



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

## NORTHSIDE YMCA

### Winter 1 2016 – JAN 4 – FEB 28

MONDAY				THURSDAY			
Time	Class	Location	Instructor	Time	Class	Location	Instructor
<b>AM Classes</b>				<b>AM Classes</b>			
5:45-6:45	Y- Cycle	GX Studio	Timeka	5:45-6:45	Y-Cycle	GX Studio	Timeka
<b>PM Classes</b>				9:30-10:15 SSFP Classic GX Studio Vicki			
5:00-5:45	Y- Cycling	GX Studio	Eric	<b>PM Classes</b>			
6:00-6:45	Y-Chisel	GX Studio	Lynell	6:15-7:00	Zumba®	GX Studio	Valeria
7:00-7:45	Y-Cardio Funk	GX Studio	Lynell				
TUESDAY				FRIDAY			
<b>AM Classes</b>				<b>AM Classes</b>			
5:45-6:45	Y-Cycle	GX Studio	Timeka	5:45-6:45	Y-Cycle Core	GX Studio	Timeka
9:30-10:15	SSFP Classic	GX Studio	Sandee				
<b>PM Classes</b>				<b>SATURDAY</b>			
5:30-6:15	Y-Stretch Flow	GX Studio	Kelly	<b>AM Classes</b>			
6:25-6:50	Absoglutely	GX Studio	Kelly	6:45-7:45	Y-Cycle Core	GX Studio	Timeka
				10:15-11:15	Zumba®	GX Studio	Alana
WEDNESDAY				<b>Bolded classes = Additional Fee</b>			
<b>AM Classes</b>							
5:45-6:45	Y-Cycle	GX Studio	Timeka				
<b>PM Classes</b>							
6:00-6:45	Y-Chisel	GX Studio	Rob				
7:00-7:45	Y-Cardio Funk	GX Studio	Ashley				

Community Participants can sign up for all other classes at \$73/session for one class a week.

Questions/Comments in regards to Group Exercise, please contact  
Samantha Koscielak (414) 374-9456



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## CLASS DESCRIPTIONS

**Absolutely:** It's time to manage your midsection! This class will focus on your abs, glutes, hips, & thighs. Enhance core strength, muscular endurance, & joint range of motions using a variety of exercises. This class is designed to enhance everyday movement for people of all levels of fitness!

**Silver Sneakers Classic:** (SSFP Classic) 60 minutes. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a Silver Sneaker® ball are offered for resistance; and a chair is used for seated and/or standing support.

**Y Cardio Funk:** A combination of low and high impact aerobics is performed in a dynamic dance style. You'll see cardio benefits and have a great time while you put your fun foot forward!

**Y-Chisel:** 45 minutes. Let's sculpt a better you! This class is designed to strengthen various muscle groups using hand weights, resistance bands, and stabilization techniques. Y Chisel offers a full-body workout that builds bone density and reshapes muscles to increase efficiency in daily activities.

**Y-Cycle:** 45 minutes. The Y-Cycling Program is a no-impact cardiovascular workout performed to music on a stationary bike. A certified instructor leads the class through a variety of drills that simulate the different terrains one encounters on an outdoor bike ride. It's a great program for all levels of fitness and intensity is controlled individually at each bike.

**Y-Stretch Flow:** 45 minutes. The instructor will help you master the skills of controlled breathing and focus, while leading you through a carefully structured series of stretches, moves and poses for a holistic workout that brings the body into a state of harmony and balance. Class is suitable for all fitness levels.

**Zumba:** 45-60 minutes. Dynamic dance based fitness class set to the fusion of Latin and international music. Easy to follow, repetitive dance steps make this a fun workout and the time will fly!

Classes are a group activity, so we ask that all participants are respectful by following the instructor's direction. If you have a medical condition that prevents you from following the routine, please consult your instructor before class. The warm-up and cool down are important to avoid injury; so for safety reasons, we ask that you not enter a class more than 10 minutes after it has started and do not leave until the cool down is completed. We highly encourage socializing before and after class in the hallways and common areas. We recommend that you bring a plastic water bottle and a towel. Please return all the equipment to that you've used to its proper storage area and alert instructor if any equipment is damaged.