

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Downtown YMCA - 614-384-2284

Sue Darby: sdarby@ymcacolumbus.org

Fall I September 7th - October 24th

Class	\$ FEES		Code	Mo	Tu	We	Thr	Fr	Sa
	M	P*							
Y Cycling	F		123	6:15-7:00am Angela/Tim					8:30 - 9:30am Lisa
Noon	F		123	12:00-12:45pm Sue	12:00-12:45pm Paul	12:00-12:45pm Felicity	12:00-12:45pm Scott		
Y Cycle and Zen			101					12:00-1:00pm Felicity	
Y Cycle	F		123			1:00-1:45pm Sue			
PM	F		123	6:00-6:45pm Felicity	6:00-6:45pm Felicity		6:00-6:45pm Melanie		
Boogie Box	F	\$62	102	6:30pm-7:30pm Kimberely		6:30pm-7:30pm Kimberely			
Core Conditioning	F	\$62	195		5:00-5:30pm Marilyn		5:00-5:30pm Marilyn		
Express Madness- (advanced)	F	\$62	104					11:30-12:15 Jamar	
Muscle Conditioning	F	\$62	116	4:30-5:15pm Monica	11:30-12:15pm Monica T	4:30-5:15pm Monica	11:30-12:15pm Monica J		
Pilates	F	\$62	100	11:30-12:00pm Andrea		11:30-12:00pm Andrea			
Pulse	F	\$62	110	12:15-1:00pm (Gym)		12:15-1:00pm (Gym)		12:15-1:00pm (Gym)	
Pumped Up Intervals	F	\$62	198	12:15-1:00pm Viv/ITracy/Irene					
Ripped to the Rhythm	F	\$62	196		6:10-7:15pm Sidney		6:10-7:15pm Sidney		
Step- N- Sculpt	F	\$62	182	5:30-6:25pm Monica		5:30-6:25pm Monica			
Guns -N- Buns	F	\$62	195		5:35-6:05pm Marilyn		5:35-6:05pm Marilyn		
"SWEAT"	F	\$62	140						10:30-11:30am Kevin
Tai Chi	\$40	\$62	194			7:30-9:00pm Jim			
Urban X	F	\$62	103		12:15-1:00pm Scott (GYM)				
Group Personal Training Class	F	\$62			12pm-12:45pm Meet in the Fitness Center Diane		12pm-12:45pm Meet in the Fitness Center Diane		
Zumba Plus	F	\$62	124		7:25 -8:00pm Arnold	12:15-1:00pm Irene/Vivian	7:25 -8:00pm Arnold		
YOGA	F	\$62	186	12:20-1:10pm (Z) Felicity	12:30-1:15pm (A) Lori	615am-7am (A) Colleen		12:20-1:05pm (A) Lori	
Yoga Stretch/Relax	F	\$62	197	6:00-7:00pm (Z) Colleen			12:30-1:15pm (A) Tracy		
Vinyasa Yoga	F	\$62	170		6:50pm - 7:30pm Felicity				12:00-1:15pm (A) Lori
NEW! SUNDAY YOGA	F	\$62	170						1:15-2:15pm (A) Sunday only!

Register online at ymcacolumbus.org

Our mission: To serve the whole community through programs expressing
Judeo-Christian principles that build a healthy spirit, mind and body.

8/23/2010

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Boogie Box

is a complete workout that incorporates cardio, toning, sculpting, core balance and strength training, all into one fun yet challenging workout

Core Conditioning

[aka Core Strength]

The abs class redefined! This class works on strengthening the abdominals and back while incorporating legs and arms for stability and strength.

Express Madness

Based off the p90x Plyometrics – this advanced technique of explosive jumping has been proven to dramatically improve athletic performance.

Group Personal Training

Always wanted to try Personal Training?

Now's your chance. Join us in the

Fitness Center as our certified Trainer takes you through a total body work!

Guns-N-Buns

In this 30 minute class, the Instructor will take you through a number of strength focused exercises targeting your major muscle groups in your upper body (i.e. your "guns") as well as those in your lower body (i.e. your buns will feel it too!!).

Muscle Conditioning

Exertubes, body bars, weights and more are used for this non-aerobic workout that strengthens and tones the body.

Pilates

Pilates is a unique approach to exercise that develops body awareness, improving and changing the body's postural and alignment habits and increasing flexibility and ease of movement. Goals are to increase and create a balance between strength and flexibility, create an awareness of and strengthen dynamic stability, improve coordination and release stress.

Pumped Up Intervals

Infuses cardio, strength

training and muscle conditioning. The instructor will use benches, balls, exertubes, resistance bands, and weights.

PULSE

A cardiovascular routine that incorporates warm-up and stretching, toning and strengthening exercises to provide a complete workout.

Ripped to the Rhythm

Full body exercise class that will tone up your body through muscle conditioning and cardio techniques.

Step & Sculpt

An advanced Step routine followed by muscle conditioning provide a cardiovascular workout and shape the entire body.

SWEAT!

"Sweaty Weekend Aerobic Training" - Anything goes in this high energy, all inclusive workout- Rebounding, jump ropes, plyometrics- simple moves that make a great Saturday Sweat!

Tai Chi

Tai Chi enhances muscular strength, flexibility, and stamina while promoting relaxation. With regular practice Tai Chi will aid in improving health and fitness.

Urban X

This super charged workout combines the power of P90x and Bootcamp for an explosive class that will take your body to the next level!

Y-Cycling

Whether you're a beginner to cycling or an advanced rider, Y-Cycling is for you! Our instructors lead you through a safe cycling program. This is the ultimate, indoor cycling experience! Designed to be high intensity with limited breaks, Y-Cycling is a great way to strengthen your legs and cardiovascular system. Registration may be required.

Yoga (Hatha and Vinyasa available)

A unique class combining strength, flowing movements and dynamic breathing to work the body and calm the mind. Advanced classes also available at some branches.

Zumba® Ages 16-Adult

Zumba® utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning, and total body toning. It is a mixture of body sculpting movements with easy to follow dance

8/23/2010

M = YMCA Metropolitan Member P* = YMCA Program Member (must have active Program Membership)

FREE = Free for Metropolitan Members