoga student with experience who wishes to advance or deepen their practice. (Intermediate, advanced) MSA

ZUMBA – A dance/fitness/aerobics class based on dancing to Latin flavored music. A typical workout might include the meringue, salsa, mambo and more. (All levels)

MSA- Middle School with Adult

Unless noted all other classes have been identified appropriate for middle school members.

WATER CLASSES

AQUA FITNESS (AF) – An effective water workout utilizing either the deep and/or the shallow end of the pool. Flotation belts provided. (All levels, however it is suggested that participants feel comfortable in water above their heads.