

The Newport County YMCA Group Exercise Schedule Descriptions

March 1 – April 25, 2010

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***Please** be sure to arrive on time with a card from the front desk. Class size is 35. Members will be asked to come back another time if they are too late or without a card. Arriving on time ensures members are receiving a proper warm up before their workout.

***Please** let the instructors know if you are new, have any injuries or need modifications for any of the exercises before class starts.

***Classes** are designated with a B, I, A depending on your fitness. B= Beginner, I = Intermediate, A= Advanced, C=Cardio minutes

Schedule and instructors are subject to change without notice

3-2-1-Shred –this class will be put you to the challenge-3mins strength, 2 mins cardio, 1 min abs, 6 circuits with this format will definitely get you fit any time of year! C=+/- 12 mins B//A

20/20/20 – Includes 20 minutes each of two cardiovascular workouts including aerobics, step, kickboxing, or cardio sculpt along with 20 minutes of weights, abs and/or stretch/yoga. C=40, B//A

30/30-Thirty minutes of challenging step, hi/low choreography or conditioning. C=30, B//A

AOA - Active Older Adults classes include cardiovascular, weights and flexibility in your workouts. C=25. B/I

AOA-DANCE 101-Warm-up, stretch & tone muscles. Improve core-strength, posture & flexibility. Dance combos will enhance coordination, stimulate the mind & inspire your heart & soul.. C=30 B//A

Body Design – A full body workout using free weights (and other props) to tone & strengthen muscles. Pilates may also be incorporated for core strength. Not geared for cardio but promise to make you sweat! C=0, B//A

Cardio Sculpt – This class uses light weights (1-3lbs) for body sculpting and includes intervals of high intensity cardio to provide a complete workout. C=40, B//A

****Creative Dance**-children will explore creative movement using imagery, literature and basic elements of movement. **Separate registration req.**

Cycle – This non-impact, high intensity workout improves aerobic fitness while increasing endurance and strength. Class may conclude with abs, core and/or strength & stretching. C=50, B//A **Please be sure to sign in at front desk to reserve a bike! First come, first serve.**

Cycle Design-Similar to Cycle and will include intervals of strength with free weights. C=40-50 B//A **Please be sure to sign in at front desk & reserve a bike! First come, first serve.**

Dance 101- Warm-up, stretch & tone muscles. Improve core-strength, posture & flexibility. Dance combos will enhance coordination, stimulate the mind & inspire your heart & soul.

Kickboxing –A vigorous, non-stop HIGH intensity workout that includes jabs, hooks, kicks and more in fun combinations that guarantee to make you sweat. C=50, I/A **Kickboxing Design**-same great cardio with intervals of sculpting. C=40 B//A

Military PT- Join Maggie as she directs you on new ways to challenge your body in this no nonsense class using sport and agility drills, push-ups, calisthenics and more! C=30-40, I/A

Mixed Bag – Could be any cardio format on this list! Come join the fun of waking up your body and stay energized for the day! C=30-40, B//A

****Moms In Motion** – a class designed for expecting and new moms. **Separate registration required. Classes run Sept-June.**

****Senior Strength** – Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. Seniors C=0 **Separate registration required**

Sports Conditioning/Challenge- Challenge your body in this no nonsense class using sport and agility drills, push-ups, calisthenics and more! C=30-40, I/A

Step I - II Traditional step combinations provide a well-rounded and fun workout. C=40, B//A

Step II - III - Provides challenging choreography for the advanced participant. C=40, I/A (Abs included Thursdays)

Step Interval-traditional step combinations with intervals of weights, low or hi impact for a creative challenging hour! C=40, B//A

Zumba – Have you always wanted to try Latin Dance? Now is the time.... get ready to sweat as you learn easy to follow and FUN dance moves.

C=50, B//A **Zumba 101** – This class will teach you the basic dance steps of Zumba. Come learn while having a great time! B C=30-40


Mind Body

Pilates I A sequence of Joseph Pilate's movements designed to enhance flexibility, improve posture, and condition muscles in the entire body. B//A **Pilates II** – Advanced movements based on Joseph Pilate's movements.

Tai Chi - An ancient Chinese art that incorporates isometric controlled movements, which stimulate both the internal and external life force. Class meets @ 2nd Beach (during the summer-surfer's end) unless raining, then will meet @ YMCA studio. Be sure to get on Deb's email list! B//A

Yoga - Classic Yoga Asana engages the muscles and focuses the mind for increased strength, balance, flexibility, and relaxation. Meditation included. Be sure to bring your own yoga mat! B//A

****Specialty Classes**-separate registration required in office.

 **Cards are required for the indicated classes. Please pick one up 30 mins prior to class.**

 **All Cycle classes require signing in at front desk to reserve your bike. First come, first serve.**

Email me @ Groupx@newportymca.org if you would like to receive updates and changes.

'Get Fit' Classes available in Common Fence Point, Portsmouth (additional charge).

As holidays occur, a modified schedule will take place.

Master Classes will also be provided monthly to help support the Programs of the YMCA-additional cost & registration required.

Thank you for your continued support to the Newport County YMCA!