



# West ChathamYMCA

## CLASS DESCRIPTION

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

October 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						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 (6 & 27 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 (8-13) (Kathy)	Yoga Express (Tracie)	Beginner Line Dancing (Ruth)		
				Home School Fitness (5-13) Youth Gym		
4:30 PM	POUND Emily 4:45	Chisel It (Mary)	Jump-n-Pump (Dawn)	Functional Fitness (Kathy)		
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)	Roll and Stretch (Kathy)	Slide N' Glide (Stacie)	Battle of the Sexes (Stacie)		
7:30 PM	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

**Y ZONE SCHEDULE (Ages 5–12)**

**NEW CLASSES ARE SHADOWED GREY**

\*\*\*\*Instructor of the month starts\*\*\*\* Tracie Way

Oct 1 Basketball and Hip hop cheer registration opens

Oct 4 Lunch and Learn "Hidden Sugars"

Oct 5 Blood Drive

Oct 17 chair massage 9-12 4-7pm

Oct 31 Halloween Class contest dress is your best Halloween costume and the instructor will pick a winner

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



# West Chatham YMCA

## CLASS DESCRIPTION

October 2018

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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 Cycle (Sarah) 45 min		
9:00 AM	Swag Cycle and Tone (Mary)		TRX All Mixed Up (Dawn)		WOD (Mary)	Cycle Hybrid (Tracie/ Marisol)
10:00 AM		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)	Cycle Express (Marisol)	Ab Blast (Dawn)	TRX (Emily)		
6:30PM	Circuit Blast (Dawn) 45 minutes	Swag Cycle (Mary)	Cycle Express (Marisol)	Swag Cycle (Mary)		

**\*Please Reserve Cycling/TRX/ WOD/ Circuit Blast, 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.

**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.

**CIRCUIT BLAST:** WARNING\*\*\* This is a hybrid class that combines TRX, WOD and HIIT\*\*\*\* WARNING

**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.

**FUNCTIONAL FITNESS:** This class is designed muscle function and movement mechanics in the hips- as well as strength, power, mobility, stability, posture, and athletic performance

**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.

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

**ROLL AND STRETCH-** a combination of foam rolling and stretching

**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.

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

**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.