

The Newport County YMCA Group Exercise Schedule Descriptions

July 26-September 1, 2010

Moira Maloney, Group Exercise Coordinator, Groupx@newportymca.org

***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/core and/or stretch/yoga. C=40, 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. C=20-30 mins, B//A

H.I.I.T.-High Intensity Interval Training-High Intensity drills with equal rest periods. Drills will include cardio, cardio & legs, compound exercises and core work. Dumbbells may be used to add intensity & variety! C=30mins I/A

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 Will return in the fall!

Step I - II Traditional step combinations provide a well-rounded and fun workout.

Step Interval-traditional step to get your heart pumping with intervals of weights to strengthening and tone. C=40, B//A.

Strength & Stretch-Gentle Weights/Pilates/Flexibility-This is a core conditioning class that builds strength and flexibility with your own personal strength. Props are used-All levels are welcome! 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=30-50, **Zumba 1=B/I**, **Zumba 2=Adv.**, **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

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

Fit Yoga-a blend of yoga and core strength to increase strength and flexibility. 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!