

ADULT GROUP CLASS SCHEDULE ~ CONCORD FAMILY YMCA

Schedule subject to change without notice. Please follow us on Facebook for last minute schedule updates and cancellations: www.facebook.com/ConcordYMCA



June 24—Sept. 4, 2017 (dates for member benefit classes)

MONDAY

6-7 am	Circuit Training	Small Gym	Corey
6-7 am	Cycling	4th Floor	Deb F.
6-6:40 am	Aerobics	Big Gym	Bonnie
9-10 am	Pilates	Small Gym	Liz
10-11 am	Silver Sneakers	Small Gym	Jerry
12- 12:50 pm	HEAT	Big Gym	Debby D.
12-1 pm	Cycling	4th Floor	Trieste
12-1 pm	Yoga	Studio	Marsha
5:15-6:15pm	Body Shock	Small Gym	Trieste
5:30-6:30pm	ZUMBA	Big Gym	Lori
5:30-6:30 pm	Total Body Barre	Studio	Kelly
6:30-7:30 pm	Yoga	Studio	Tammy

TUESDAY

5:45-6:45 am	Op. Fat Burn	Big & Small Gym	Rob
6-7 am	Cycling	4th Floor	Judy
6:30-7:30am	Yoga	Studio	Marsha
9-10am	Balls, Bnds&Wts	Small Gym	Anna
12-12:50pm	Cycling	4th Floor	Mark
12:10-12:50pm	Core & More	Small Gym	Anna
5:15-6:15 pm	Balls, Bnds&Wts	Small Gym	Beth
5:20-6:20 pm	Cycle & Core	4th Floor	Laura
6:30-7:30 pm	StepUp, Core, STRIKE	Small Gym	Corey
7-8:15 pm	Yoga	Studio	Marsha

WEDNESDAY

6- 7 am	Cycling	4th Floor	Deb F.
6-6:40 am	Aerobics	Big Gym	Bonnie
9-10am	Cardio Fusion	Small Gym	Dina/Corey
9-10 am	Yoga	Studio	Marsha
10-11am	Silver Sneakers	Small Gym	Jerry
11-12pm	Gentle Yoga	Studio	Shira
12-1 pm	HEAT	Small Gym	Trieste
5:15-6:15pm	Body Shock	Small Gym	Anna
5:30-6:30pm	ZUMBA	Big Gym	Lori
5:30-6:30 pm	Pilates	Studio	Kelly

THURSDAY

5:45-6:45 am	Op. Endurance	Big & Small Gym	Rob
6-7 am	Cycling	4th Floor	Judy
6:30-7:30am	Yoga	Studio	Shira
9-10am	Balls,Bnds&Wts	Small Gym	Anna
10:15-11am	Beginner Cardio	Small Gym	Dina
12-12:50pm	Cycling	4th Floor	Trieste
12:10-12:50pm	Core & More	Small Gym	Lauren
5:15-6:15 pm	Balls,Bnds&Wts	Small Gym	Beth
5:20-6:20 pm	Cycling	4th Floor	Jerry
6:30-7:30 pm	StepUp, Core, STRIKE	Small Gym	Corey
7-8:15pm	Yoga	Studio	Brigid

FRIDAY

6-7 am	Op. Fit to Live	Small Gym	Ryan
6-7am	Cycling	4th Floor	Deb B.
6-6:40 am	Aerobics	Big Gym	Bonnie
9-10am	Boot Camp	Small Gym	Erica
9-10 am	Yoga	Studio	Cheryl
12-1 pm	R.I.P.P.E.D	Small Gym	Trieste
12-1 pm	Yoga	Studio	Steve
4:30-5:30 pm	Total Body Barre	Studio	Debby D
5:30-6:30 pm	ZUMBA	Big Gym	Lori

SATURDAY

8-9 am	Cycling	4th Floor	Rick
8-9 am	Yoga	Studio	Carrie
9-10 am	Yoga	Studio	Carrie
9-10 am	Power Hour	Big Gym	Trieste

DESCRIPTIONS OF CLASSES ON THE BACK.

Session based classes with additional fee = \$

See Program Guide for session dates

Register at Welcome center

Classes need minimum # of participants to be held

Tuesday 6:30-7:30 pm *Karate \$ Squash Ct.

7:30-8:30pm *Hapkido \$ Small Gym

Thursday 6:30-7:30pm Teen ONLY Hapkido \$ Squash Ct.

7:30-8:30pm *Hapkido \$ Small Gym

***Dynamic Defense Concepts, Master David A. Ross**

Orientations - Member Benefit

All members will benefit from a free orientation to our Matrix & cardiovascular equipment from one of our wellness staff.

Commit to be Fit Program - Member Benefit

Members will go through an initial fitness consultation and assessment, receive an orientation on the Matrix equipment, set up follow-up meetings to create accountability for fitness tracking and reaching personal goals.

Intro to Training Program - \$ Additional fees apply

This program is designed to introduce a member to some of the benefits of personal training and provide the skills and confidence for you to follow and progress with your own fitness plan.

Personal Training - \$ Additional fees apply

Training is provided related to the specific individual's goals with guidance by certified trainer.

Nutritional Coaching Program—\$ Additional fees apply

This Program is used to help our members enhance their lifestyles by providing the coaching needed to meet their specific nutrition goals through the Precision Nutrition system. Nutritional coaching begins with complete client assessments. These assessments lead to goal setting programs and individualized nutrition plans. Further compliance is monitored through client reporting and follow up progress assessments. All along the way our trainers will coach you on nutritional adjustments, as well as fitness adjustments, that might need to be made to troubleshoot your journey to optimal body composition, health and performance.

For any of these programs talk to staff at the Wellness Desk or set up an appointment at the Membership Desk for more information. Detailed descriptions of these fitness programs are also available in the program guide.

BALLS, BANDS & WEIGHTS: (B,I) Fun Class that will increase your strength, balance and flexibility with various fitness equipment. You progress at your own rate so beginners and advanced can be in the same class. Focus on all muscle groups.

BODY SHOCK: (I) A fast paced, high energy, full body workout. Change up your routine by using a combination of plyometrics & free weights to shape and tone your body. Muscle confusion is the focus of this class.

BOOT CAMP: (B,I) A total body strength and conditioning program designed to meet the needs of any individual. From hot trends such as plyometrics, functional training and Pilates to old school calisthenics. Boot Camp promises to give you a challenging and effective workout.

"Operation" Boot Camp Classes: (I,A) These classes are ADVANCED in nature, incorporates all elements of a boot camp class to give you an intense work out. Classes at times will be using plyometric principles of muscle loading, this class will incorporate cardiovascular and strength exercise in the form of quick jumps, strength training, and aerobic exercise in group and station formats.

BEGINNER CARDIO (B,I) This is a low-impact class designed to get you moving through fun aerobic exercises.

CARDIO FUSION (B,I) This exciting new class was designed to elevate your heart rate using various techniques from basic jumping jacks to kickboxing combinations. Have fun and elevate your heart rate.

CORE & MORE: (B,I) This class focuses on core strengthening through Pilates and Yoga exercises, done both standing and on the floor with or without exercise equipment. Exercises are adapted to all fitness levels, beginners through advanced. Class will help improve your balance, strength, flexibility and reduce stress.

CYCLE & CORE: (B,I) Innovative new class combines the best of cycling for cardio conditioning and best of floor, mat and ball work for core strengthening.

CYCLING: (B,I,A) All-levels cycling classes great for cardio conditioning and burning calories. Indoor cycling offers many of the same benefits of running without the impact.

HEAT: (B,I) This class is a mix of cardio and strength training that will appeal to all fitness levels. A great overall workout through a combination of floor aerobics, hand weights, kick boxing, body sculpting, jump roping and resistance bands.

SILVERSNEAKERS: (B,I) Have fun moving to music through a variety of exercises designed to increase muscular strength, range of movement using hand-held weights, exercise tubing with handles are offered for resistance and a chair is used for seated and/or standing support.

PILATES: (B,I) Pilates mat classes center around the floor work developed, and range from beginner to intermediate exercises. Using the body's own resistance, a series of movements are performed designed to improve circulation, breathing, posture, and body awareness.

POWER HOUR: (B,I) 20 min of strength, 20 min of cardio, 20 min core & stretching. Strength training may include free weights, bands, steps or balls.

R.I.P.P.E.D (B,I,A): Resistance, Intervals, Power, Plyometrics and Endurance set to the rhythm of awesome music is your plateau proof workout.

Total Body Barre: (B,I) A fusion of Yoga and Pilates that also incorporates ballet inspired elements (such as the use of a ballet barre for balance and stability purposes). Each class begins with a short warm-up before moving on to more intense abdominal work on the mat. Shifting from the center of the room to the barre we will target small muscle groups primarily in seat and thighs. Through the use of small range-of-motion and isometric movements you will work specific muscle groups to fatigue. Immediately after fatiguing the muscles (also known as "feeling the burn") we will stretch the affected area leading to a leaner, longer and more toned appearance. This low-impact but high-intensity interval class is sure to get your legs shaking and heart pumping!

ZUMBA: (B,I) exercise classes are "fitness-parties" that blend upbeat world rhythms with easy-to-follow choreography, for a total-body cardio workout that feels like a celebration.

StepUp, Core, STRIKE: (B,I,A) This high energy class will give you all the elements of a full body workout while blasting calories to the beat of the music. All the best of step aerobics, kickboxing and intense core training.

YOGA (B,I,A) MON 7:30-8:30pm Yoga for Veterans: Continue the mission of Seva (selfless service). This class will focus on the specific needs of veterans. Experience the benefits of yoga to relieve stress, recover from trauma, focus the mind, and heal the body. All veterans and their spouses are welcome. No previous yoga experience is necessary. **MON 12-1pm and 6:30-7:30pm, TUE 7-8:15pm : Hatha Yoga,** focuses on strength, flexibility and overall conditioning. Class includes warm-ups, standing asanas, balance and core work. Connect your mind, body and spirit with Yoga. **TUE 6:30-7:30am, Morning Yoga:** Awaken, Stretch and gently invigorate your body with this early morning class. The use of props, modifications and personal guidance allows participation by and challenge for participant with any level of fitness, flexibility and yoga experience. Class is both energizing and relaxing. **WED 9-10am- Yoga for Well Being:** Yoga promotes increased strength, flexibility, balance and focus, and is both energizing and relaxing. Participants in this class will be able to challenge themselves while learning modifications and adjustments that make postures appropriate for any level of fitness.

WED 11-12am- Gentle Yoga, this class is designed for new comers to Yoga and Seniors looking to strengthen their balance, mind and body. Comfortable slow pace with relaxing music. **THUR 6:30-7:30am: Wake Up With Yoga!**, an easy to moderate, yet energizing class, influenced by Iyengar and Kripalu traditions. We'll Kick start your mornings with a variety of stretches, sun salutations and balance postures. **THUR 7-8:15pm Core Vinyasa Flow:** This class focuses on linking the movement with the breath through flowing postures engaging the core. **FRI 9-10am: Yoga for EVERYBODY:** will focus on lengthening your muscles, opening your joints & Creating balance & alignment while releasing stress. **FRI 12-1pm: Vinyasa Yoga,** this class may be fast or slow paced but will include Sun Salutations, standing postures and balance poses linked in a flow that synchronizes movement and breath. **SAT 8-9 & 9-10am Vibrant Flow Yoga:** a rhythmic flow of yoga poses paired with heart warming, soul provoking music. The intent is to create a balance and strength in the body and mind giving you a peaceful yet energizing experience.

SUNDAY STRETCH: (B,I,A): This new class will be customized per week to the participants that attend. Come participate in a fulfilling class of overall body stretches using both dynamic and static techniques, yoga postures and foam rolling. Stretching correctly relaxes your muscles, increases flexibility and reduces your risk of injury while also engaging your core helping to stabilize the frame of the body throughout your day.

Paid Programs

KENPO KARATE: (B,I) is a martial arts program based on traditional training values and personal development of life skills for today's modern society. Taught by Dynamic Defense Concepts owner Master David Ross.

COMBAT HAPKIDO: See description in program guide.

SELF DEFENSE FOR WOMEN: (B) A class using a blend of principles from many martial arts including Kempo Karate, Hapkido, Boxing and Jiu Jitsu to teach self-defense. A progressive program great for women, students and anyone looking for skills to defend themselves.

KICKBOXING: (B,I,A) A cardiovascular workout consisting of cardio, strength training, jabs, hooks, uppercuts and kicks designed to get you on your way to a leaner and healthier you in an energizing environment. Individuals may want to invest in gloves. Class size limited to max of 8 people.

HEALTH SEEKER GROUP EXERCISE SCHEDULE



BASIC

If you're just starting to make exercise and getting healthy a consistent part of your life - this schedule is for you.

ATHLETE GROUP EXERCISE SCHEDULE



ADVANCED

If you have a dedicated exercise routine and have specific athletic goals you're striving to achieve - this schedule is for you.

STEP-UP GROUP EXERCISE SCHEDULE



INTERMEDIATE

If you've already adopted a regular work-out routine, 2-3 times per week, and you want more structure or more challenge - this schedule is for you.