

Group Fitness Schedule Summer 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29 5:30a - 6:30a Group Cycle - HW	5:30a - 6:30a Zumba - MRG	29 5:30a - 6:30a Group Cycle - GP	5:30a - 6:15a - AP Total Body Conditioning	29 5:30a - 6:30a Group Cycle - GP	29 8:00a - 8:55a Group Cycle - SR/KH	29 8:00a - 8:55a Group Cycle
8:10a - 9:10a Zumba - AK	29 8:00a - 9:00a Group Cycle - SR	45 8:10a - 9:10a - NC/KC Extreme Strength Training	29 8:00a - 9:00a Group Cycle - GP	8:30a - 9:30a Yoga Flow - SA	9:00a - 9:55a Cardio Box/Paddle	10:00a - 10:55a Strength & Cardio
29 9:00a - 10:00a Group Cycle - GP *Will be 8:00a - 9:00a beginning on July 27*	32 9:20a - 10:15a Step It Up - PR		29 8:10a - 9:05a GX 55 - RH/DM	29 9:00a - 10:00a Group Cycle - MB	32 10:00a - 10:55a Step It Up - DL	45 11:00a - 11:55a Below the Belt - DL
45 9:20a - 10:15a Cardio Box - DM	10:20a - 11:10a On the Ball - NC	45 9:20a - 10:15a Cardio Box - DM	32 9:20a - 10:15a Step It Up - PR	45 9:35a - 10:45a Kick Box Jam	11:00a - 11:55p Yoga/Mat Pilates	12:00p - 1:15p Yoga - AH/GA
45 9:20a - 10:15a Cardio Box - DM	11:45a - 12:30p Silver Sneakers@1 MSRM - SF	10:20a - 11:15a Yoga - GH	10:20a - 11:20a Mat Pilates - GH	45 10:50a - 11:45a Zumba - MRG	45 12:00p - 12:55p Zumba - ZW	2:00p - 3:00p Holy Yoga
10:20a - 11:15a Tai Chi - AS	4:00p - 4:45p Kidfit (Ages 3-6) - KH	29 11:00a - 12:00p Cycle Combo - JK	11:45a - 12:30p Silver Sneakers@1 MSRM - AP	12:00p - 12:45p - AP Silver Sneakers@1 MSRM		
29 11:00a - 12:00p Cycle Combo - JK	4:50p - 5:30p - AB Yoga for Kids (Ages 7-13)	4:30p - 5:30p Youth Speed and Agility (Ages 7-13) - RC	4:30p - 5:30p Kid Kick Box Youth Cardio (Ages 7-13) - RC	2:45p - 7:30p Ballet (Fee Based Program)		
12:20p - 1:00p Silver Sneakers@II Cardio Circuit - MP	29 5:30p - 6:30p Intro to Cycle / Circuit - TM	5:35p - 6:30p - MK/WL Total Body Conditioning	45 5:35p - 6:30p Zumba - MRG	• Numbered classes will need a card at check in		
1:10 - 1:55p Silver Sneakers@ Yoga Stretch - MP	5:35p - 6:30p Cardio Box - SK	29 6:35p - 7:30p Group Cycle - SR	6:35p - 7:30p Yoga - GH	• Pick up a card 15 minutes prior to class		
4:30p - 5:30p Youth Speed and Agility (Ages 7-13) - AB	6:35p - 7:30p Yoga Flow - SA	7:35p - 8:30p Intro. to Yoga - AH	32 7:35p - 8:30p Step 20/20/20 - DL	• Numbered classes indicate maximum participation		
5:35p - 6:30p Mat Pilates - JH/NK	Ahwatukee Foothills Family YMCA 1030 E. Liberty Ln. 480-759-6762	Zumba-Thon & Spin-a-Thon Coming... Fall 2010!!	Pick Up a New Circuit Schedule Too!!!	AQUATICS FITNESS		
29 6:30p - 7:30p Group Cycle - MB				AMAZING KIDS CARE HOURS Monday-Thursday 7:30am-8:30pm Friday 7:30am-7:00pm Saturday 8:00am-5:00pm Sunday 10:00am-4:00pm		Shallow Water 8:45a - 9:45a Tuesday - Kim Thursday - Anne/Dawn Deep Water 8:45a - 9:45a Monday - Jana Wednesday - Jana Friday - Kim ***NEW Aqua Zumba*** 7:00p - 8:00p Wednesday - ZW
32 6:35p - 7:30p Step 20/20/20 - DL	Facility Hours Mon-Thu 5:00AM-10:00PM Friday 5:00AM-9:00PM Saturday 6:30AM-7:00PM Sunday 7:00AM-5:00PM					
7:35p - 8:45p Hatha Yoga - GA						
						
				Instructor Key AB - Amy Biddle AK - Anita Klein AP - Anne Poole AH - Annette Holmes AS - Aundra Shields CA - Christina Armstrong DL - Darius Longmire DMa - Dawn Matesi DM - Debbie Mitchell GA - Georgi Anderson GH - Gladys Hunnicutt GP - Gayna Pillai HW - Heather Wolcott JK - Jana Kennedy JH - Jane Hoffmann KH - Karen Hopkins KC - Karen Culp KY - Kim Young MK - Melissa Krueger MB - Michelle Beringer MP - Margie Poer MRG - Melanie Guzman NK - Nicole Koester NC - Nikki Crider PR - Pam Rubischko RC - Ricki Cassutt RH - Rachael Hanania SA - Sally Appleby SF - Sherry Finzer SFR - Sandra Franks SK - Stacy Kutz SR - Sonya Riske TM - Tobi McCarthy WL - Wendy Lathrop ZW - Zulma Wood		

Y Group Exercise Class Descriptions

* Indicates Beginner Friendly

CARDIO CLASSES

Group Cycle: Indoor cycling class suitable for any fitness level since you control the intensity. Burn lots of calories while listening to exhilarating music.

***Cycle Combo:** Cardio & muscle conditioning combined in one class. Whether you are a beginner cycle enthusiast or looking for a great combo class, you'll cycle for the first half hour and stay for 1/2 an hour of total body toning.

Cardio Box: A high intensity workout that incorporates boxing and martial art kicks to fast paced music. This class will leave you wanting more .

Cardio Box with Paddles: This energetic class uses focus paddles to improve your kickboxing techniques.

GX 55 - We take interval training to a whole new level. You will experience 55 minutes of pure adrenaline, flowing, mind blowing, fitness!

Kick Box Jam: Develop new skills and a strong core in this fierce but fun kickboxing class. Easy to follow combinations of upper & lower body strikes. This one hour and 10 minute class will incorporate 30 minutes of intense cardio followed by 30 minutes of strength & abs, ending with stretch and cool down.

***Step Combo 20/20/20:** This class combines 20 minutes of basic step, 20 minutes of low impact and 20 minutes of sculpting. A great workout with variety! Beginner to intermediate fitness level.

Step It Up: An intermediate to advanced class. Fast paced step combinations integrated with strength intervals.

Zumba: This fun-filled, calorie burning, mega sweat producing class is taking the nation by storm. Come see what the craze is all about!

Strength & Cardio Conditioning: This class will test your cardio endurance and improve your strength conditioning. This one hour class will incorporate different class styles. May be athletic conditioning or kickboxing one week, to strength using the ball the next week. It will be instructor's choice.

MUSCULAR STRENGTH CLASSES

Extreme Strength: This class is suitable for beginner through committed athletes. Uses different equipment each week. The workout will focus on all major muscle groups with an interval style format.

Total Body Conditioning: A muscle sculpting class utilizing bosus, body bars, balls, handweights, tubing and more. The class will focus on developing overall muscle tone as well as building a stronger core.

***Max Muscle:** Join us as we challenge our bodies in this strength training class designed for all fitness levels. Various equipment will be used to mix it up and keep our muscles guessing and begging for more.

On-the-Ball/Core Training: Core conditioning and stabilization using balls and mat work. So important in overall body control and flexibility! (not a cardio class)

SPIRIT, MIND, BODY CLASSES

***Intro to Yoga:** A gentle class designed to introduce the rejuvenating benefits of basic yoga postures and breathing techniques. Recommended for those who are new to yoga and for those wishing to reacquaint themselves with yoga. Enjoy renewed energy, stamina, and freedom of motion in a relaxed and supportive environment. You will gain a solid foundation before moving onto another Yoga class. All levels welcome.

Yoga Flow: An intermediate, more vigorous flow class. A series of postures linked with sun salutations. Great for strength training, cardiovascular conditioning and encourages stimulating the movement of energy throughout the body. Knowledge of basic poses and sun salutations recommended.

Yoga: Stressed? Walk out of class feeling relaxed and invigorated! A total mind/body experience while building strength and improving flexibility.

Hatha Yoga: Hatha yoga emphasizes postures and breathing. It increases strength, muscle tone, flexibility, and cardiovascular health. It is an excellent way to stretch and strengthen the body, focus the mind, and relax the spirit.

Holy Yoga: This is a form of Hatha Yoga that is a slow flow with longer holds to inspire release and restoration. Holy Yoga was created to introduce physical worship of the Lord through prayer, breath work, and movement for all denominations and believers in Jesus Christ. Classes are set to contemporary motivational Christian music. All levels of experience welcome.

Mat Pilates: Based on Joseph Pilates' principles, this class will focus on your body core. A method of conditioning for both the body & the mind.

Tai Chi: Tai Chi is a moving meditation, with far-reaching benefits. The slow, soft movements have a real effect on blood pressure, weight control, and other physical aspects. Tai Chi goes much deeper than physical therapy. Most students feel the effects of the practice very quickly. It is relaxing and easy to do for all levels.

Silver Sneakers® CLASSES

Muscular Strength & Range Movement: Move through a variety of exercises designed to increase muscle strength & range of movement for improved function. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance. A chair is used for seated and standing support, stretching and relaxation.

Yoga Stretch: Your whole body will move through a complete series of seated and standing Yoga positions. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance & range of motion. Restorative breathing exercises & a final relaxation will promote stress reduction and mental clarity.

Silver Sneakers® II Cardio Circuit: Fun & fitness that increases your cardiovascular and muscular endurance with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a ball are offered for resistance. A chair is used for seated or standing support.

JUST FOR KIDS

On the Ball Core & Strength for Youth (Ages 7-13): Come have fun while toning your abs, conditioning and building muscle, working on flexibility and balance, all to your favorite music.

Yoga for Kids (Ages 7-13): Kids will learn how to focus & center themselves with various breathing & visualization techniques. They will learn self-respect for others, all while practicing fun postures.

Youth Speed & Agility (Ages 7-13): Come exercise to your favorite music, test your cardio endurance and improve your strength conditioning...all while having FUN! Different class styles will be incorporated.

WOMEN'S CIRCUIT CLASSES

Women's Circuit & FIT Circuit: Combines 12 strength machines with low impact aerobics between each station for a 45 minute strength & cardio workout.

WATER FITNESS

Deep Water: Water aerobics in the deep end of the pool using aqua weight belt/noodle to keep above the water! A cardiovascular workout that is easy on your joints, allowing aerobic & strengthening activities to work together - an efficient use of your workout experience! Improve strength, endurance & toning.

Shallow Water: Lots of aerobic work & muscle conditioning - excellent for all fitness levels. Use the resistance of the water for a low- to no-impact cardio workout. Improves balance, strength, joint mobility & coordination using water bar-bells and noodles.