



# West Chatham YMCA

## FITNESS SCHEDULE

**November 2017**

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 (Kristen)
9:00 AM	Cardio Strength (Donna)	Power Yoga (Stacy)	P90X (Mary)	The Art Of Strength (Mary)	Tabata (Dawn)	Yoga Strength (Greta)
	Zumba (Barbara) <b>Adult Gym</b> 9:15	Bootcamp (Mary) <b>Adult Gym</b>	Zumba (Barbara) <b>Adult Gym</b> 9:15		Zumba Toning (Barbara) <b>Adult Gym</b> 9:15	POUND (Emily) <b>Youth gym</b>
10:00 AM	Pilates (Greta)	HIIT (Dawn/Stacy)	Pilates (Stacy)	Piloxing (Stacy)	Senior Strength (Caren)	Pilates (Greta)
			Beginners Line Dancing <b>Youth Gym</b> (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	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**

**Lunch and Learn: November 16th at 12pm**

**Coffee Break: November 8th at 10am**

**The YMCA will be CLOSED on Thanksgiving Day;  
Thursday, November 23rd**

**And We will open 7am on Friday, November 24th  
(there will be no classes)**

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



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## CLASS DESCRIPTION

**November 2017**

FOR YOUTH DEVELOPMENT  
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FOR SOCIAL RESPONSIBILITY

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)		
7:00 AM	WOD (Mary)		WOD (Mary)			
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)	WOD (Lindsay)	TRX (Dawn)	TRX (Emily)		
6:30PM	TRX (Dawn)	Sweat N Burn (Mary)	Rhythm Revolution (Emily)	Sweat N Burn (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.

**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.

**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.

**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.