



# Y Alexandria

## FALL II 2017 | Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:55am All Terrain Cycle Manny	6:00-6:55am All Terrain Cycle Guy	6:00-6:55am All Terrain Cycle Guy	6:00-6:55am Power, Strength and Speed Cycle Nekea		7:45-8:45am BODYPUMP™ Mel Studio I	6:00-6:55am All Terrain Cycle Manny
6:00-6:55am H.E.A.T. Nekea Studio I	6:00-6:55am Body Sculpt Nancy Studio I	5:45-6:15am H.E.A.T. Falisa Studio I	6:00-6:30am GRIT® Shanedda Studio I	6:00-6:55am Body Sculpt Nancy Studio I	8:00-8:55am Power Yoga Anne Studio II	9:15-10:15am Gentle Yoga Mimi Studio II
7:30-8:25 Into to Yoga Renee P Studio II		8:00-8:55am Pilates Suzy Studio II			9:00-9:55am Yoga Anne Studio II	10:30-11:25am Power Vinyasa Mimi Studio II
8:00-8:45am Suzy Shallow Water Aerobics		8:00-8:45am Jane Shallow Water Aerobics		8:00-8:45am Suzy Shallow Water Aerobics	9:00-9:55am Power, Strength and Speed Cycle Nancy	10:30-11:25am Step Circuit Heather Studio I
8:30-9:25am SilverSneakers Classic® Nicole Studio I	8:30-9:25am SilverSneakers® Cardio Fit Nicole Studio I	8:30-9:25am SilverSneakers Classic® Nicole Studio I	8:30-9:25am SilverSneakers Cardio Fit® Nicole Studio I	8:30-9:25am SilverSneakers Circuit® Nicole Studio I	9:00-9:55am Yoga Anne Studio II	11:00-11:55am Power, Strength and Speed Cycle Manny/Ingrid
9:00-9:45am Deep Water Aerobics Suzy		9:00-9:45am Deep Water Aerobics Marsha		9:00-9:45am Deep Water Aerobics Suzy	9:00-9:55am Cardio Kickboxing Latoya Studio I	5:30-6:15pm Core Power Nancy Studio I
9:00-9:55am Stability and Balance Kathryn Studio II	9:30-10:25am Yoga 1 Renee P Studio II	9:30-10:25am Zumba Gold® Nicole Studio II	9:30-10:25am Stability and Balance Kathy Studio II	9:30-10:25am Yoga 1 Lynn Studio II	10:00-10:55am Step Jo-Ann/Barry Studio I	4:30-5:25pm Power, Strength and Speed Cycle Nancy
9:30-10:25am Zumba® Nicole Studio I	9:30-11:00am Step and Abs Jo-Ann Studio I	9:30-10:30am BODYPUMP® Suzy Studio I	9:30-10:25am Cardio Dance Pat Studio I	9:30-10:25am Zumba® Nicole Studio I	10:15-11:10am Power, Strength and Speed Cycle Ingrid	
10:00-10:55am Power Strength and Speed Cycle Tracy	10:00-11:30am Cycle Fusion (Fusion-Studio II) Caroline		10:00-11:30am Cycle Fusion (Fusion-Studio II) Tracy		10:30-11:25am Power Vinyasa Yoga Mimi Studio II	
	10:30-11:25am Gentle Yoga Renee P Studio II	10:45-11:40am Body Flow™ Suzy Studio II	10:30-11:25am Gentle Yoga Mimi Studio II	10:30-11:25 Wall Yoga Lynn Studio II	11am-12pm BODYPUMP™ Robin Studio I	
10:30-11:30am BODYPUMP™ Nicole Studio I	11:05-11:30am Fusion Caroline Studio I	10:45-11:40am Body Step® Robin Studio I	11:00-11:30am Fusion Tracy Studio I	10:30-11:30am BODYPUMP™ Nicole Studio I	12:05-1:00pm Zumba® Melizza/Latoya Studio I	



# Y Alexandria

## FALL II 2017 | Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			11:30-12:25pm SilverSneakers Classic® Tejah Studio I			
		12:00-12:45pm Power, Strength and Speed Cycle Mary R.		12:00-12:45pm All Terrain Cycle Megan		
	1:00-1:55pm Tai Chi™ Jeff Studio I	12:30-1:25am Tai Chi™ Randy Studio I	1:30-2:25pm Tai Chi™ Jeff Studio I			
5:30-6:30pm BODYPUMP™ Nekea Studio I	5:30-6:25pm BODYFLOW™ Nekea Studio I	5:30-6:30pm BODYPUMP™ Anne Studio I	5:30-6:15pm H.E.A.T. Megan Studio I			
6:30-7:30pm Aqua Pilates (Shallow Water) Cathy	6:30-7:30pm Shallow Water Aerobics Jane		6:30-7:30pm Shallow Water Aerobics Jane			
	6:30-7:30pm Cathy Deep Water Aerobics		6:30-7:30pm Cathy Deep Water Aerobics			
6:30-7:25pm Pilates Mat Nekea Studio II			6:30-7:25pm Power Yoga Dana Studio II			
6:30-7:30pm Cycle Fusion Megan	6:30-7:30pm All Terrain Cycle Nekea	6:30-7:30pm Cycle Fusion John	6:30-7:25pm Power, Strength and Speed Cycle Nancy			
6:35-7:30pm Step Barry Studio I	6:30-7:30pm BODYPUMP™ Shanedda Studio I	6:35-7:30pm Zumba® Essie Studio I	6:30-7:30pm BODYPUMP™ Tamar Studio I			
7:35-8:30pm Zumba® Essie Studio II	7:00-7:55pm Vinyasa Yoga Dana Studio II		7:30-8:25pm Gentle Yoga Renee Studio II			
7:35-8:30pm GRIT® Shanedda Studio I	7:35-8:30pm Zumba® Latoya/Melizza Studio I	7:35-8:30pm BODYCOMBAT® Shanedda Studio I	7:35-8:30pm Zumba® Latoya/Melizza Studio I			



## Y Alexandria FALL II 2017 | Group Exercise Schedule

**BODYCOMBAT™**: A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories in a class. No experience needed. Learn move from Karate, Taekwondo, Boxing, Muay Tai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your fighter attitude and leave inhibitions at the door.

**BODYFLOW™** is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. ... Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the **body** into a state of harmony and **balance**.

**BODYPUMP™**: A challenging original barbell class that strengthens and tones your entire body using a barbell, weights, a step, and a mat. \*Space is limited based on equipment availability.

**Body Sculpt**: This total body weight bearing workout uses various types of resistance to strengthen every muscle group to maintain muscle mass and bone density.

**BODYSTEP™**: a full-body cardio workout to really tone your butt and thighs. In a BODYSTEP Athletic class you combine basic stepping with moves like burpees, push ups and weight plate exercises to work the upper body. If you fancy quicker stepping and the chance to showcase your rhythm and flair then BODYSTEP Classic is the way to go. There are always lots of options to get you through the workout safely.

Cardio Kickboxing: Get a great full body workout in this class! Between the kicks and punches you'll be working your whole body, burn tons of calories and have a great time! (This is a non-contact class.)

**Core Power**: Everybody wants better abs! But more than just looks, strong abs help contribute to overall core strength. This class has hit 'em hard abdominal work firming up transverse, obliques, and rectus abdominus. No warm-up included so be ready to work!

**Fusion**: After starting off with 45 minutes of cycle, in the cycle studio, follow your instructor into Studio I for a full body 30 minute resistance workout.

**Gentle Yoga**: This class is an invitation to relax, unwind and de- stress while learning/refining the fundamentals of a yoga practice. Beginning with breath-work and moving to strengthening and stretching the entire body through gently-paced flowing sequences and held postures. I deal for all experience levels.

**Grit**: Designed to burn fat and rapidly improve athletic capability, this explosive, 30-minute team training session combines high impact body weight exercises and uses no equipment. Led by a highly-trained coach, LES MILLS GRIT® Cardio provides the challenge and intensity you need to take your training up a notch and really get results.

**H.E.A.T (High Energy Athletic Training)** could be exactly what you're looking for! This class uses non-choreographed exercises to train athletes and non-athletes to perform better in sport and life. It is a circuit of high intensity strength and cardio intervals targeting the full body, with special emphasis on the core. There will be multiple stations utilizing unique types of equipment to keep the energy high and heart pumping!

**Pilates Mat**: Pilates Mat classes are designed to improve strength, flexibility, coordination and balance through a series of pushing and pulling exercises that may add resistance for an extra challenge.

**PowerYoga**: This is an energetic and vigorous practice that blends sweat, strength and flexibility in a class that thoroughly tones the entire body and disciplines the mind. A series of yoga postures are done in sync with the breath, magically flowing from one movement into the next. The results include enhanced physical strength and endurance, improved flexibility and a calm and focused mind.



## Y Alexandria FALL II 2017 | Group Exercise Schedule

**PowerVinyasaYoga:** This class incorporates regular sequences that become familiar to students, but incorporates variations to modify, intensify, or challenge the body by altering the pace or duration of poses, and the frequency that they are repeated.

**SilverSneakers® Circuit:** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, resistance tubing with handles and a SilverSneakers® ball is alternated with non-impact aerobics choreography. A chair is offered for support, stretching and relaxation exercises.

**SilverSneakers® ball** is alternated with non-impact aerobics choreography. A chair is offered for support, stretching and relaxation exercises.

**SilverSneakers® Classic:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, resistance tubing with handles, and a SilverSneakers® ball are offered for resistance. A chair is used for seated and/or standing support

**SilverSneakers® Cardio Fit:** Get up and go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

**Stability and Balance:** This class includes stretching, strengthening and balance work while incorporating exercises that enhance your body's core.

**Step:** This class will give your heart, body, and mind a workout with easy-to-follow low or high impact choreography that keeps you interested and challenged. Both novice and experienced steppers are encouraged to attend. Proper form and stepping technique is a priority for safe and effective practice in this class. For an added bonus, abdominal, low back, and flexibility training is also incorporated.

**Step Circuit:** Creating muscle definition requires a combination of cardiovascular and strength training. This hybrid class achieves the best of both worlds through a non-stop alternating circuit of cardio intervals utilizing an adjustable step and challenging strength training.

**Tai Chi Chuan & Qi Gong:** Join in on the moving meditation! This practice, over time, leads to better balance, posture as well as better mental focus by creating a calm and clear mind. Additional benefits include an increase in muscle tone, strength, and flexibility, making functional day-to-day activities easier and more enjoyable.

**Wall Yoga:** In this class we will do yoga poses at the wall, using the wall to improve alignment, offer traction, deepen stretches, and feel supported during balancing poses. All levels are welcome.

**Vinyasa Yoga:** Vinyasa classes use the flowing Vinyasa movement of Ashtanga yoga, but incorporates a variety of postures (instead of a set series of postures like Ashtanga) to cultivate balance, flexibility, strength and endurance.

**Yoga:** A low-intensity and low-impact workout designed to develop muscle balance, skeletal alignment, muscle strength, muscle elasticity, increased range of motion, and improved coordination. Relax and restore. All levels are encouraged.

**Zumba®:** It's an exhilarating, effective, easy-to-follow, Latin-international inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.

**Zumba® Gold:** Designed for active older adults with a much lower intensity. Based on the same Latin-inspired dance moves to shimmy and shake your workout up. It's never too late to join the party!