



Silver Spring Wellness and Youth Programs Schedule

October 23 to December 22, 2017

YMCA Silver Spring - 9800 Hastings Dr. Silver Spring, MD 20901 - (301) 585-2120

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gym	6:00-6:30 AM EXP. Core Susan	6:00-6:45 AM Express Cycle Shannon (P)	6:00-6:30 AM EXP. Core Susan	6:00-7:00 AM All Terrain Cycle Chris F. (P)	6:00 - 7:00 AM BodyPump® Kym	7:00-8:00 AM Y-Fusion Sue	7:00-8:00 AM All Terrain Cycle Annie (P)
	6:35-7:35 AM Functional Fitness Chris	7:30-8:30 AM Tai Chi Michael	6:35 - 7:35 AM Body Sculpt Janine		7:15-8:15 AM Tai Chi Michael	8:05-9:05 AM Zumba®	8:15 - 9:00 AM Express BodyPump® Kym/Janet
	8:15-9:15 AM Cardiolite Sue	8:30-9:00 AM Tai Chi Push Hands Michael	8:15-9:15 AM Cardiolite Sue	8:15-8:45 AM Grit+ Janine	8:15-9:15 AM Cardiolite Sue	9:15-10:15 AM H.E.A.T. Lisa (P)	9:15-10:15 AM Vinyasa Yoga Diane (P)
	9:30-10:30 AM H.E.A.T. Kym	9:15-10:15 AM Yoga 101 Madeleine	9:30-10:30 AM BodyPump® Marketa/Janet	9:00-10:00 AM PHD	9:30-10:30 AM H.E.A.T. Marketa	10:30-11:30 AM Power Strength Cycle Elaine (P)	10:30-11:30 AM Vinyasa Yoga Diane (P)
	10:45-11:45 AM Y-Fusion Kris	11:15 AM-12:15 PM Power Strength Cycle Kym (P)	10:45-11:45 AM Y-Fusion Kris	10:00 -11:00 AM Zumba® Cindi	10:45-11:45 AM Y-Fusion Kris	11:45a-12:30p TEEN Cycle/HEAT/Yoga Elaine/Alvina/Amber	
	12:00-1:00 PM Body Sculpt Lisa	12:30-1:30 PM Restorative Yoga Polly	12:00-1:00 PM Functional Fitness Chris	11:15A-12:15P Power Strength Cycle Marketa (P)		12:30-3:00 PM Youth Sports	
	5:30-6:30 PM Zumba®	3:30-6:15 PM Youth Sports	3:30-6:15 PM Youth Sports	3:30-6:15 PM Youth Sports	3:30-6:15 PM Youth Sports		
	6:30-7:30 PM Power Strength Cycle Marketa	6:30-7:30 PM Zumba®	6:20-7:15 PM H.E.A.T Alvina	6:30-7:30 PM Body Sculpt Barbell Jill		\$ Class requires pre-registration and additional fee. All classes formats and instructors are subject to change/cancellations without notice. We will make every effort to provide as much notice as possible.	
7:45 - 8:45 PM BodyPump® Marketa (P)	7:45-8:45 PM H.E.A.T. Jill	7:15-8:15 PM All Terrain Cycle Angela (P)	7:45-8:45 PM RED Warrior® Kiki				
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Studio	7:00-8:00 AM Hatha Yoga Sheree	7:45-8:45 AM Integrated Strength Susan	7:45-8:45 AM Integrated Strength Susan	6:30-7:30 AM Vinyasa Yoga Tanory	6:35 - 7:35 AM Body Sculpt Janine	8:00-9:00 AM Pilates Alison	
	8:15-9:15 AM Integrated Strength Susan	9:30-10:30 AM Stability Ball Sculpt Lisa	10:00 - 10:30 AM \$ Better Balance Mark	7:45-8:45 AM Integrated Strength Susan	9:00-10:00 AM Hatha Yoga Joan	9:00A-1:00P Youth Sports Dance	
	9:30-10:30 AM Yoga 101 Madeleine (P)	11:15-11:45 AM PHD	10:45-11:30 AM Pilates Mat (Beg.) Jessica	9:30-10:30 AM Stability Ball Sculpt Lisa	10:15-11:15 AM Pilates Mat (Adv.) Jessica		
	11:00 - 11:30 AM \$ Better Balance Mark	12:00-12:45 PM \$Better Balance Mark	11:30A-12:15PM Pilates Mat (Int.) Jessica	10:45 - 11:15 AM Tabata Kym	11:30 - 12:00 PM \$ Better Balance Mark		
	5:15 - 6:00 PM Cardio Kickboxing Jeanette	4:30-5:15 PM Youth Sports Dance	5:15-6:15 PM PiYo® Marie	12:00-12:45 PM \$Better Balance Mark			
	6:05-6:35 PM EXP. Core Susan	5:30-6:30 PM Y-Fusion Diane	6:25-6:55 PM EXP. Core Susan	5:30-6:30 PM Y-Fusion Diane			
	6:40-7:40 PM Y-Fusion Sue	6:45-7:15 PM Grit+ Janine	7:00 - 8:00 PM Vinyasa Yoga Amber	6:45-7:30 PM \$Karate Pat	7:00-8:00 PM \$ Salsa (October) Yulia	(P) Indicates Pass Required.	
	7:45-8:45 PM Hatha Yoga Linda	7:30-8:15 PM \$Karate Pat	8:05-9:05 PM Belly Dance Terry	7:30-8:15 PM \$Karate Pat		Inclement Weather Hotline: (301) 588-0763	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Alternate Locations	9:45-10:45 AM Iron Maidens Marketa (P) Free Wt. Room	7:00-8:00 AM Men's Strength Training (P) Pierce Free Wt. Room	9:45-10:45 AM Iron Maidens Lisa (P) Free Wt. Room	7:00-8:00 AM Men's Strength Training (P) Pierce Free Wt. Room	9:45-10:45 AM Iron Maidens Chris T. (P) Free Wt. Room		
	5:15 - 6:00 PM \$ Teen Strength Jill Cybex Room			5:15 - 6:00 PM \$ Teen Strength Jill Cybex Room			

For information on Group Exercise Classes contact the Wellness Director - anita.dandeker@ymcadc.org or (301) 585-2120 x.2544

Class Descriptions

All Terrain Cycle- This technical cycling class will help you develop expertise in techniques (e.g. cadence, hill climbing, intervals, flats) with challenging workouts carefully designed to run over 12-16 week segments.

BodyPump®- A weight based group exercise class. Using light to moderate weights and a lot of repetition, BodyPump delivers a total body workout.

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. (Body Sculpt Ball specializes in training on the stability balls, Barbell specializes in training with barbells)

Cardio Kickboxing- High intensity class using intervals, boxing, and kickboxing moves followed by ab work.

Cardiolite- A low impact class with an emphasis on improving posture, balance, range of motion, flexibility and muscle strength.

Core Conditioning - Strengthen your core muscles for improved posture and functional strength.

Functional Fitness – This class uses body weight and strength training moves to train your muscles to work in unison to prepare for daily tasks you will do in everyday life, work or sports making everyday activities easier, reducing your risk of injury and improving your quality of life.

GRIT® Series- Add these 30 minute HIIT workouts to your life and take your fitness to the next level. These Strength, Plyo and Cardio HIIT workouts build cardiovascular fitness while improving strength, building lean muscle and maximizing calorie burn.

H.E.A.T.- High Energy Athletic Training, this class uses a series of short high intensity intervals followed by low intensity intervals to burn calories and supercharge your workout. **Tabata** is our 30 minute version of H.E.A.T.

Hatha Yoga- the foundation of all Yoga styles. This style of yoga incorporates postures, regulated breathing and meditation. Hatha yoga may include a series of deeper balancing, stretching, back bending, twisting and inverted variations.

Integrated Strength- Designed with older adults in mind, this strength class focuses on improving strength in all the major muscle groups.

Iron Maiden Lifting Club- This ladies only group does a supervised total body weight training workout in a supportive, safety conscious environment.

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.

PiYo® – A quick combination of Pilates, yoga, and other low impact strength training moves. This challenging class is great for anyone searching for a class to help improve their strength, flexibility, and mobility.

Power Speed Cycle- Take on the terrain through hills, flat roads, mountain peaks, time trials and interval training. Discover your inner athlete as you sweat and burn calories to reach your endorphin high.

RED Warrior- The RED Warrior workout is a unique practice that fuses the mentality and movement of martial arts and yoga. Go beyond your current level of performance, happiness and fulfillment - Discover your inner warrior.

Restorative Yoga- designed to progress from small movements to holding passive yin postures and restorative postures with props. Great for balance, flexibility, and circulation while providing relief from stress, stiff muscles and aching joints. Safe and slow moving for beginners.

Tai Chi- 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.

Teen Cycle/HEAT/Yoga- Introductory classes designed for teens. These classes move a little slower than the adult versions with emphasis on instruction, form, and safety.

Y Fusion- A fun and easy to follow choreographed aerobic dance class, followed by a muscle toning segment.

Yoga 101- designed as an introduction to the practice of yoga. Class is slower paced and focused on developing clear and safe alignment in foundational poses.

Vinyasa Yoga- an athletic yoga practice, practitioners flow from one posture to the next in conjunction with breathing to build heat and increase flexibility.

Zumba®- A class that fuses hypnotic Latin rhythms and easy-to-follow moves. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body.

PLEASE NOTE: In case of emergencies, every effort will be made to hold classes as scheduled, as long as the branch remains open. An alternate class format and/or instructor may be held. All classes are subject to change and/or cancellations without notice.

Participant Capacity: Movement/Dance classes in the Gym are limited to 35 participants and 18 participants in the Studio. Non-Movement classes in the Gym are limited to 55 Participants and 22 Participants in the Studio. Free weight room classes are limited to 10 people in addition to the instructor.

P indicates class has limited number of spaces available. To ensure participant safety, please ask for a pass from the Front Desk before attending class, and then give the pass to the instructor of that class. Passes are available 30 minutes before class start time.