

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

**North Branch YMCA - 614-885-4252**  
**Sarah Whitney : swhitney@ymcacolumbus.org**

**Winter 2 Session: February 22 - April 11, 2010**

**Registration begins: Metro Members - February 6**

**\* There will be no classes on Easter\* Program Members - February 13**

Class	\$ FEES			Su	Mo	Tu	We	Thr	Fr	Sa
	M	P*	F							
AOA CorePole	\$25	\$65						9:00-10:00am		
CorePole	\$25	\$65						5:40-6:40pm		
CorePole	\$25	\$65							10:00-11:20am	
Advanced Women On Weights	\$25	\$65			6:30-7:30pm		6:30-7:30pm			
Plyometrics Plus	\$15	\$65					7:00-8:00pm			
Women On Weights	\$25	\$65					10:00-11:15am		10:00-11:15am	
Women On Weights	\$25	\$65			7:30-8:30pm		7:30-8:30pm			
Women On Weights	\$13	\$33								7:00am-8:00am
Yoga	\$25	\$65			6:45-7:45pm					
<b>Personal Training</b>					1 session \$35		6 sessions \$180			
Ballet ( 3-5 yrs.)	\$22	\$55		3:00-3:45pm						
Ballet (6-8 yrs.)	\$22	\$55		4:00-4:45pm						
Youth Conditioning Ages 9-10years			free				By appt. only			
Iron Teens Ages 11-15	\$25						By appt. only			

**M** = YMCA Metropolitan Member    **P\*** = YMCA Program Member (must have active Program Membership)  
**FREE** = Free for Metropolitan Members

*Register online at [ymcacolumbus.org](http://ymcacolumbus.org)*

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

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## North YMCA – #33

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**Aerobic Challenge:** A brisk and fun workout for the entire body. Utilize basic calisthenics and aerobic moves to get your heart pumping and all of your muscles jumping. Suitable for people of all fitness levels.

**African Dance:** This class offers: 1) social and historical contexts that influence the development of dance in the west coast Guinea, Senegal and Mali region. 2) percussion rhythms, dance styles and techniques. 3) dancing and drumming is an excellent way to help one experience healing and express emotions. \*Fee for class

**AOA CorePole:** This class was designed with the Active Older Adult in mind! Our YMCA certified AOA instructor will take you through a fun and safe workout involving the CorePole. Class will be preformed mostly seated in chairs \*Fee for class

**AOA Fitness:** This class recognizes the range of physical abilities in the older adult! The exercises performed will help develop and maintain muscular strength, muscular endurance, balance and coordination. Age has no limits!!!

**Ballet:** This class will provide instruction on basic ballet postures, positions and vocabulary, and fundamental movement-then build these basics into ballet steps and combinations. Children will also be introduced to creative movement! Ages 3-5 or 6-8 \*Fee for class

**Boot Camp:** Wake up! This circuit class incorporates light running, military-style calisthenics and muscle conditioning with the help of an extremely motivating group fitness instructor.

**Core Conditioning:** The abs class redefined! This class works on strengthening the abs and deep core muscles using fun and challenging exercises. The focus is on technique. Modifications will be provided for all fitness levels.

**CorePole:** In one seamless workout CorePole delivers the Big Fitness 4 – strength, cardio, flexibility, and stability. Each person attaches their choice of resistance bands to the pole, takes a position, and they're ready to accelerate their heart rate and make their muscles burn! \*Fee

**Interval Training:** This class alternates cardiovascular intervals with strength intervals using various pieces of resistance equipment.

**JAB!** This high-energy level class is for the boxing enthusiast! Basic combinations involving jabs, punches, and kicks are thrown into a freestanding heavyweight bag. Pulsating music will keep you motivated the entire hour. Jump ropes also added to complete this intense, interval-training workout.

**Muscle Conditioning:** Work every major muscle group incorporating free weights, tubes, bands, balls, the BOSU, and body bars. Look to gain both muscle strength AND muscle endurance.

**Olympic Weightlifting:** Improve your athletic potential through quick lifts and their derivatives; the snatch and clean jerk, power snatch, power clean and front and back squat. Let our qualified professionals help lead the way! Class meets in the Free Weight section of the Wellness Center.

Ages 11 – Adult

\*Note -Contact Sarah Whitney @ 885-4252 for details

**Pilates Power:** A combination of yoga, Pilates, and toning to increase flexibility, improve balance, strengthen your core, and sculpt lean, mean muscles.

**Plometrics Plus:** Improve your athletic performance in this Sports Conditioning class which incorporates speed, agility, and lateral movement drills. Jumping, squatting, and bounding are just a few of the exercises performed.

Ages 13-Adult \*Fee for class

**P.U.L.S.E.:** People Utilizing Life-Saving Exercise. This class provides the proper warm up and stretching to get you moving in the morning. The cardiovascular portion allows you to work at your own pace. The workout also includes a variety of stretching, toning, and strengthening exercises.

**Step Challenge:** Choreographed step routines will keep you moving in this high-energy class!

**Step Up & Box:** A high-energy instructor will take you through ½ hour of Step Aerobics and ½ hour of intense Cardio Kickboxing. Abs thrown in at the end!

**WOW:** Women on Weights is designed with the woman in mind! Participants are educated on the myths and trends in the fitness industry, wellness issues, and general nutrition concepts. All of this is combined with a total body workout. Classes are instructed by a YMCA certified personal trainer and held in the Fitness Center. Classes are limited to 8 participants. \*Fee for class

**WOW Advanced:** Completion of WOW required for participation. Participants will learn advanced training techniques that will take their programs & their bodies to the next level of fitness. \*Fee for class

**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 group fitness cycling experience. Class sizes are limited to 10 participants and a class pass must be obtained at the front desk no more than one hour before the start of class to reserve a bike.

**Yoga:** This class will center the self, stretch and strengthen the body, and calm the mind. Strength training, cardiovascular conditioning, and flexibility are combined using traditional yoga postures. Wonderful for all fitness levels! \*Fee for class

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2/5/2010

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