

ALTAVISTA AREA YMCA GROUP FITNESS SCHEDULE

Effective October 2, 2008

Wellness Center Members -- Free (Bring your Y membership card)

Y-MEMBERS: \$30.00 punch card **NON-MEMBERS:** \$60.00 punch card- 15 classes per card

**ChildWatch available for YMCA members, except for the 12:15 class

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30AM	Cycle (45 min)	X-Training (45min)	Boot Camp (60 min)	X-Training (45 min)		
9:30AM					Yoga (50 min)	
11:00AM	Over 55 Basic Cycle (30 min)		Over 55 Cardio (30min)			
12:15PM		Cycle (30 min)				
4:00PM	Body Sculpting (30 min)	STEP (30 min)	Body Sculpting (30 min)	Basic STEP (30 min)		
4:30PM	15/15/15	Ball, Bosu & Glider Training (20 min)	15/15/15	Ball, Bosu & Glider Training (20 min)	Nothing But Cardio (45 min)	
5:00PM		Funky Fitness (45 min)		Cycle (45 min)		
5:30PM	Cycle (45 min)					
6:00PM				Funky Fitness (45 min)	Tai-Chi** (60 min)	
6:30PM	Yoga (60 min)	Tai-Chi** (60 min)	Mind/Body (60 min)			
7:30PM		Line Dancing** (60 min)				

****requires a fee, see the front desk for more information****

GROUP FITNESS EXERCISE CLASS DESCRIPTION

*MINIMUM OF 3 PARTICIPANTS FOR A CLASS TO OCCUR.
CLASS SCHEDULE SUBJECT TO CHANGE*

15/15/15: 15 minutes of cardio, 15 minutes of weight training, 15 minutes of cardio

BASIC STEP: Class introduces various STEP/ floor patterns in a “no frills” format. No complicated choreography or advanced combinations. Music is at a slower beat.

BALL, BOSU & GLIDERS: Executing exercises using a stability ball, Bosu, or gliders results in stronger abdominals, increase in functional strength, and spinal stabilization, as well as improved balance.

BODY SCULPTING: Uses a variety of resistance equipment to shape and define the body. Participant will develop lean muscle, stronger bones and improve overall appearance. Muscle utilizes more calories than fat!

BOOTCAMP: Drills, skills, power, agility, and old fashion exercises are incorporated in this class to challenge the body and mind. Let the group’s dynamics push you to work at your optimal level. Go at your own pace. *No class when Campbell County is out of school*

CYCLE: Designed for all fitness levels, consists of riding intervals, hills, flats, and jumps. Participants ride at their own comfort level. Beginners show up 10 mins. before the start of class for set-up.

FUNKY FITNESS: A funky version of hi/lo aerobics and is sure to get your heart pumping. No previous dance training is required and all levels are welcome to attend.

LINE DANCING: A dance where individuals line up without partners and follow step patterns to country music. Fee required.

MIND/BODY: Class incorporates the best of pilates, yoga, and tai-chi. Moves are done slowly to develop balance and long, lean, toned muscles.

NOTHING BUT CARDIO: Instructor’s choice. It is pure cardio with no weight training breaks. Class could include: STEP, hi/lo aerobics, jump rope, cycling, gliding, kick boxing, & Bosu.

OVER 55 CARDIO: Basic, low intensity cardiovascular exercise for the over 55 population. Class consists of movement patterns in a chair progressing to a standing position. A fun and effective workout without advance combinations.

STEP: High energy cardio workout includes combinations using an adjustable platform. You’ll love both the athletic and dance combinations presented in a user friendly format.

TAI-CHI: An ancient practice that incorporates slow breathing, mental concentration, constant flow of controlled movements with various postures. Fee required.

X-Training: Break through your same old routine and no more plateaus. This cross-training, multi-level class incorporates a variety of cardiovascular and strength training moves. Class will utilize the STEP, stability balls, tubes, bands, bikes, dumbbells, and space around the YMCA. Improve your agility, power and performance.

YOGA: Stretch, relax, improve flexibility and increase range of motion. Participants are encouraged to work at their comfort level. Correct breathing techniques will be practiced to enhance the class experience. All skill levels welcomed. Dress in layers. Yoga mats provided.