

Moorer Group Exercise Selections

Awesome Abs

Understand and learn ways to develop and strengthen abdominal muscles. This Class will trim your tummy and whittle your waistline!

Aqua Hip & Hop

Move to all your favorite music while getting a total body workout incorporating muscle toning, cardio strengthening and plyometrics.

Basic Yoga

Designed for the novice Yoga student wanting to practice fundamentals. This class focuses on alignment, releasing tension and bringing breath and movement together.

Balance and Inversions

Yoga style class that focuses on hand and foot balance moves as well as head and hand stands.

CrossTrain Challenge

This class has several different types of cardio segments! (Step, Kickboxing, Aerobics, Sports Conditioning and Plyometric training.) It also includes resistance training for both upper and lower body.

Bootcamp

An intense total body circuit program that includes cardio and weight training.

P.A.C.E.

This is a true interval workout that allows each participant to work at his or her optimal intensity level that is simple, safe, painless effective, fast and fun.

Power Lift

This full body class skillfully combines weights, bands, body bar and floor work concentrating on major muscle groups.

The Kettlebell Swing

A class designed around the use of kettlebells. It is a unique blend of strength, cardio and toning techniques designed to give you results and to aid in your cross training goals. Some bells are available for use, participants are encouraged to bring their own bells!

Power Yoga

Heat building, advanced yoga poses that involve great strength and concentration.

Pump & Jump

A vigorous workout using a mixture of plyometrics and weight training. Compares to P90X!

Pilates

A mat class designed for all levels focusing on building core strength and stability using body weight and resistance tools.

Restorative Yoga

A gentle yoga class for students of all levels and physical abilities. This class can be done on a Yoga mat or in a chair and is especially good for people with special needs (ex: distressing, high blood pressure, knee, back, neck and shoulder injuries, diabetes, CFS, Fibromyalgia, joint stiffness, pregnancy, etc.)

SilverSneakers®

An active older adult program that is designed to increase strength, range of movement, agility, balance and coordination.

Spinning®

A cardiovascular workout using a stationary bike. Spinning combines resistance and RPM riding in-and-out of the saddle.

Trekking

Takes place in the Strength Center (SC). Utilizes the treadmills to take participants through the ultimate workout.

Yoga

A series of poses that incorporate lengthening, flexibility, strengthening, and toning for the entire body.

Zumba®

A Latin-inspired, dance-fitness class that incorporates Latin and International music and dance movements. Zumba is designed for Everyone. All Fitness levels are welcome.

		Moorer YMCA		Spinning Schedule	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
November 10/31/11	5:15am Bill C.-E 12pm Cathy - S	6:00am Denise - I 12pm Elise - I	5:15am Kathy - I 12pm Cathy - I	6:00am Denise - S 12pm Elise - S	5:15am Kathy - E 12pm Cathy - E C-Factor Class
11/04/11	5:30pm Ben - S	5:30pm Jeb - I	5:30pm Bill H. -I		
November 11/07/11	5:15am Bill C.-S 12pm Cathy - S	6:00am Denise - I 12pm Elise - I	5:15am Kathy - I 12pm Cathy - I	6:00am Denise - S 12pm Elise - S	5:15am Bill - E 12pm Cathy - E C-Factor Class
11/11/11	5:30pm Ben - E	5:30pm Jeb - I	5:30pm Bill H. -I		
November 11/14/11	5:15am Bill C.-E 12pm Cathy - S	6:00am Denise - I 12pm Elise - I	5:15am Kathy - I 12pm Cathy - I	6:00am Denise - S 12pm Elise - S	5:15am Kathy-E 12pm Cathy - E C-Factor Class
11/18/11	5:30pm Ben - S	5:30pm Jeb - I	5:30pm Bill H. -I		
November 11/21/11	5:15am Bill C.-S 12pm Cathy - S	6:00am Denise - I 12pm Elise - I	5:15am Kathy - I 12pm Cathy - I	6:00am Denise - S 12pm Elise - S	5:15am Bill - E 12pm Cathy - E C-Factor Class
11/25/11	5:30pm Ben - E	5:30pm Jeb - I	5:30pm Bill H. -I		
November 11/28/11	5:15am Bill C.-E 12pm Cathy - S	6:00am Denise - I 12pm Elise - I	5:15am Kathy - I 12pm Cathy - I		5:15am Kathy-E 12pm Cathy - E C-Factor Class
12/02/11	5:30pm Ben - S	5:30pm Jeb - I	5:30pm Bill H. -I	5:30pm Charisse. -S	

ENDURANCE – Heart Rate Training Range: 65% – 75% of maximum or 12-15 RPE. An endurance training session trains the body to be more efficient at metabolizing fat and to maintain a comfortable pace for extended periods. It is recommended that you remain in the saddle during the Endurance ride to increase pedaling efficiency and improve hip flexor strength. Riders can stand occasionally to stretch their legs but heart rate should remain constant and you should not stand for more than 30 seconds. Be challenged to keep your heart rate within 5 beats of your chosen heart rate, also to stay in the saddle.

STRENGTH – Heart Rate Training Range: 75% – 85% maximum or 15-17 RPE. The Strength training session involves steady, consistent pedaling with heavy resistance. The Strength ride promotes muscular and cardiovascular development that will enable one to feel like a strong and powerful climber. The training session may be conducted in a seated or standing climbing position. The goal of training of the Strength Energy Zone is to build to the cardiovascular strength to handle a slightly uncomfortable pace.

INTERVAL – Heart Rate Training: 65% – 92% of maximum or 15-17 RPE. The goal of training in the Interval Energy Zone is to develop the ability to recover quickly after work efforts. This is an exercise session that can be done in several heart rate ranges depending on your fitness level.

RACE DAY – Heart Rate Training Range: 80% – 92% of maximum or 16 RPE. You should only attain anaerobic heart rates when you have a proper aerobic base and are physically rested and mentally inspired. You should never conduct this training session without at least two months of aerobic base building. This is not a ride for a new student. **Participants should only actively participate in a Race Day once a month.**