



Hearin-Chandler Family YMCA Group Exercise Selections

Awesome Abs:

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

Aqua Stretch & Tone

For individuals with various forms of arthritis. It is designed to stretch the muscles and assist in movement of joints that have been affected by arthritis.

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.

Corepole:

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

Circuit Training:

Twenty-five one minute stations-strength, endurance, agility, cardio, ½ mile run/jog & 30 half-minute stations.

Cross Train Challenge:

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

Deep Water:

This class provides isometric movement in deep water. This is NOT for the non-swimmers. Participants will swim back & forth, use weights for upper body strengthening, perform various activities in the deep end to strengthen core muscles.

FUSION Abs & Glutes

An Abs & Glute theme class that uses a combination of your own body weight, free weights and bands to strengthen and tone your abdominal and glute muscles.

Gentle Yoga:

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

Just Run & Repetitions:

35 minutes of outside running/jogging followed by 25 minutes of strength.

Pilates:

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

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.

SilverSneakers®:

An active older adult program 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.

Step:

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

Stretch:

A class designed for women who have had breast cancer. To participate, you must be 8 weeks after surgery and a letter of approval from your Physician is required. This class runs in 6-week intervals with a 2-week break in between sessions.

TLC:

This class consists of Trekking, Lifting and Crunching.

Tone to Stone

The full body class skillfully combines weights, bands, body bar, and or Corepole concentrating on major muscle groups.

Tread:

This class is designed to be high intensity and high cardio. This is NOT for non-swimmers. Participants warm up by swimming laps and then utilize various tread movements to create an intense workout.

Trekking:

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

Waves & Mini-Waves:

This class is designed to be an intense workout in the water. This class incorporate deep water and shallow water aerobic activity. **Mini-waves** is a modified version of waves.

Yoga:

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

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.**

Ride & Run: This class combines both spinning and running/walking.

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.

Variety: This class is a combination of endurance, strength and interval.

Just for the Kids Descriptions

All kids must be dropped off and picked up promptly by the parents. Children must be dropped off at the location of the class.

Jump Wiggle Giggle (Ages 18 months-3 years) Basic tumbling moves will be practiced. This is a great class to get your kids moving.

SWAT: (Ages 11-13) Supervised weight training incorporating proper use and form of strength training equipment. (Limit 8 participants)

DATE (Saturday)	YOGA 7:25 (75 Min)	SPINNING 7:45 (60 Min)	INSTRUCTOR 8:45 (45 Min)	CLASS TYPE	Tone To Stone 9:30 (45 Min)
12/3	Caroline	Greg	Laurilynn	Step Interval	Laurilynn
12/10	Jackie	Sherry	Sherry	Cardio Chisel	Sherry
12/17	Caroline	Sheila	Kelly	Cardio Chisel	Kelly
12/24	NO CLASSES	MERRY	CHRISTMAS!	NO CLASSES	MERRY CHRISTMAS!
12/31	NO CLASSES	HAPPY	NEW YEAR!	NO CLASSES	HAPPY NEW YEAR!