



West ChathamYMCA

CLASS DESCRIPTION

July 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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15AM		TRX Functional Training (Mary)				
8:00 AM						Zumba (Katie)
9:00 AM	Ultimate Full Body (Helen)	Power Yoga (Stacy)	P90X (Mary)	The Art Of Strength (Mary)	Tabata (Dawn)	Yoga Strength (Greta)
	Zumba (Barbara) Adult Gym 9:00	Bootcamp (Mary) Adult Gym	Zumba (Barbara) Adult Gym 9:00	Step (Dana) Adult Gym	Zumba Toning (Barbara) Adult Gym 9:00	POUND (Emily) Sat 7, 21, 28 only Youth gym
	Water Aerobics (Shari)		Water Aerobics (Shari)		Water Aerobics (Shari)	Water Aerobics Kathy
10:00 AM	Pilates (Greta)	HIIT (Dawn/Stacy)	Pilates (Greta)	Piloxing (Stacy)	Senior Strength (Noriko)	Pilates (Greta)
11:00 AM	Line Dancing (Ruth)	Active N Ageless (Tracie)	Line Dancing (Tracie)	Active N Ageless (Dana)	Line Dancing (Ruth)	
12:00			Yoga (Tracie)	Line Dancing (Tracie)		
4:30 PM	POUND Emily 4:45	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 Starting July 16	Slide n Glide (Stacie)	X-Plode (Stacie)		
7:30 PM	Stretch Yoga Starting July 16	*Tae Kwon Do (MIKE)	Zumba (Yulonda)	*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 – 1:00pm

Saturday: 9:00 am – 12:00 pm

Y ZONE SCHEDULE (Ages 5-12)

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

No classes or child watch July 4

CPR class Sunday July 15

No water aerobic class July 14 and pool is closed until 12 because of a swim meet.

**NEW CLASSES Monday 9 AM Ultimate Full Body
Wed. 7:30 PM Zumba, Thurs 9 AM Step**

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



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CYCLE ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15AM	Pedal N Burn (Mary)	TRX Functional Training (Mary)	Swag Cycle (Mary)	TRX Functional Training (Mary)	WOD (Mary)	
9:00 AM	Swag Cycle and Tone (Mary)		TRX All Mixed Up (Dawn)		WOD (Mary)	Cycle Hybrid (Tracie)
10:00 AM	Balance (Ruth)	Cycle 101 (Tracie)	Whip it Good (Dawn)	Swag Cycle (Mary)	Rhythm Revolution (Sondra)	
11:00AM				TRX (Stacy)		
5:30 PM	Whip It Good (Dawn)		TRX (Dawn)	TRX (Emily)		
6:30PM	TRX (Dawn)	Swag Cycle (Mary)	RPM (Emily)	Swag Cycle (Mary)		

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

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.

BALANCE: This class uses fun challenges to focus on body awareness, stability, and mobility as we tune up the systems of the body that effect balance.

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

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.

CYCLE HYBRID: 30 min cycle and 30 min TRX/ Circuit

HIIT/ TABATA: High Intensity Interval Training- High Intensity cardio class with 20 sec. work 10 sec. rest for 8 rounds.

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

LINE DANCING: Low Impact cardio dance class.

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.

RPM: Ride for results and be challenged by keeping in the zone of the instructor!! All levels welcomed.

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

SWAG CYCLE: Burn calories while cycling to the most current hip hop songs and a few throw backs.

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.

ULTIMATE FULL BODY: A full body workout that will blast each muscle group in addition to demolishing your core!

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.

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.