



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

WINTER SESSION

EFFECTIVE: JANUARY 30 – FEBRUARY 25, 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:10-9:10a Zumba@ Studio Lori	6:00-7:00a Spinning@ Spin Studio Dawn L.		6:00-7:00a Spinning@ Spin Studio Kathy		6:00-6:45a Spinning @Express Spin Studio Pam	7:15-8:15a Zumba@ Studio Dawn/Catherine/Nancy
9:15-10:15a Boot Camp Studio Nicole	8:00-8:50a Step & Sculpt Studio Pam	8:00-8:50a Cardio Blast Studio Pam	8:00-9:00a Yoga Basics Studio Zsuzsa	8:00-9:00a Power Yoga Studio Kelly	7:45-8:45a Power Yoga Studio Kelly	8:00-9:00a Spinning@ Spin Studio Bonnie
	8:55-9:30a Pilates Studio Pam	9:05-10:05a Muscle Conditioning Studio Nicole	9:05-10:05a Step Interval Studio Lori	9:05-10:05a Muscle Conditioning Studio Cathy	9:05-10:20a Kick & Condition w/ Core Studio Rory NEW!!!	8:30-9:15a Muscle Conditioning Mat Room Nancy/Barbara
4:30-5:30p Yoga Flow Studio Elizabeth	9:15-10:15a Spinning@ Spin Studio Kathy	10:00-11:00a Yoga For Fitness Mat Room Patty	9:15-10:15a Spinning@ Spin Studio Kellie	10:00-11:00a Gentle Yoga Mat Room Mary Ann	9:15-10:15a Spinning@ Spin Studio Nicole	9:15-10:15a Power Yoga Studio Lauren/Andrea
	9:35-10:35a Zumba@ Studio Lori	5:30-6:15p Pilates Studio Roni	10:15-11:15a Power Yoga Studio Patty			
	10:35-11:35a Boot Camp Studio Cathy	6:20-7:20p Step Studio Roni	6:15-7:15p Gentle Yoga Mat Room Andrea	5:30-6:15p Pilates Studio Nicole		
	12:00-12:45p Pilates Studio starts 2/6 Cathy NEW!!!					
	6:20-7:20p Zumba@ Studio Nancy	6:35-7:35p Yoga Flow Mat Room Deb		6:20-7:40p Zumba Toning@ Studio Lori		
	6:30-7:30p Spinning@ Spin Studio Jeff	6:30-7:30p Spinning@ Spin Studio Bonnie	6:35-7:20p Muscle Conditioning Studio Nancy	6:30-7:30p Spinning@ Spin Studio Nicole		
	7:30-8:30p Gentle Yoga Studio Donna	7:30-8:30p Kickbox Boot Camp Studio Lori NEW!!!!	7:25-8:25p Zumba@ Studio Katie/Catherine	7:45-8:30p Yoga Core Studio Deb		

Participation Guidelines: Ages 13 w/ parent in the same class, Ages 16+ without parent. Under Age 13 not permitted

ANDOVER / NORTH ANDOVER YMCA 165 Haverhill Street Andover, MA 01810

978 685 3541 www.mvymca.org

Group Exercise Director: Nicole Bennett nbennett@mvymca.org



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CLASS DESCRIPTIONS & PARTICIPATION LEVELS:

BOOT CAMP Intermediate/Advanced

Get back to the basics with this athletic training class that is sure to challenge you. Includes athletic training drills and high-intensity intervals along with strength training exercises utilizing body weight & equipment. Class may be held outdoors on occasion with weather permitting.

CARDIO BLAST All

This is a cardio workout combining different cardio routines guaranteed to enhance your cardio-vascular performance and endurance.

GENTLE YOGA All

Slow moving, floor-supported gentle movements and Yoga poses enable you to release stress from your back, hips, neck, and shoulders.

KICKBOX BOOT CAMP All

A fun and challenging combination of classic kickboxing moves with the addition of boot camp drills and intervals.

KICK & CONDITION w/ CORE All

A 60-minute combination of Kickboxing and strength training followed by an additional 15 minutes of core training.

MUSCLE CONDITIONING All

This class is a total body makeover! A variety of strength training exercises are used to tone and strengthen your body with an emphasis on proper body alignment and technique.

SPINNING® All

The original indoor cycling program, is an unmatched way to make your fitness goals a reality. With no complicated moves to learn, a motivating group environment, top-notch instructors, and music that begs your legs to pedal ... you'll find yourself having a blast while you ride your way to a leaner, stronger body. Please arrive 10-15 minutes early to set up your bike. Please bring a towel and water bottle. All bikes equipped with SPD pedals.

STEP All

The classic combination of STEP and core conditioning exercises for maximum fitness benefits.

STEP INTERVAL Intermediate/Advanced

Even the advanced exerciser will find this combination of STEP and high intensity intervals to be a true challenge.

STEP & SCULPT All

A combination of STEP and muscle conditioning makes this a fun mix of cardiovascular training. Also includes flexibility exercises for a well-balanced program.

PILATES All

Pilates, also known as the secret to flat abs, is a total body conditioning program that is taught by our STOTT PILATES® trained instructors. Pilates exercises concentrate on the core muscles of the abdominals, back, and lower body. Performed on a mat and often incorporating small equipment.

POWER YOGA Intermediate/Advanced

A vigorous, flowing form of Yoga.

YOGA BASICS All

Learn the strength & peace of Yoga. Experience a gradual warm up and learn strength building postures and restorative rest techniques.

YOGA CORE All

45 minute Yoga class with the focus on strength asanas and core building.

YOGA FLOW All

Poses are linked by breath and flow from one to another giving you a moderate to vigorous workout. These are followed by a series of poses, which are held for a longer period of time to deepen the energetic work of the pose.

YOGA FOR FITNESS All

This class combines traditional Hatha Yoga with modern fitness movements. This active flowing class will challenge your strength, flexibility and balance.

ZUMBA® All

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

ZUMBA TONING® All

This is the original ZUMBA dance-fitness class taken to the next level. ZUMBATONING® is an innovative muscle training program with the addition of light weights.

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