



# West ChathamYMCA

## CLASS DESCRIPTION

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

November 2018

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM		Zumba (Katie)	Art of Strength (Mary)			
8:00 AM			Power House (Kathy)			Zumba (Katie)
9:00 AM	Weights and Core (Sarah)	Power Yoga (Stacy)	P90X (Mary)	The Art Of Strength (Mary)	Tabata (Dawn)	Yoga Strength (Greta)
	Zumba Tone (Barbara) Adult Gym 9:15	Bootcamp (Mary) Adult Gym	Zumba (Barbara) Adult Gym 9:15	Step Cardio (Dana) Adult Gym	Dance Fusion (Barbara) Adult Gym 9:15-10:30	POUND (10, 17 ONLY) Emily Youth gym
10:00 AM	Pilates (Greta)	HIIT (Dawn/Stacy)	Pilates (Greta)	Cardio Pilates (Stacy)	Senior Strength (Noriko)	Pilates (Greta)
	Balance (Ruth) Youth Gym					
11:00 AM	Line Dancing (Ruth)	Active N Ageless (Tracie)	Line Dancing (Tracie)	Active N Ageless (Dana)	Line Dancing (Ruth)	
12:00		Home School Fitness (5-13) Youth Gym (Kathy)/ Lexi No classes Nov 20	Yoga Express (Tracie)	Home School Fitness (5-13) Youth Gym (Kathy)/ Lexi No classes Nov 22		
				Beginner Line Dancing (Ruth)		
4:30 PM	POUND Emily 4:45	Extreme Core (Kathy)	Jump-n-Pump (Dawn)			
5:30 PM	Cardio H.I.I.T. (Stacie)	Total Strength (Dana)	Zumba (Stacie)	Tabata (Dawn)	Kendo (Jake)	
6:30 PM	Art of Strength (Stacie)	Yin Yoga	Slide N' Glide (Stacie)	Battle of the Sexes (Stacie)		
7:30 PM	Yin Yoga (Kristen)		Yin Yoga (Kristen)			

**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

**NEW CLASSES ARE SHADOWED GREY**

\*\*\*\*Instructor of the month starts\*\*\*\* Barbara Bishop

Nov 5 Membership Appreciation Day  
Nov 17 Spin-A-Thon No regular cycling class– Register at the front desk  
Nov 21–24 No classes Happy Thanksgiving!!!!  
Dec. 1– No group classes– Fitness Certification Class

**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)		TRX Functional Training (Mary)	WOD (Mary)	
8:00 AM		Express 30/15 (Sarah) 45 min		Express Cycle (Sarah) 45 min		
9:00 AM	Swag Cycle and Tone (Mary)		TRX All Mixed Up (Dawn)		WOD (Mary)	Cycle Hybrid (Tracie/ Marisol) No class on 17, 24
10:00 AM	Cycle Express (Missi)	Express Cycle (Tracie) 45 min	Whip it Good (Dawn)	Swag Cycle (Mary)	Rhythm Revolution (Sondra)	
11:00AM				TRX (Stacy)		
5:30 PM	Whip It Good (Dawn) 45 minutes	Cycle Express (Marisol)	Ab Blast (Dawn)	TRX (Emily)		
6:30PM	Throw Back (Dawn)	Cycle Express (Missi)	Cycle Express (Marisol)	Cycle Express (Missi)		

**\*Please Reserve Cycling/TRX/ WOD/ Circuit Blast, 24 hours in advance. Space is limited!**

30/15- 30 minute HIIT cycle with 15 minutes of core

AB BLAST- / EXTREME CORE 45 minutes of the most intense ab workouts that you will have ever experienced!

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.

BATTLE OF THE SEXES: Who wants it more... one week throw back workouts the next week is a high energy, gut retching grueling workout. Will you make it???? All abilities welcomed.

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

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

DANCE FUSION- 75 min class fused with high and low impact dance moves to include a mixture of Latin cardio, & modern dance

EXPRESS CYCLE- 45 minute ride or die in and out cycling class.

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

HOME SCHOOL FITNESS: Welcomes home school families the opportunity safety enter their fitness journey for youth ages 8-12

LINE DANCING: Low Impact cardio dance class.

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

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

POWER HOUSE: Get ready to be pushed to your limits with this new class. It is mixture of weights, plyometric and core.

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

STEP CARDIO- includes toning exercises and strength training to get your heart pumping. Stepping involves a platform of various heights upon which participants learn a variety of patterns.

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

TOTAL STRENGTH-Feel every muscle in your body with a weight class infused with Body Pimp moves.

THROW BACK- If you like a blast from the past or to rock with the best- you will find your rhythm and soul with this class.

WEIGHTS AND CORE- Never the same workout twice. Full body weight class that will give your body something to remember.

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/ YIN 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.