

The Newport County YMCA Aerobics Schedule Descriptions
June 16 thru August 24, 2008

THE STUDIO WILL BE CLOSED STARTING AUGUST 25 – SEPTEMBER 1, 2008

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

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. B/I/A

30/30 Thirty minutes of challenging step or hi/low choreography & 30 minutes of conditioning. B/I/A

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

Body Design – A full body workout using free weights (and other props) to tone & strengthen muscles. B/I/A

Box & Sculpt – Class uses light weights (1-3lbs) for chiseling the body in between hard-core kickboxing intervals. B/I/A

Cut to the Core-focus is on core strength as well as flexibility B/I/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. B/I/A

Cycle (Core)– This non-impact, high intensity workout improves aerobic fitness while increasing endurance and strength. Class may conclude with abs, core and/or strength & stretching. B/I/A

Fit Camp – This early morning challenge will include no nonsense class using sport and agility drills, push-ups, calisthenics, weights and more! B/I/A

Kickboxing – Traditional boxing techniques - jabs, hooks, punches, and kicks are integrated into a vigorous, non-stop HIGH intensity workout. I/A

Mixed Bag – could be anything on this list. Come join the fun of waking up your body and stay energized for the day! B/I/A

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

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

Step I/II (Weighted)- Traditional step combinations provide a well-rounded and fun workout. Weights incl. B/I/A

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

Weights/Pilates/Flexibility – Strength gains through weights, Pilates and flexibility included for a complete gentle class for all. B/I/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. B/I/A

Mind Body

Pilates– A sequence of Joseph Pilate's movements designed to enhance flexibility, improve posture, and condition muscles in the entire body. B/I/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 (surfer's end) unless raining, then will meet @ YMCA studio. Be sure to get on Deb's email list! B/I/A

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

Schedule and instructors are subject to change.

Email me if you would like to receive updates and changes.

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