



Bounds Family YMCA Group Exercise Selections

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Pilates:

Total- body conditioning exercise method combining flexibility and strength. Provides balance and focuses on the "powerhouse" to improve posture.

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.

Power Lift:

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

Power Yoga:

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

Step:

This class is designed for the beginner to intermediate stepper. 35-40 minutes of bench stepping aimed at coordination along with cardio respiratory improvement.

Tone to Stone:

This full-body class skillfully combines weights, bands, body bar and/or concentrating on major muscle groups.

Trekking:

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

Awesome Abs:

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

Aqua Fitness:

High-intensity training program utilizing different equipment. Challenge yourself to a new environment to increase overall fitness level.

Bootcamp:

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

Cardio Chisel:

A total-body cardio and conditioning class. This class uses strength as well as cardio equipment.

Core Pole:

This class delivers the Big Fitness 4--Strength, cardio, flexibility and stability. The result is full-body conditioning.

Cross Train Challenge:

This class has several types of cardio segments! (Step, Kickboxing, Aerobics, Sports Conditioning and Plyometric training).

Double Bench Blasé:

A step class using not only 1 but 2 benches. This class is designed for the intermediate to advanced stepper.

Gentle Yoga:

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

Just My Speed:

Low-intensity 45 min. cardio workout in the pool.

Aerobics,Strength&Stretch:

This is a low-impact aerobics class that also incorporates toning & stretching.

Twinges & Hinges: (Arthritis Plus Class)

This is a great class to work ALL joints through full range of motion. This class is approved by the Arthritis Foundation.

Weekend Warriors:

Weekend shallow water class with a different instructor each time.

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.

Spinning Descriptions:
(See schedule posted by spinning studio)

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. You will maintain a comfortable pace for extended periods.

Interval: Heart rate training range 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 intense 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 80-91% maximum or 16 RPE. This class involves anaerobic training. You should only attain anaerobic heart rates when you have proper aerobic base and physically rested and mentally inspired. This is not a ride for a new student. **Participants should only actively participate in a Race Day once a month.**

Strength: Heart rate training range 75-85% of maximum or 15-17 RPE. This session involves steady, consistent pedaling with heavy resistance. This ride promotes muscular and cardiovascular development that will enable one to feel strong and powerful climber.

2011 (Sat.& Sun)	YOGA/PILATES 9:30 (Sun 2:30)	SPINNING (8:15/9:30)	SUNDAY SPIN (1:15)	AQUA 9:30 SATURDAY
12/3 12/4	Stacy/Stacy	Felicia/Felicia	Jamie	
12/10 12/11	Kim/Kim	Kim/Jamie	Jamie	
12/17 12/18	Jamie/Wendy	Sam/Kim	Jamie	
12/24 12/25	No Class Merry Christmas!!	No Classes	Closed	
12/31 1/1	No Class Happy New Year!!	No Classes	Closed	