

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Grove City YMCA - 614-871-9622

Kionta Carter : karter@ymcacolumbus.org

Winter II February 22 - April 11, 2010

Registration begins: Metro Members - February 6, 2010

Program Members February 13, 2010

Class	\$ FEES		Code	Su	Mo	Tu	We	Thr	Fr	Sa
	M	P*								
Boot Camp					7:40-8:30pm				6:40-7:30pm	7:30-8:30am
Cardio Combo									9:40-10:30am	
Circuit Training									8:40-9:30am	
Hi/Lo						6:40-7:30pm				
Instructors Choice										8:40-9:30am
Kickboxing					6:40-7:30pm					
Pilates				2:00-3:15pm	7:40-8:30pm	9:40-10:30am	9:40-10:30 6:40-7:30pm	7:40-8:40pm	9:40-10:40am	10:20-11:30am
Step							8:40-9:30am	6:40-7:30pm		
Step & Sculpt					9:40-10:30am 5:40-6:30pm			9:40-10:30am		
Strength & Tone					8:40-9:30am					
Total Body						9:45-10:35am		8:40-9:30am		
Y Cycling					5:30-6:15am 10:45-11:30am	8:40-9:30am 5:40-6:30pm	9:40-10:30am 5:40-6:25pm	5:30-6:15am		
Boxing Bootcamp	22	70	BoxB				7:40-8:40pm			
BOSU	25	70	BOSU				4:40-5:30pm			
Jab/BOSU	25	70	JAB					5:40-6:30pm		
Tai Chi	13	53	TAI			6:00pm-7:00pm				
Yoga I	22	62	113YIA						5:30-6:20pm	
Yoga I	22	62	113YIB		9:30-10:30am					
Yoga I	22	62	113YIC							9:00-10:00am
Yoga II	22	62	113YII						6:30-7:30pm	
Zumba	25	70	ZUM				6:30-7:30pm			
Zumba	25	70	ZUM1			7:40-8:40pm				

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

FREE = Free for Metropolitan Members

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.

2/9/2010

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Boot Camp*** – Push ups, lunges, squats, and sprints are just a few of the activities in this high intensity interval workout that uses a variety of props (Physioballs, bands, free weights) and gets outside for running, weather permitting. A moderately active fitness level is recommended.

BOSU/*****-BOSU is a piece of equipment that integrates balance and stabilization with exercises that challenge the cardio system, muscle strength and endurance or flexibility. BOSU is the most versatile and complete training device you will ever encounter. **\$ fee based class**

Boxing Bootcamp*** - Boxing Bootcamp is a group fitness program a specialized conditioning curriculum . Crunches, push-ups, jumping rope, punching mitts, and non- contact shadow boxing are all part of the tough training regimen to whip you into shape. Boxing Bootcamp adopts the same training techniques that boxers use to prepare for a fight. You get all the benefits of training like a boxer, but you don't get hit. **\$ fee based class**

Cardio Combo** – An always new combination of high or low impact aerobics, step, muscle conditioning, and stretching.

Circuit Training** – This cross training aerobic class alternates between cardiovascular and muscle conditioning exercises to create a great workout. A great workout for those that want a less choreographed work-out.

HI/LO**— This class incorporates high and low intensity aerobics with strength training exercises for a complete cardiovascular and strength training workout. Perfect class if you are new to group exercise classes.

JAB/BOSU—This high energy class incorporates basic combinations involving jabs, punches and kicks that are thrown into a free standing heavy weight bag. See BOSU decription above. **\$ fee based class**

Kickboxing/***** – This class utilizes the movements of boxing and martial arts, including punching, kicking, and jumping in a non-contact cardiovascular program followed by a muscle conditioning segment.

Pilates */** - Our Pilates classes are designed for all fitness levels. Various types of moves and exercises will work to strengthen your core and improve your posture. Participants are encouraged to bring their own mat and towel.

SilverSneakers® Cardio Circuit */** - Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

SilverSneakers® Muscular Strength & Range of Movement* – 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.

SilverSneakers® YogaStretch *— YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity

Step/***** - This class will give you a great cardio workout using a variety of step combinations.

Step & Sculpt/***** – This class starts with a great warm up that works its way up to an upbeat workout using the step bench and other cardiovascular activities, while also providing a muscle strength and conditioning workout using a variety of equipment including weights, balls, tubes, and bands.

Strength & Tone*/**— Maximize your potential with this total body strength training workout. Class will utilize various types of equipment (bands, tubes, balls, weights, etc.) for a complete, full body workout that will help participants improve strength and tone.

Total Body/***** - This class will give you an entire body workout using a variety of equipment including weights, balls, tubes, bands, and your bodies own resistance.

Y Cycling*** – Whether you are a beginner to cycling or an advanced rider, this 45 minute cycling class will give a great spin to your workouts as our instructors lead you through a safe and invigorating cycling experience. Class size is limited to 11 participants.

Y Cycling Combo ** - This energized cycling class will give you a great workout while incorporate upper body exercises.

Yoga I*/**- A great introduction to basic yoga, Yoga I offers participants time to center the self, stretch and strengthen the body, and quiet the mind. Strength training, cardiovascular conditioning, and flexibility are combined using traditional yoga movements and postures. Yoga I is recommended before taking Yoga II. **\$ fee based class**

Yoga II/***** - Yoga II provides a unique combination of strong, flowing movements and dynamic breathing creating a high energy workout. Movements will flow into one another, building strength, cardiovascular fitness, and flexibility. Prior yoga experience is strongly recommended. **\$ fee based class**

Zumba! ** - 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 dace steps. **\$ fee based class**

KEY: *Low Intensity **Medium Intensity ***High Intensity

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