

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

North YMCA - 614-885-4252

Sarah Whitney : swhitney@ymcacolumbus.org

Fall 1 Session September 6 - October 24 , 2010

Registration begins: Metro Members - July 31

Program Members - August 7

Class	\$ FEES		Instructor	Su	Mo	Tu	We	Thr	Fr	Sa
	M	P*								
Active Older Adults (AOA)	free	\$56	Lisa		9:00-9:45am		9:00-9:45am		9:00-10:00am	
AOA CorePole	free	\$65	Leslie					9:00-10:00am		
Aerobic Challenge	free	\$56	Mike		6:00-7:00pm		6:00-7:00pm			
Boot Camp	free	\$56	Jim		5:45-6:45am		5:45-6:45am		5:45-6:45am	
Core Conditioning	free	\$65	Leah		10:00-10:50am					
Core Conditioning	free	\$65	Leah				8:00-9:00pm			
CorePole	free	\$65	Sarah						10:00-11:30am	
CorePole	free	\$65	Wanda				5:40-6:40pm			
Jab!	free	\$65	Leah				10:00-11:15am			
Jab!	free	\$65	Wanda				6:00-7:00pm			
Muscle Conditioning	free	\$65	Sarah			10:50-11:50am		10:50-11:50am		
Muscle Conditioning	free	\$65	Cezarie					7:45-8:45p		
Muscle Conditioning	free	\$65	Sophie			7:50-8:50pm				
Pilates Power	free	\$65	Sophie						6:35-7:30pm	
PULSE	free	\$56	Jeri		7:00-7:45am		7:00-7:45am		7:00-7:45am	
Step Challenge	free	\$65	Sarah			10:00-10:45am				
Step Challenge	free	\$65	Cezarie				6:50-7:30pm			
Step Up & Box	free	\$65	Annie			6:45-7:45pm				
Y-Cycling	free	\$65	Ali			6:15-7:00am		6:15-7:00am		
Y-Cycling	free	\$65	Sophie				7:10-7:55pm			
Y-Cycling	free	\$56	Sarah		11:00-12:00am					
Y-Cycling	free	\$65	Sarah					10:00-10:45am		
Y-Cycling	free	\$56	Ali		5:45-6:30pm					
Y-Cycling	free	\$65	Ali							9:00-9:45am
Y-Cycling	free	\$65	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.

8/18/2010

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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.

AOA: 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!!!

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 and AOA 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!

JAB! This high-energy level class is for the boxing enthusiast! Basic combinations involving jabs, punches, and kicks are thrown into a free-standing 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.

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

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 might also be thrown in at the end!

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.

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