

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

North 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 held on Easter

Program Members - February 13

Class	\$ FEES		Instructor	Su	Mo	Tu	We	Thr	Fr	Sa
	M	P*								
Active Older Adults	free	\$50	Lisa		9:00-9:45am		9:00-9:45am		9:00-9:50am	
Aerobic Challenge	free	\$50	Mike		6:00-7:00pm		6:00-7:00pm			
Boot Camp	free	\$50	Jim		5:45-6:45am		5:45-6:45am		5:45-6:45am	7:30-8:30am
Core Conditioning	free	\$50	Leah		10:00-10:50am					
Core Conditioning	free	\$50	Leah				8:00-9:00pm			
Jab!	free	\$50	Leah				10:00-11:15am			
Jab!	free	\$50	Wanda				6:00-7:00pm			
Muscle Conditioning	free	\$50	Sarah			10:50-11:50am		10:50-11:50am		
Interval Training	free	\$50	Sophie		8:00-9:00pm					
Pilates Power	free	\$50	Sophie						6:35-7:30pm	
Muscle Conditioning	free	\$50	Cezarie			8:00-9:00pm				
PULSE	free	\$50	Jeri		7:00-7:45am		7:00-7:45am		7:00-7:45am	
Step Challenge	free	\$50	Sarah			10:00-10:45am				
Step Challenge	free	\$50	Annie					6:50-7:30pm		
Step Up & Box	free	\$50	Annie			6:45-7:45pm				
Y-Cycling	free	\$50	Ali			6:15-7:00am		6:15-7:00am		
Y-Cycling	free	\$50	Sophie				7:10-7:55pm			
Y-Cycling	free	\$50	Sarah		11:00-12:00pm					
Y-Cycling	free	\$50	Sarah					10:00-10:45am		
Y-Cycling	free	\$50	Ali		5:45-6:30pm					
Y-Cycling	free	\$50	Ali							9:00-9:45am
Y-Cycling	free	\$50	Sophie						5:45-6:30pm	

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.

2/5/2010

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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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