



# GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

LIGHTHOUSE YMCA • Effective 11-07-2018

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
A E R O B I C S	6:00 AM	YOGA COLLEEN		YOGA COLLEEN				
	6:30 AM		YOGA COLLEEN		YOGA COLLEEN			
	7:00 AM	CHAIR CIRCUIT TERRY		CHAIR CIRCUIT TERRY		CHAIR CIRCUIT TERRY		
	7:30 AM		FIT WITH CARDIO COLLEEN		FIT W/CARDIO COLLEEN			
	8:00 AM	CHAIR CIRCUIT TERRY		CHAIR CIRCUIT TERRY		CHAIR CIRCUIT TERRY		
	8:30 AM		TABATA POWER AIDA		TABATA POWER AIDA		HARD CORE THERESA	
	9:00 AM	LINE DANCE TERRY		LINE DANCE TERRY		LINE DANCE TERRY	MUSCLES N MORE THERESA	9:15 BARRE COLLEEN
	9:30 AM		ZUMBA ZULMA		ZUMBA ZULMA			
	10:00 AM	MAT PILATES CARLOS		MAT PILATES CARLOS		MAT PILATES CARLOS	ZUMBA ARMANDO	10:15 STEP AEROBICS ORALIA
	10:30 AM		CLASSIC COLLEEN		CLASSIC COLLEEN			
	11:00 AM	ENHANCE FITNESS CARLOS		ENHANCE FITNESS CARLOS		ENHANCE FITNESS CARLOS		
	11:30 AM		CHAIR DRUMMING COLLEEN		CHAIR YOGA COLLEEN			GENTLE YOGA SUSAN L
	12:00 PM					TAI CHI CARLOS	KARATE RALPH*	
	4:30 PM					BARRE COLLEEN		
	5:30 PM	CARDIO + CORE JANE	MUSCLES N MORE THERESA	CARDIO CARVE ARMANDO	MUSCLES N MORE THERESA			
	6:30 PM	YOGA CARLOS	ZUMBA ARMANDO	KARATE RALPH*	YOGA CARLOS			
C Y C L I N G	8:00 AM						SPINNING LETY	
	8:30 AM	SPINNING ANDREA		SPINNING ANDREA		SPINNING ANDREA		
	5:30 PM	SPINNING MARI		SPINNING MARI				

All classes are open to YMCA facility members & registered guests. Children 9-12 must be supervised by a guardian in class & may not use free weights. Please speak with instructor if you have a child in the class. Classes have a maximum size based on capacity of room and available equipment on a first come first served basis. CLASS NOTIFICATION SYSTEM (Email or Text) Please see the front desk and sign up to be notified of any class changes or cancellations, facility updates, program announcements and more.



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**Barre** The Barre class uses ballet based movements to strengthen and tone the entire body with special emphasis on the glutes, core and arms. Small light weights, bands and small soft exercise balls are used.

**Cardio Carve** Cardio Carve is an interval class that incorporates dance, weight training and body weight exercises. It will get your heart pumping and your muscles working as you dance easy to follow routines and work basic strength training with dumbbells and body weight. It is a complete fun and effective workout.

**Cardio Plus Core** Train your cardiovascular fitness and endurance with this fun basic cardio workout. Abs and back training will be included as well as stretching to complete the workout.

**Chair Circuit** This class will get your heart pumping, your muscles working and your smile present. Strength, cardio endurance, balance and stretching from the chair are included.

**Chair Drumming** Come join us for our NEW, FUN-FILLED, RYTHMICAL chair drumming class. No experience needed. Drumsticks are provided. Students will sit in one chair and drum on another chair, as well as your neighbor's chairs. Fun, lively music and patterns add to the excitement.

**Chair Yoga** This class will cover many of the same moves performed in regular yoga class, but done in a safe atmosphere using seated and standing poses.

**EnhanceFitness** Low impact exercise class that is safe yet challenging for older adults of all fitness levels. This program is designed to be effective for arthritis management. Class incorporates wrist and ankle weights and a chair for stretching. Balance practice is part of every class.

Enshin Karate – \*\*\*Fee based Martial Arts class\*\*\* – see Membership Desk for details and to register.

**FIT with Cardio** Ideal for members wanting a low-impact cardio workout combined with strength and non-floor stretching. This class is perfect for a safe, energizing routine to strengthen your heart and improve conditioning.

**Hard Core Core** The focus of this mini class is strengthening the core body muscles including the abdominals and lower back.

**Mat Pilates** A refreshing mind and body mat workout that builds a strong and flexible body, increases balance and core body strength. Making a regular practice of this class will help improve body alignment.

**Muscles & More** Work your core body and major muscles with this strength and conditioning class. No cardio but you can pair it with Zumba which follows on Tuesday and Saturday!

**SilverSneakers Classic** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles, a SilverSneakers® ball are offered for resistance, and a chair is used for seated and/or standing support.

**Spinning** Jump on one of our bikes and start peddling! These classes provide an intense cardio workout while still catering to participants of all fitness levels. Burn calories and control your own resistance and speed to continuously progress forward from your current fitness level.

**Step Aerobics** Move to the music and use the step platform. It gets your heart pumping, your muscles strong and your stress goooooone! Class has an additional strength segment as well as stretching.

**Tabata Power** Work your major muscles with barbells, dumbbells and body resistance in this fun high intensity interval class. Short high intensity interval (such as 40, 30, 20 seconds) followed by short recovery periods that are half the duration of the high intensity interval (i.e. 20, 15, 10 seconds). It's effective for all levels.

**Tai Chi** This ancient system of gentle movements can help reduce stress, increase balance, coordination and mental clarity. All ages and beginners are welcome.

**Yoga** Yoga produces greater flexibility, balance and centering the mind. Our beginner to moderate paced class features classical yoga postures.

**Zumba** Fun Latin dance inspired aerobics class for all. Get healthy and dance your way to fitness!