

CARY FAMILY YMCA GROUP FITNESS

MONTHLY SCHEDULE



JULY 2009

Facility Hours
 Mon.-Fri. 5:30am-10pm
 Sat. 7:30am-6pm
 Sun. 1pm-6pm
 469-9622

GROUP FITNESS HAPPENINGS

- ◆ In observance of Independence Day the main building will be closed on the 4th of July. The pool will be open but the water class is cancelled.
- ◆ Modified class schedule on Friday July 3rd. Please see schedule for details.
- ◆ Monday July 6th the 9:30 KB and Lo Impact class will combine in gym 3 for Aerobic Conditioning.
- ◆ Have you been thinking about trying a dance based fitness class? Look for Cardio Funk, Zumba, Dance Party and Belly Dancing on the schedule and come join in the fun!

MIDDLE SCHOOL CLASS SCHEDULE	SUMMER WATER AEROBICS
<p>Monday - 12:00pm Bike & Bar 4:30 pm Bodysculpt 5:30 pm Basic Training/Cycling/Cardio Funk 7:30 pm Yoga</p> <p>Tuesday - 8:30 am Yoga 4:30 pm Cycling</p> <p>Wednesday - 9:30 am Hi/Lo 12:00 pm Yoga Basics 4:30 pm Muscle Endurance 7:30 pm Cardio Funk (7/9 & 7/15)</p> <p>Thursday - 8:30 am Pilates 9:30 am Basic Training 10:30 am Zumba 4:30 pm Pilates 6:30 pm Cardio Funk /Zumba</p> <p>Friday - 9:30 am Aerobic Conditioning 4:30 pm Basic Training</p> <p>Saturday - 9:30 am Kickboxing</p>	<ul style="list-style-type: none"> ◆ Friday July 31st 4:30 Aqua Fitness class cancelled for that day only. ◆ For your safety, the water temperature must be 78 degrees or above and air temperature must be 68 degrees or above. ◆ If the weather is questionable (thunder, lightning) please call the Aquatics Welcome Center at 469-9622 ext. 140 at least 30 minutes ahead. <div data-bbox="841 1482 948 1587" style="text-align: center;"> </div>

Any changes to the schedule will be posted on the board outside the Group Fitness Room. Please remember to sign up for Cycling, Brick, Bosu, Sun. 2:30pm & Tues. 7:30 pm Pilates, and evening Water classes one day in advance by calling 469-9622 ext. 113. For Water classes call ext. 140.

CLASS DESCRIPTIONS

AEROBIC CONDITIONING – A complete 45 minute aerobic workout that may include hi/lo, step, cardio stations or walking/running. Followed by 10 minutes of core. (Intermediate, advanced)

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)

BIKE AND BAR- Thirty five minutes of cycling followed by 20 minutes of a total body work out with the Body Bar. (All levels)

BELLY DANCING- Timeless dance based class that focuses on your core while having fun. (All levels)

BODY SCULPTING- (B.S.) A toning class that targets all the major muscle groups to increase muscular strength and endurance. (All levels)

BOSU CLASS- "Both Sides Utilized" A class that expands movement capabilities while reshaping the body and strengthening the mind. This class incorporates weights, bands and your own body weight. Class size limited. Sign up at Wellness desk required. (Intermediate)

BOSU FUSION – A high energy workout that combines cardio and strength utilizing the Bosu. (Intermediate, advanced)

BRICK – A bike/run class. Intervals of cycling followed by run or walk. Class size limited. Sign up at Wellness desk required. (All levels)

CARDIO FUNK - A cardio dance workout fused with hip/hop, funk, street jazz, and theatre. (Intermediate)

CYCLING – Cycling is a non impact cardiovascular workout for a variety of fitness levels. Class may contain an abdominal workout. Class size is limited. Sign up at the Wellness desk 24 hours in advance. Class length is 45 or 55 minutes. (All levels)

CYCLE AND CORE – A 45 minute cycle class followed by 10 minutes of core work. (All levels)

DANCE PARTY - A fun filled workout to the music from the 60's 70's 80's 90's and today. (All levels)

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

LO IMPACT – 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)

HI/LO IMPACT – Class format the same as lo impact with various hi impact routines put in for those participants who want more of a challenge. (All levels)

MUSCLE ENDURANCE –(M.E.) a multi functional strength class (working multiple muscle groups at a time) building muscular endurance using lower weights. (Intermediate, advanced)

PILATES – An exercise class emphasizing a balance between flexibility and core strength. All exercises done on a mat. Sign up required 24 hours in advance for Sunday afternoons and Tuesday evenings. (Beginner, Intermediate)

POWER MOMS – Intervals of cycling and walking in the track for Moms and Moms to be. Strollers and packs suggested. (All levels)

PUNK ROPE – An interval based class consisting of rope jumping, drills and fun music. Good for all fitness levels.

S.T.A.R. – Spin, Tone, Abs, and Relax for a complete workout. (All levels)

STEP CLASS- A workout involving stepping up and down on an adjustable platform while simultaneously performing arm movements. Abdominal exercises included in this class. (Intermediate)

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

30.60.90 – Intervals of intense cardio and weights. Done in sets of 30, 60 and 90 seconds. (Intermediate, advanced)

YMCA 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 the main lobby.

YES (Young Energetic Seniors) – This class consists of slow to moderate lo impact combinations followed by strength and flexibility exercises. Good for beginners also.

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

YOGA BASICS – 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)

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)


WATER CLASSES – Evening classes require sign-up.

COMBQ – a water class combining shallow and deep. (All levels)

STRENGTH INTERVAL – A workout consisting of cardiovascular and resistance exercises. (All levels)

AQUA FITNESS – An effective water workout utilizing the length of the pool. Flotation belts provided if needed. (All levels)

CARY FAMILY YMCA GROUP FITNESS SCHEDULE JULY 2009 469-9622 EXT. 113

Sunday	Monday	Tuesday	Wednesday 1	Thursday 2	Friday 3	Saturday 4
			<p>WATER 9:00-9:55 Combo- Kathy 7:00-7:50 AF- Sheri</p> <p>GROUP FITNESS ROOM 6:00-6:55a Yoga - Denise 8:30-9:25 Yes - Nan 9:30-10:25 Cycling - Beth 10:30-11:25 Yoga II - Donna 12:00-12:55p Yoga Basics - Mich. B. 4:30-5:25 M.E. - Liz 5:30-6:25 Step - Eleanor 6:30-7:25 B.S. - Amanda</p> <p>GYM 3 9:30-10:25 Hi/Lo - Nan 6:00-6:55p KB - Yvonne</p>	<p>WATER 9:00-9:55 Combo- Donna 7:00-7:50 AF- Janet</p> <p>GROUP FITNESS ROOM 6:00-6:55a Cycling - Eleanor 8:30-9:25 Pilates - Shauna 9:30-10:25 B.S. - Bearta 10:30-11:25 Zumba - Bearta 4:30-5:25p Pilates - Mich. B. 5:30-6:15 Cycling - Liz 6:30-7:25 Zumba - Cindy K. 7:30-8:25 Yoga - Janet</p> <p>LOBBY 9:30-10:30 YMCA Run - Beth</p> <p>GYM 3 9:30-10:25 Basic Training - Sheri</p>	<p>WATER 9:00-9:55 Sl- Kathy 4:30-5:20 AF- Jess</p> <p>GROUP FITNESS ROOM 6:00-6:55a Basic Training - Angie 9:30-10:25 Cycling - Sheri 10:30-11:25 Yoga - Shauna</p> <p style="text-align: center;">Modified Schedule for July 4th Weekend!</p>	<p>BUILDING CLOSED</p> <p>POOL OPEN (Water class cancelled)</p> 
5	6	7	8	9	10	11
<p>WATER 1:15-2:10 AF - Kathy</p> <p>GROUP FITNESS ROOM 2:30-3:25 Pilates - Jennifer 3:30-4:25 Cycling - Sheri 4:30-5:30 Yoga II - Phyllis</p>	<p>WATER 9:00-9:55 Combo- Kathy 7:00-7:50 AF- Diane</p> <p>GROUP FITNESS ROOM 6:00-6:55a 30/60/90 - Eleanor 8:30-9:25 YES - Cheryl 10:30-11:25 Pilates - Janet 12:00-12:55p Bike & Bar - Cheryl 1:00-1:55 Yoga - Mich. B. 4:30-5:25 B.S. - Amanda 5:30-6:25 Cardio Funk - Tameka 6:30-7:25 B.S. - Liz 7:30-8:25 Yoga - Liz</p> <p>GYM 3 9:30-10:25 Aerobic Conditioning - Romain (This day only) 5:30-6:25p Basic Training - Amanda TRACK 9:30-10:25 Brick - Sheri</p>	<p>WATER 9:00-9:55 Combo- Kathy 5:35-6:25 AF- Jess</p> <p>GROUP FITNESS ROOM 6:00-6:55a Cycling - Angie 8:30-9:25 Yoga - Melinda 9:30-10:25 Bodysculpt - Jenn 10:30-11:25 Cycle/Core - Mich. B. 4:30-5:15p Cycling - Liz 5:30-6:25 Yoga - Marie 6:30-7:25 Bosu Fusion - Cindy W. 7:30-8:25 Pilates - Janet</p> <p>GYM 3 9:30 -10:25 Step Int. - Bearta LOBBY 5:30-6:30p YMCA Run - Romain</p>	<p>WATER 9:00-9:55 Combo- Mich. B. 7:00-7:50 AF- Marie</p> <p>GROUP FITNESS ROOM 6:00-6:55a Yoga - Denise 8:30-9:25 Yes - Cheryl 9:30-10:25 Cycling - Beth 10:30-11:25 Yoga II - Melinda 12:00-12:55p Yoga Basics - Janet 4:30-5:25 M.E. - Jenn 5:30-6:25 Step - Romain 6:30-7:25 B.S. - Eleanor 7:30-8:25 Cardio Funk - Tameka</p> <p>GYM 3 9:30-10:25 Hi/Lo - Romain 6:00-6:55p KB - Amber</p>	<p>WATER 9:00-9:55 Combo- TBA 7:00-7:50 AF- Sheri</p> <p>GROUP FITNESS ROOM 6:00-6:55a Cycling - Jenn 8:30-9:25 Pilates - Jennifer 9:30-10:25 B.S. - Renee 10:30-11:25 Zumba - Bearta 4:30-5:25p Pilates - Cheryl 5:30-6:15 Cycling - Beth 6:30-7:25 Zumba - Cindy K. 7:30-8:25 Yoga - Marie</p> <p>LOBBY 9:30-10:30 YMCA Run - Romain</p> <p>GYM 3 9:30-10:25 Basic Training - Amber</p>	<p>WATER 9:00-9:55 Sl- Janet 4:30-5:20 AF- Kathy</p> <p>GROUP FITNESS ROOM 6:00-6:55a Basic Training - Cindy W. 8:30-9:25 YES - Cheryl 9:30-10:25 Cycling - Beth 10:30-11:25 Yoga - Melinda 4:30-5:25 Basic Training - Jenn 5:30-6:25 Cycle/Core - Sheri 6:30 - 7:25 Zumba - Bearta</p> <p>GYM 3 9:30-10:25 Aerobic Conditioning - Romain</p>	<p>WATER 9:00-9:55 Combo- Sheri</p> <p>GROUP FITNESS ROOM 8:00-8:55 Cycling - Denise 9:00-9:55 Step - Romain 10:00-10:55 Bodysculpt - Eleanor 11:00-11:55 Yoga Basics - Janet</p> <p>GYM 3 8:30 -9:25 Lo - Liz 9:30-10:25 KB - Cindy K.</p>
12	13	14	15	16	17	18
<p>WATER 1:15-2:10 AF- Nan</p> <p>GROUP FITNESS ROOM 2:30-3:25 Pilates - Lisa 3:30-4:25 Cycling - Phyllis 4:30-5:30 Yoga II - Phyllis</p>	<p>WATER 9:00-9:55 Combo- Donna 7:00-7:50 AF- Mel</p> <p>GROUP FITNESS ROOM 6:00-6:55a 30/60/90 - Eleanor 8:30-9:25 YES - Cheryl 9:30-10:25 Lo Impact - Nan 10:30-11:25 Pilates - Jennifer 12:00-12:55 Bike & Bar - Renee 1:00-1:55 Yoga - Mich. B. 4:30-5:25 B.S. - Romain 5:30-6:25 Cycling - Amanda 6:30-7:25 B.S. - Liz 7:30-8:25 Yoga - Janet</p> <p>GYM 3 9:30-10:25 KB - Cindy W. 5:30-6:25 Basic Training - Beth TRACK 9:30-10:25 Brick - Elizabeth</p>	<p>WATER 9:00-9:55 Combo- Kathy 7:00-7:50 AF- Diane</p> <p>GROUP FITNESS ROOM 6:00-6:55a Cycling - Denise 8:30-9:25 Yoga - Donna 9:30-10:25 Bodysculpt - Elizabeth 10:30-11:25 Cycle/Core - Liz 4:30-5:15 Cycling - Romain 5:30-6:25 Yoga - Melinda 6:30-7:25 Bosu Fusion - Jenn 7:30-8:25 Pilates - Cindy K.</p> <p>GYM 3 9:30 -10:25 Step Int. - Mich. B. LOBBY 5:30-6:30p YMCA Run - Romain</p>	<p>WATER 9:00-9:55 Combo- Mich. B. 7:00-7:50 AF- Janet</p> <p>GROUP FITNESS ROOM 6:00-6:55a Yoga - Eleanor 8:30-9:25 Yes - Beth 9:30-10:25 Cycling - Phyllis 10:30-11:25 Yoga II - Phyllis 12:00-12:55p Yoga Basics - Melinda 4:30-5:25 M.E. - Cheryl 5:30-6:25 Step - Romain 6:30-7:25 B.S. - Amanda 7:30-8:25 Cardio Funk - Tameka</p> <p>GYM 3 9:30-10:25 Hi/Lo - Nan 6:00-6:55p KB - Amber</p>	<p>WATER 9:00-9:55 Combo- Donna 5:30-6:20 AF- Mary Z.</p> <p>GROUP FITNESS ROOM 6:00-6:55a Cycling - Eleanor 8:30-9:25 Pilates - Cheryl 9:30-10:25 B.S. - Jenn 10:30-11:25 Zumba - Bearta 4:30-5:25 Pilates - Janet 5:30-6:15 Cycling - Mich. C. 6:30-7:25 Zumba - Cindy K. 7:30-8:25 Yoga - Phyllis</p> <p>LOBBY 9:30-10:30 YMCA Run - Romain</p> <p>GYM 3 9:30-10:25 Basic Training - Amber</p>	<p>WATER 9:00-9:55 Sl- Janet 4:30-5:20 AF- Jess</p> <p>GROUP FITNESS ROOM 6:00-6:55a Basic Training - Angie 8:30-9:25 YES - Donna 9:30-10:25 Cycling - Donna 10:30-11:25 Yoga - Mich. C. 4:30-5:25 Basic Training - Beth 5:30-6:25 Cycle/Core - Liz 6:30 - 7:25 Dance Party - Cindy K.</p> <p>GYM 3 9:30-10:25 Aerobic Conditioning - Nan</p>	<p>WATER 9:00-9:55 Combo- Kathy</p> <p>GROUP FITNESS ROOM 8:00-8:55 Cycling - Angie 9:00-9:55 Step - Bearta 10:00-10:55 Bodysculpt - Bearta 11:00-11:55 Yoga Basics - Melinda</p> <p>GYM 3 8:30-9:25 Lo - Nan 9:30-10:25 KB - Cindy W.</p>
19	20	21	22	23	24	25
<p>WATER 1:15-2:10 AF - Mel</p> <p>GROUP FITNESS ROOM 2:30-3:25 Pilates - Janet 3:30-4:25 Cycling - Donna 4:30-5:30 Yoga II - Mich. C.</p>	<p>WATER 9:00-9:55 Combo- Phyllis 7:00-7:50 AF- Mel</p> <p>GROUP FITNESS ROOM 6:00-6:55a 30/60/90 - Angie 8:30-9:25 YES - Nan 9:30-10:25 Lo Impact - Nan 10:30-11:25 Pilates - Cheryl 12:00-12:55 Bike & Bar - Stacie 1:00-1:55 Yoga - Donna 4:30-5:25 B.S. - Mich. B. 5:30-6:25 Cardio Funk - Tameka 6:30-7:25 B.S. - Cindy K. 7:30-8:25 Yoga - Eleanor</p> <p>GYM 3 9:30-10:25 KB - Cindy W. 5:30-6:25p Basic Training - Romain TRACK 9:30-10:25 Brick - Mich. C.</p>	<p>WATER 9:00-9:55 Combo- Kathy 7:00-7:50 AF- Jess</p> <p>GROUP FITNESS ROOM 6:00-6:55a Cycling - Stacie 8:30-9:25 Yoga - Shauna 9:30-10:25 Bodysculpt - Bearta 10:30-11:25 Cycle/Core - Jenn 4:30-5:15 Cycling - Donna 5:30-6:25 Yoga - Melinda 6:30-7:25 Bosu Fusion - Cindy W. 7:30-8:25 Pilates - Janet</p> <p>GYM 3 9:30 -10:25 Step Int. - Amber LOBBY 5:30-6:30p YMCA Run - Romain</p>	<p>WATER 9:00-9:55 Combo- Mel 7:00-7:50 AF- Sheri</p> <p>GROUP FITNESS ROOM 6:00-6:55a Yoga - Stacie 8:30-9:25 Yes - Cheryl 9:30-10:25 Cycling - Donna 10:30-11:25 Yoga II - Melinda 12:00-12:55p Yoga Basics - Mich. C. 4:30-5:25 M.E. - Amanda 5:30-6:25 Step - Romain 6:30-7:25 B.S. - Liz</p> <p>GYM 3 9:30-10:25 Hi/Lo - Nan 6:00-6:55p KB - Beth</p>	<p>WATER 9:00-9:55 Combo- Donna 5:30-6:20 AF- Mary Z.</p> <p>GROUP FITNESS ROOM 6:00-6:55a Cycling - Jenn 8:30-9:25 Pilates - Jennifer 9:30-10:25 B.S. - Renee 10:30-11:25 Zumba - Bearta 4:30-5:25 Pilates - Janet 5:30-6:15 Cycling - Romain 6:30-7:25 Zumba - Cindy K. 7:30-8:25 Yoga - Phyllis</p> <p>LOBBY 9:30-10:30 YMCA Run - Romain</p> <p>GYM 3 9:30-10:25 Basic Training - Mich. B.</p>	<p>WATER 9:00-9:55 Sl- Romain 4:30-5:20 AF- Kathy</p> <p>GROUP FITNESS ROOM 6:00-6:55a Basic Training - Eleanor 8:30-9:25 YES - Mich. C. 9:30-10:25 Cycling - Mich. C. 10:30-11:25 Yoga - Donna 4:30-5:25 Basic Training - Amanda 5:30-6:25 Cycle/Core - Denise 6:30-7:25 Belly Dancing - Bearta</p> <p>GYM 3 9:30-10:25 Aerobic Conditioning - Liz</p>	<p>WATER 9:00-9:55 Combo- Jess</p> <p>GROUP FITNESS ROOM 8:00-8:55 Cycling - Jenn 9:00-9:55 Step - Bearta 10:00-10:55 Bodysculpt - Katie 11:00-11:55 Yoga Basics - Mich. B.</p> <p>GYM 3 8:30-9:25 Dance Party - Cindy K. 9:30-10:25 KB - Yvonne</p>
26	27	28	29	30	31	
<p>WATER 1:15-2:10 AF - Sheri</p> <p>GROUP FITNESS ROOM 2:30-3:25 Pilates - Lisa 3:30-4:25 Cycling - Beth 4:30-5:30 Yoga II - Denise</p>	<p>WATER 9:00-9:55 Combo- Donna 7:00-7:50 AF- Mary Z.</p> <p>GROUP FITNESS ROOM 6:00-6:55a 30/60/90 - Angie 8:30-9:25 YES - Mich. C. 9:30-10:25 Lo Impact - Nan 10:30-11:25 Pilates - Jennifer 12:00-12:55 Bike & Bar - Donna 1:00-1:55 Yoga - Mich. C. 4:30-5:25 B.S. - Mich. B. 5:30-6:25 Cycling - Liz 6:30-7:25 B.S. - Amanda 7:30-8:25 Yoga - Denise</p> <p>GYM 3 9:30-10:25 KB - Cindy W. 5:30-6:25p Basic Training - Beth TRACK 9:30-10:25 Brick - Romain</p>	<p>WATER 9:00-9:55 Combo- Kathy 7:00-7:50 AF- Jess</p> <p>GROUP FITNESS ROOM 6:00-6:55a Cycling - Angie 8:30-9:25 Yoga - Shauna 9:30-10:25 Bodysculpt - Jenn 10:30-11:25 Cycle/Core - Donna 4:30-5:15 Cycling - Beth 5:30-6:25 Yoga - Cindy W. 6:30-7:25 Bosu Fusion - Sheri 7:30-8:25 Pilates - Jennifer</p> <p>GYM 3 9:30 -10:25 Step Int. - Mich. B. LOBBY 5:30-6:30p YMCA Run - Romain</p>	<p>WATER 9:00-9:55 Combo- Mich. B. 7:00-7:50 AF- Sheri</p> <p>GROUP FITNESS ROOM 6:00-6:55a Yoga - Denise 8:30-9:25 Yes - Cheryl 9:30-10:25 Cycling - Stacie 10:30-11:25 Yoga II - Mich. C. 12:00-12:55p Yoga Basics - Donna 4:30-5:25 M.E. - Cheryl 5:30-6:25 Step - Romain 6:30-7:25 B.S. - Liz</p> <p>GYM 3 9:30-10:25 Hi/Lo - Nan 6:00-6:55p KB - Yvonne</p>	<p>WATER 9:00-9:55 Combo- Janet 5:30-6:20 AF- Kathy</p> <p>GROUP FITNESS ROOM 6:00-6:55a Cycling - Eleanor 8:30-9:25 Pilates - Jennifer 9:30-10:25 B.S. - Amber 10:30-11:25 Zumba - Bearta 4:30-5:25 Pilates - Cheryl 5:30-6:15 Cycling - Jenn 6:30-7:25 Zumba - Cindy K. 7:30-8:25 Yoga - Shauna</p> <p>LOBBY 9:30-10:30 YMCA Run - Romain</p> <p>GYM 3 9:30-10:25 Basic Training - Elizabeth</p>	<p>WATER 9:00-9:55 Sl- Mel 4:30-5:20 AF- No class</p> <p>GROUP FITNESS ROOM 6:00-6:55a Basic Training - Cindy W. 8:30-9:25 YES - Donna 9:30-10:25 Cycling - Mich. C. 10:30-11:25 Yoga - Janet 4:30-5:25 Basic Training - Shauna 5:30-6:25 Cycle/Core - Amanda 6:30-7:25 Zumba - Cindy K.</p> <p>GYM 3 9:30-10:25 Aerobic Conditioning - Elizabeth</p>	

Comment [sbb1]:

