



West ChathamYMCA

CLASS DESCRIPTION

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

February 2019

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		Total Strength (Dana)		Zumba-Strong (Kristin) 5:15		
8:00 AM	Total Strength (Dana)		Power House (Kathy) 45 min		Yoga (Noriko)	Zumba (Kristen)
9:00 AM	Weights and Core (Sarah)	Mix Level Yoga (Stacy)	Weight for it (Dana)	Kettle & Cardio (Missi)	Tabata (Dawn)	Yoga (Greta)
	Zumba Tone (Barbara) Adult Gym 9:15	Bootcamp (Dawn) Adult Gym	Zumba (Barbara) Adult Gym 9:15	Step Cardio (Dana) Adult Gym	Dance Fusion (Barbara) Adult Gym 9:15-10:30	POUND 2 & 23 Emily Youth gym
10:00 AM	Pilates (Greta)	Weights (Stacy)	Pilates (Greta)	Gentle Yoga (Stacy)	Chair Yoga (Ruth)	Step & Weights (Greta)
	Balance (Ruth) Youth Gym					
11:00 AM	Line Dancing (Ruth)	Active N Ageless (Tracie/Kathy)	Line Dancing (Tracie/Kathy)	Active N Ageless (Dana)	Line Dancing (Ruth)	
12:00	Yoga Express (Noriko)	Home School Fitness (5-13) (Kathy)	Yoga Express (Tracie/Eillen)	Beginner Line Dancing (Ruth)		
				Home School Fitness (5-13) Youth Gym		
4:30 PM	Strong by Zumba (Emily)	Extreme Core (Kathy)	Jump-n-Pump (Dawn)			
5:30 PM	Cardio H.I.I.T. (Stacie)	Total Strength Plus (Dana)	Zumba (Stacie)	Tabata (Dawn)	Kendo (Jake)	
6:30 PM	Art of Strength (Stacie)	Gentle Yoga (Kristen)	Slide N' Glide (Stacie)	Battle of the Sexes (Stacie)		
7:30 PM	Soft Yoga (Kristen)		Yen Yoga (Kristen)			

Childwatch Schedule (ages 6 weeks—4 yr.old)
 Mon.-Thurs: 8:45 am –1:00 pm 4:15 pm—7:30 pm
 Friday: 8:45 am—1:00 pm
 Saturday: 9:00 am—12:00 pm
 Y ZONE (ages 5-12_ Mon-Thurs: 4:15 pm –7:30 pm

New Classes are shadowed Grey
 Instructor of the month*
 Ruth Mannich
 CPR Class Feb. 3rd 12-4

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
8:00 AM		Express 30/15 (Sarah) 45 min		Express Cycle (Sarah) 45 min		
9:00 AM	Cycle & Kettle (Missi)		TRX All Mixed Up (Dawn)		WOD (Missi)	Cycle Hybrid (Marisol)
10:00 AM	Cycle Express (Missi)	Express Cycle (Tracie) 45 min	Whip it Good (Dawn)	Express 30/15 (Missi)	Cycle Express (Missi)	
11:00AM				TRX/Kettle (Stacy)		
5:30 PM	Whip It Good (Dawn)			Circuit Blast (Dana)	Swag Spin & Tone	
6:30PM	Express 30/15 (Dawn)	Swag Cycle (Mary)	Cycle Express (Pricilla)	Swag Cycle (Mary)		

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

20/20/20– 20 min cycle 20 min kettle bell 20 min TRX (ONLY 10 SPOTS)

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.

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.

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/ Soft 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.