



Milton YMCA Group Exercise Schedule
January 2019 – Effective January 1, 2019

Closed January 1; have a safe and happy New Year!



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM	Core and Release Christy R. (45 min) (GEX) 5:30 start	Tabata Max F. (GEX)	Cycling Christy R. (45 min) (GEX) 5:30 start	Strength & Conditioning Betsy P. (GEX)			
8:00AM		Cycling-Keith (30 minutes) (GEX)	Senior Stretch Lynn R. (GYM)	Cycling-Keith (30 minutes) (GEX)	Senior Stretch Lynn R. (GYM)	Hip-Hop Cardio Amanda S. (GEX) (8:15 start)	
8:30AM		Toning Keith H. (30 minutes) (GEX)		HIIT Your Core Christy R. (GEX)			
9:00AM	Senior Cardio- Sculpt (GEX) Crystal W.	SilverSneakers Stability® (GYM) Jill M. w/Terri Jan. 22	ZUMBA® (GEX) Terri P.	Senior Dance Terri P. (GYM)	Toning Crystal (GEX)	Kickboxing Sarah K. Jan. 5 --- Tabata w/Amanda – Jan. 12 w/Heidi – Jan. 19 & 26 (9:15 start) (GEX)	
10:00AM	SilverSneakers Classic® Jill M. (GYM) w/Terri Jan. 21		SilverSneakers Classic® Terri P. (GYM)		SilverSneakers Classic® Jill M. (GYM) w/Terri Jan. 25		
5:00PM	Strong by ZUMBA® Stephanie Z.	Tabata Circuit Amanda S.	Boot Camp Steph Z.	Hip-Hop Cardio Amanda S.		GEX=Group Exercise Room	
6:00PM	ZUMBA® Stephanie Z.	Basic Yoga Stretch Betsy P.	Total Body Conditioning Steph Z.	Body Sculpting Heidi R.		GYM = Gymnasium All PM classes are in the Group Ex Room	
7:00PM		Adult Kung Fu					

Class Descriptions for the Milton YMCA

Body Sculpting: Want to look good? This class uses weights and body weight, and incorporates cardio and core work, to help you tone and sculpt all over so you look and feel your best! You may leave sore, but you'll also leave stronger than before.

Core & Release: Join Christy for a 45 of body-sculpting core work using weights, bands, and body weight, countered by healing stretches that help build flexibility, ease aches and pains and feed your muscles for improved overall wellness.

Cycling: Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome. Great cardio workout!

HIIT Your Core: Work your muscles in every way possible in this class that is designed to build strength and work your core by focusing on the glutes, inner thighs, upper and lower back and abdominals.

Hip-Hop Cardio: Drop it low, rock your body, bust a move, and get ready to sweat. This high-energy class will burn a ton of calories while you dance it out to great music.

Kickboxing: This class utilizes kickboxing moves for a fun and challenging fitness class for all ages and abilities.

Senior Dance: Fun & friendly dance-fitness class for active older participants, or those just starting their journey to a fit and healthy lifestyle.

Senior Cardio-Sculpt: *It's baaaaaack!* Combines low impact aerobic interval training and toning using dumbbells. Easy to learn moves for any fitness level. Great for seniors!

SilverSneakers® Classic: Have fun and move to the music through exercises designed to improve muscular strength, range of motion, and day to day living. Hand weights, elastic tubing, and a SilverSneakers ball all offer resistance. A chair is available to provide seated or standing support.

SilverSneakers® Circuit: Get fit and have fun while increasing cardio-muscular abilities with a standing circuit workout. Alternate low-impact choreography with hand weights, resistance tubing, and small exercise balls. A chair is used for standing support and the final cool-down.

SilverSneakers® Yoga: Moves your body through a series of seated and standing yoga poses (with chair support for safety) designed to increase flexibility, balance and range of motion. Breathing exercises and a final relaxation promote stress reduction and mental clarity. NO FLOOR WORK.

Strength & Conditioning: Want to get strong all over? Combine cardio with resistance for greater strength and endurance, in the gym & out!

STRONG by Zumba™: This High Intensity Interval Training class uses traditional fitness moves for an athletic, conditioning-style workout. You use your own body weight as resistance to achieve muscle definition.

Tabata Circuit: Maximize your results with this program based on Hi-Intensity Interval Training (HIIT). HIIT programs are dynamic calorie burners that help shape and tone muscle, build endurance, and create a metabolic afterburn for long-lasting calorie burn.

Toning: Combines cardio exercise and upper/lower body toning with resistance bands or weight exercises. Abs & stretching are also included.

Total Body Conditioning: Using a mix of weights, bands, and body weight, you get to work, sweat, tone, strengthen, and stretch your body to new limits. This workout can be completed in either high- or low-impact mode; the overall effect is still fantastic!

Yoga- A great workout without all the joint stress of a step or aerobics class. Learn new yoga positions and challenge your body's flexibility, strength and balance. Enjoy the calm and relaxing effect of focused breathing. This is not a progressive class; all fitness levels are welcome.

Zumba®: Blends energetic Latin rhythms and easy-to-follow moves to create a dynamic fitness program that will blow you away.

****Classes can be adapted for all fitness levels****

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www.gsvymca.org