



# GROUP FITNESS SCHEDULE CHRISTOWN YMCA FEBRUARY 2019

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Start Time	Saturday	Sunday
5:30-6:30AM	Strength Train Together		Strength Train Together		Strength Train Together	8:00-9:00AM	Zumba Toning	
6:00-6:30AM		Core Focus Together		Core Focus Together		9:00-9:35AM	Cardio Express	
6:45-7:45AM						9:40-10:10AM	Core Focus Together	
7:15-8:15AM		Total Body Conditioning		Total Body Conditioning		10:30 - 11:30AM	Active Together	
8:00-8:45AM	Silver Sneakers Circuit		Silver Sneakers Circuit		Silver Sneakers Circuit			
8:00-10:00AM	Tai Chi Practice (gymnasium)	Tai Chi Cane (gymnasium)	Tai Chi practice (gymnasium)	Tai Chi (gymnasium)	Tai Chi practice (gymnasium)	1:00-2:00PM		Yoga
9:00-10:00AM	Active Together	Defend Together	Zumba	Defend Together	Yoga Foundations	2:05-3:05PM		Tai Chi
10:15-11:15AM	Balance & Flex Together	55 + Alive	Core Focus Together	Move 4 life	Strength Train Together			
11:25-12:25AM	Silver Sneakers Classic		Silver Sneakers Classic (10:55)		Silver Sneakers Cardio Fit			
12:00-1:00PM		Strength Train Together	Zumba Gold					
1:30-3:30PM				Advanced Tai Chi (1:30-3:30)				
4:20 - 5:20PM		Slow Flow Yoga						
5:30-6:30PM	Power Flow Yoga	Strength Train Together	Active Together	Balance & Flex Together	Strength Train Together			
6:40PM-7:40PM	Core Focus Together	Cardio Fit Workout	Stretch & Tone	Core Focus/Tabata				
7:45PM-8:45PM	Stretch & Tone							
<b>MULTIPURPOSE ROOM</b>								
6:30-7:30PM				Kundalini Yoga room D-129		9:00-10:15AM	Kundalini Yoga	
	<b>CARDIO</b>							
	<b>STRENGTH</b>							
	<b>MIND &amp; BODY</b>							
	<b>ACTIVE OLDER ADULTS</b>							

**BUILDING HOURS**

Monday - Thursday  
5:00AM - 9:00PM

Friday  
5:00AM - 7:00PM

Saturday  
7:30AM - 5:00PM

Sunday  
12:00PM - 4:00PM

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**AMAZING KIDS CENTER**

Monday - Thursday  
8:00AM - 12:00PM  
4:00PM - 8:00PM

Friday  
8:00AM - 12:00PM  
4:00PM - 7:00PM

Saturday  
8:00AM - 12:00PM

Sunday: CLOSED

## GROUP FITNESS CLASS DESCRIPTIONS

Mind & Body	Cardio	Strength Training	Active Older Adults
<p><b>Balance &amp; Flex Together</b> will grow you longer and stronger with an invigorating mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey.</p>	<p><b>Active Together</b> gives you all the fitness training you need – cardio, strength, balance, and flexibility – in just one hour. Get stronger, fitter, and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements.</p>	<p><b>Core Focus Together</b> strengthens everything from your shoulders to your hips to make you stronger, quicker and faster in all you do. In addition, strengthening your core can reduce back pain and give you great looking abs!. It's quick, challenging and like nothing else.</p>	<p><b>Silver Sneakers Circuit:</b> this 45 minute class blends, the basics and increases your power with a circuit workout. Strengthen your body with hand held weights, elastic tubing with handles and a ball while alternating with non-impact aerobics. Includes the use of a chair for optional support, stretching and relaxation.</p>
<p><b>Kundalini Yoga:</b> known as the Yoga of awareness, this form of yoga aims to prepare your body and mind to be awakened to compassion, creativity and truth. While workin on breathing exercises and meditation, you focus on postures that</p>	<p><b>Defend Together</b> is a gripping hour that burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! From the boxing ring to the fighting cage, Defend Together combines cutting-edge moves with thrilling music. This electric experience is addictive!</p>	<p><b>Strength Train Together</b> will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, STT combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best!</p>	<p><b>Silver Sneaker Classic</b> moves through a variety of exercises designed to increase muscular strength, range of motion &amp; skills for activities for daily living. A chair is offered for seated support.</p>
<p><b>Tai-Chi:</b> a form of martial arts, Tai-Chi provides you with defensive training as well as health benefits. These relative slow movements can boost your stability.</p>			
<p><b>Yoga:</b> as a traditional Yoga class, this class focuses on flexibility, stability, mental clarity and awareness, adoption of specific body postures, health and relaxation.</p>	<p><b>Tabata:</b> this is a high intensity workout with exercises performed at a maximum intensity for 20 seconds, followed by 10 seconds of rest.</p>	<p><b>Total Body Conditioning:</b> work all the major muscle groups!. This class emphasizes form, safe lifting, and fun!. Gain a strong and sculpted body!.</p>	<p><b>Silver Sneakers Cardio Fit:</b> for active older adults who desire a safe and effective low-impact cardio workout, this class does the trick!. Elastic tubing and hand held weights are used for resistance training as well as a chair for abdominal conditioning.</p>
<p><b>Stretch and Tone:</b> this workout stretches and tones your body muscles, improving flexibility and balance as well as your core muscles.</p>	<p><b>Zumba:</b> dance your way to a fitter you. Exciting and different rythms and moves will keep you smiling and burning calories.</p>		<p><b>Cardio Fit workout (and express):</b> this workout includes cardio vascular and strength training exercises.</p>
	<p><b>Rise 'N Grind:</b> a class aimed to improve functional fitness by utilizing different modalities by using full body exercises circuit training.</p>	<p><b>55 + alive:</b> a class that includes cardio, strength training, balance and flexibility training. Use of the chair is optional.</p>	