



West Chatham YMCA

FITNESS SCHEDULE

January 2018

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA HOURS: MONDAY-THURSDAY 4:30AM-9PM / FRIDAY 4:30AM-8PM / SATURDAY 7AM-7PM / SUNDAY 11AM-6PM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15AM		TRX Functional Training (Mary)				
8:00AM						Zumba (Katie)
9:00 AM	Cardio Strength (Donna)	Power Yoga (Stacy)	P90X (Mary)	The Art Of Strength (Mary)	Tabata (Dawn)	Yoga Strength (Greta)
	Zumba (Barbara) Adult Gym 9:15	Bootcamp (Mary) Adult Gym	Zumba (Barbara) Adult Gym 9:15		Zumba Toning (Barbara) Adult Gym 9:15	POUND (Emily) Youth gym
10:00 AM	Pilates (Greta)	HIIT (Dawn/Stacy)	Pilates (Greta)	Piloxing (Stacy)	Senior Strength (Caren)	Pilates (Greta)
	Older Adult Balance and Functional Fitness Youth Gym (Ruth)		Beginners Line Dancing Youth Gym (Ruth)		Older Adult Balance and Functional Fitness Youth Gym (Ruth)	
11:00 AM	Line Dancing (Ruth)	Active N Ageless (Tracie)	Line Dancing (Tracie)	Active N ageless (Ruth)	Line Dancing (Ruth)	Belly Dancing (Christina)
12:00 PM			Yoga (Tracie)			
4:30 PM		Chisel It (Mary)	Jump-n-Pump (Dawn)			
5:30 PM	Cardio H.I.I.T. (Stacie)	P90X (Mary)	Zumba (Stacie)	Art of Strength (Mary)	Kendo (Jake)	
6:30 PM	Art of Strength (Stacie)	Yoga (Jennifer)	Slide n Glide (Stacie)	X-Plode (Stacie)		
7:30 PM	Stretch Yoga (Jennifer)	*Tae Kwon Do (MIKE)	Belly Dancing (Christina)	*Tae Kwon Do (MIKE)		*PROGRAM

CHILDWATCH SCHEDULE (Ages 6 weeks – 4 yr. old)

Mon.-Thurs: 8:45 am–1:00 pm and 4:15 pm–7:30 pm

Friday: 8:45 am – 1:00 pm

Saturday: 9:00 am – 12:00 pm

Y ZONE SCHEDULE (Ages 5-12)

Mon. – Thurs: 4:15 pm–7:30 pm

Saturday: 9:00 am – 12:00 pm

Join in January with NO JOIN FEE!

Check out our newest class designed specifically for older adults who are looking for more mobility and balance– **Older Adult Balance and Functional Fitness**– Taught by Ruth Mannich on Monday and Friday afternoons at 10am in the youth gym.

Ask the Front Desk for more information on a Personal Trainer.

YMCA MISSION: "To put Christian principles into practice through programs that build healthy spirit, mind and body for all.



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CLASS DESCRIPTION

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

January 2018

YMCA HOURS: MONDAY-THURSDAY 4:30AM-9PM / FRIDAY 4:30AM-8PM / SATURDAY 7AM-7PM / SUNDAY 11AM-6PM

CYCLE ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15AM	Pedal N Abs (Mary)		Pedal N Abs (Mary)	Pedal N Tone (Mary)	WOD (Mary)	
7:00 AM	WOD (Mary)		WOD (Mary)			WOD (Trent)
9:00 AM	Pedal N Tone (Mary)		TRX (Dawn)			Spin (Tracie)
10:00 AM		Spin DJ (Tracie)	Whip it Good (Dawn)	HIIT Spin (Mary)	Rhythm Revolution (Sondra)	
11:00 AM				TRX (Stacy)		
5:30 PM	Whip It Good (Dawn)		TRX (Dawn)	TRX (Emily)		
6:30PM	TRX (Dawn)	Sweat N Burn (Mary)	Rhythm Revolution (Emily)	Sweat N Burn (Mary)		

*Please Reserve Cycling/TRX and Pound classes 24 hours in advance. Space is limited!

Classes 45 Minutes unless otherwise noted!

ACTIVE N AGELESS: Slowly and carefully instructed weight and cardio training

ART OF STRENGTH: Old School strength class that focuses on toning the major muscle groups using dumbbells, tubes, bands.

BELLY DANCING: Cardio dance class that provides basic belly dance techniques.

BOOTCAMP: 45 minute circuit style class that utilizes Battle Ropes, Circuit, TRX straps and other functional fitness equipment.

CARDIO H.I.I.T.: A high level cardio workout in which high spurts of cardio segments are combined in creative ways with drills, cardio stations and even occasional outdoor intervals.

CARDIO STRENGTH: Try this class if you are ready to tax your muscles in a variety of ways. Utilizes various pieces of equipment to maximize calories burned.

CHISEL IT: High intensity cardio with strength training intervals focused to chisel an overall lean, toned body.

HIIT: High Intensity Interval Training

JUMP N PUMP: Utilizing the jump rope for a killer cardio workout and full body strength conditioning to rock your metabolism.

KICK BOXING: A form of martial arts that combines boxing with elements of karate.

LINE DANCING: Low Impact cardio dance class.

OLDER ADULT BALANCE AND FUNCTIONAL FITNESS: This class is designed for the older population who would like to improve their quality of living. Functional fitness is a type of exercise modality which focuses on improving the skills you do everyday.

PILATES: Controlled exercises that blend strength and flexibility to improve posture and reduce stress and tone lean muscle.

PILOXING: This class combines Pilates and boxing moves in a high-spirited interval workout and that is unique and fun.

POUND ®: lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out.

SHIMMY CHIC- Cardio dance, heavy legs and abs.

SLIDE N GLIDE: Cardio based class using gliding discs and your own body weight as resistance.

STRETCH YOGA: A yoga practice which will help you to deeply stretch those tight muscles with a great flow.

TABATA: High Intensity cardio class with 20 sec. work 10 sec. rest for 8 rounds.

TRX ®: Full-body strength workout that utilizes a person's own body weight instead of relying on machines or dumbbells.

X PLODE: This class utilizes the Step to enhance dynamic body movement with high intensity cardio/strengths intervals. Total Body workout perfect for rookies and athletes.

YOGA: The use of breath control, simple meditation and body postures to improve overall health and promote relaxation.

ZUMBA®: A fusion of Latin and International dance styles made into a fun cardio Fitness class.

ZUMBA TONING ®: Targeted body-sculpting exercises and high-energy cardio work with Latin-infused moves to create a calorie-torching, strength-training dance fitness party.

WATER AEROBICS: Get you workout in a safe, fun and natural environment - the WATER. (May-Sept. ONLY)

WOD: Workout of the Day- Circuit style class designed to give you a full body workout while providing modifications. It's a class that will make you work hard at a pace that is comfortable for you.