

GROUP EXERCISE SCHEDULE

FREE Classes for Members Only, Ages 14+



Winter Session January 2 - February 19, 2012

MONDAY			TUESDAY			WEDNESDAY			THURSDAY		
5:15-6:00 AM	Cycling	WS	5:45-6:30 AM	Zumba®	ES	5:15-6:00 AM	Cycling	WS	5:30-6:15 AM	Cycling	WS
5:30-6:15	Cycling	ES	5:45-6:30	Cycling	WS	5:30-6:15	Cycling	ES	5:45-6:30	Zumba®	ES
5:30-6:30	Fit For Life	BV	6:15-7:00	Core Conditioning	DT	5:30-6:30	Fit For Life	BV	5:45-6:30	Waterworks	ES
5:45-6:30	Zumba®	WS	6:45-7:30	Cycling	BV	5:45-6:30	Zumba®	WS	6:15-7:00	Cycling	DT
5:45-6:45	Fit For Life	ES, WS	6:45-7:30	Cardio Sculpt	ES	5:45-6:45	Fit For Life	ES	6:45-7:30	Cycling	BV
6:15-7:00	Cycling	WS	7:45-8:45	Gentle Water	WS	6:00-7:00	Cardio Sculpt	WS	6:45-7:30	Cardio Sculpt	ES
7:00-8:00	Cardio Sculpt	BV	8:00-9:00	Cardio Kickboxing	BV	6:15-7:00	Cycling	WS	7:45-8:45	Gentle Water	WS
7:30-8:15	Waterworks	ES	8:15-8:45	Lively Low	ES	7:05-7:50	Core Conditioning	BV	8:00-9:00	Cardio Kickboxing	BV
7:45-8:30	Waterworks	BV	8:15-9:00	Waterworks	BV	7:30-8:15	Waterworks	ES	8:15-9:00	Waterworks	BV
7:45-8:45	Waterworks	WS	8:15-9:00	Zumba®	ES	7:45-8:30	Waterworks	BV	8:15-9:00	Step	ES
8:15-9:00	SilverSneakers® MSROM	BV	8:30-9:15	Cycling	WS	7:45-8:45	Waterworks	WS	8:30-9:15	Cycling	WS
8:45-9:30	Gentle Water	ES	8:30-9:15	Step	WS	8:15-9:00	SilverSneakers® MSROM	BV	9:00-9:45	Sit and Be Fit	ES
8:45-9:30	Cardio Kickboxing	ES	9:00-9:45	Sit and Be Fit	ES	8:45-9:30	Gentle Water	ES	9:00-9:45	SilverSneakers® MSROM	DT
8:45-9:45	SilverSneakers® MSROM	WS	9:00-9:45	SilverSneakers® MSROM	DT	8:45-9:30	Cardio Sculpt	ES	9:00-10:00	Piloxing	WS
9:00-9:45	Lively Low Impact	DT	9:15-10:00	Core Conditioning	ES	8:45-9:45	SilverSneakers® - Cardio Circuit	WS	9:05-9:50	Core Conditioning	ES
9:00-10:00	Waterworks	WS	9:15-10:00	Cardio Kickboxing	WS	9:00-9:45	Lively Low Impact	DT	9:10-9:55	Cycling	BV
9:15-10:00	Gentle Water	BV	9:15-10:15	Zumba®	WS	9:00-10:00	Waterworks	WS	9:15-10:15	Zumba®	WS
9:15-10:15	Cardio Sculpt	BV, WS	9:30-10:30	Sit and Be Fit	WS	9:15-10:00	Gentle Water	BV	9:30-10:15	Cycling	ES
9:15-10:15	Zumba®	WS	9:30-10:15	Cycling	ES	9:15-10:00	Cardio Sculpt	BV, WS	9:30-10:30	Sit and Be Fit	WS
9:15-10:00	Cycling	WS	10:15-11:00	Cardio Sculpt	ES	9:15-10:15	Cardio Sculpt	BV, WS	10:00-10:45	Cardio Sculpt	ES
9:30-10:15	Cycling	ES	10:15-11:45	Line Dancing	WS	9:15-10:15	Zumba® Tone	WS	10:15-11:45	Line Dancing	WS
9:35-10:20	Core Conditioning	ES	12:00-12:45 PM	Cardio Sculpt	DT	9:15-10:00	Cycling	WS	12:00-12:45 PM	Cardio Sculpt	DT
9:45-10:30	Gentle Water	DT	12:00-1:00	Waterworks	WS	9:30-10:15	Cycling	ES	12:00-1:00	Waterworks	WS
10:00-10:45	Gentle Water	WS	4:30-5:15	Core Conditioning	BV	9:35-10:20	Core Conditioning	ES	4:30-5:30	Cardio Sculpt	WS
10:15-11:00	Core Conditioning	WS	4:30-5:30	Piloxing	WS	9:45-10:30	Gentle Water	DT	5:25-6:10	Core Conditioning	DT
10:25-11:10	Cardio Sculpt	ES	4:45-5:30	Cardio Kickboxing	ES	10:00-10:45	Gentle Water	WS	5:30-6:15	Cycling	ES
10:30-12:00	Line Dancing	ES	5:25-6:10	Core Conditioning	DT	10:15-11:00	Core Conditioning	WS	5:30-6:30	Deep Water Conditioning	DT
11:30-12:15	Arthritis Program	DT	5:30-6:15	Cycling	ES	10:25-11:10	Cardio Sculpt	ES	5:35-6:20	Core Conditioning	ES
12:00-12:30 PM	Step	DT	5:30-6:30	Deep Water Conditioning	DT	10:30-12:00	Line Dancing	ES	5:40-6:25	Waterworks	ES
12:10-12:55	Cardio Sculpt	BV	5:30-7:00	Line Dancing	ES	11:30-12:15	Arthritis Program	DT	5:45-6:30	Cycling	WS
12:30-1:00	Core Conditioning	DT	5:35-6:20	Core Conditioning	ES	12:00-12:30 PM	Zumba®	DT	6:30-7:15	Cycling	BV, ES
4:30-5:15	Cardio Kickboxing	BV	5:40-6:25	Waterworks	ES	12:10-12:55	Cardio Sculpt	BV	6:30-7:15	Zumba®	ES, WS
4:30-5:15	Cycling	WS	5:45-6:30	Cycling	WS	12:30-1:00	Core Conditioning	DT	6:45-7:30	Cycling	WS
4:30-5:30	Step	WS	6:30-7:15	Zumba®	ES, WS	4:30-5:15	Cardio Kickboxing	BV	7:30-8:15	Zumba®	BV
4:45-5:30	Cycling	ES	6:30-7:15	Cycling	BV, ES	4:30-5:30	Step	WS	7:30-8:30	Waterworks	WS
5:30-6:30	Fit For Life	BV	7:30-8:15	Zumba®	BV	5:00-5:45	Cycling	WS			
5:30-6:30	Cardio Kickboxing	WS	7:30-8:30	Waterworks	WS	5:00-5:45	Waterworks	WS			
5:30-6:15	Step	ES				5:15-6:00	Cycling	DT			
5:40-6:25	Waterworks	BV				5:30-6:15	Cycling	ES			
5:45-6:30	Cycling	ES				5:30-6:15	Step	ES			
6:00-6:45	Cycling	WS				5:30-6:30	Fit For Life	BV			
6:20-7:05	Core Conditioning	ES				5:30-6:30	Cardio Kickboxing	WS			
6:30-7:30	Piloxing	BV				5:40-6:25	Waterworks	BV			
6:45-7:30	Cycling	ES				6:20-7:05	Core Conditioning	ES			
7:00-8:00	Deep Water Conditioning	BV				6:30-7:30	Piloxing	BV			
7:15-8:00	Zumba®	ES				6:30-7:15	Cardio Sculpt	DT			
7:35-8:20	Core Conditioning	BV				6:30-7:15	Cycling	ES			
						7:00-8:00	Deep Water Conditioning	BV			
						7:00-8:00	Deep Water Conditioning	BV			
						7:15-8:00	Zumba®	ES			

Membership for All helps to ensure that everyone belongs at the YMCA, regardless of income level. For information, contact the YMCA at 920.436.9622 or visit our website: www.greenbayymca.org

Mission Statement:
To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

See reverse side for **FRIDAY, SATURDAY and SUNDAY** & Class Descriptions.

Like us on Facebook!



GROUP EXERCISE SCHEDULE

Winter Session January 2 - February 19, 2012

FREE Classes for



CLASS DESCRIPTIONS

FRIDAY			SATURDAY		
5:00-5:45 AM	Cycling	WS	7:00-7:45 AM	Deep Water Conditioning	BV
5:30-6:15	Cycling	ES	7:00-7:45	Zumba®	ES
5:30-6:30	Fit For Life	BV	7:00-7:45	Cycling	ES
5:45-6:30	Zumba®	WS	7:30-8:15	Cycling	WS
5:45-6:45	Fit For Life	ES, WS	7:30-8:30	Fit For Life	BV
6:15-7:00	Cycling	WS	7:30-8:30	Waterworks	ES
7:05-7:50	Cycling	BV	7:45-8:45	Waterworks	WS
7:30-8:15	Waterworks	ES	8:00-8:45	Waterworks	BV
7:45-8:30	Waterworks	BV	8:00-8:45	Cycling	ES
7:45-8:45	Waterworks	WS	8:00-8:45	Cardio Sculpt	ES
8:00-9:00	Cardio Sculpt	BV	8:00-9:00	Step	WS
8:45-9:30	Gentle Water	ES	8:35-9:35	Cardio Sculpt	BV
8:45-9:30	Cardio Kickboxing	ES	9:15-10:00	Zumba®	ES
8:45-9:45	SilverSneakers® MSROM	WS	9:15-10:00	Cycling	WS
9:00-9:45	Lively Low Impact	DT	10:15-11:15	Zumba®	WS
9:00-10:00	Waterworks	WS			
9:15-10:00	Gentle Water	BV			
9:15-10:15	Cardio Sculpt	BV, WS	SUNDAY		
9:15-10:15	Zumba®	WS	7:30-8:15 AM	Cycling	WS
9:15-10:00	Cycling	WS	8:00-8:45	Core Conditioning	ES
9:30-10:15	Cycling	ES	9:00-9:45	Cycling	ES
9:40-10:25	Core Conditioning	ES	9:15-10:00	Cycling	BV
9:45-10:30	Gentle Water	DT	9:45-10:30	Cycling	ES
10:00-10:45	Gentle Water	WS	10:15-11:15	Zumba®	WS
10:15-11:00	Core Conditioning	WS			
11:30-12:15	Arthritis Program	DT			
12:00-12:45 PM	Core Conditioning	DT			
12:10-12:55	Cardio Sculpt	BV			
4:30-5:15	Zumba®	BV			
5:30-6:30	Cardio Sculpt	BV			

NEW SilverSneakers® CLASS DESCRIPTIONS

SilverSneakers® Muscular Strength & Range of Movement

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, elastic tubing with handles, and a SilverSneakers®ball are offered for resistance. A chair is used for seated and/or standing support.

SilverSneakers® Cardio 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, elastic tubing with handles, and a SilverSneakers® ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

Arthritis Foundation Aquatics Program

Arthritis Foundation-approved program in a shallow pool designed to improve joint flexibility and relieve pain & stiffness through gentle movements in the warm 90 degree water.

Cardio Kickboxing

An exciting, high energy workout using the fundamentals of boxing. Includes shadow boxing, kicks and blocks, jumping rope, coordination skills and upper body muscle toning - all to "hard hitting" music!

Cardio Sculpt

A total body workout combining a variety of cardio and strength exercises.

Core Conditioning

Improve body alignment, balance, flexibility and endurance through this class which helps strengthen the muscles of the core.

Cycling

An instructor-led motivating 45-minute stationary cycling class.

Deep Water Conditioning

This challenging class uses interval training techniques and the water's natural resistance to increase cardio-vascular endurance while wearing a floatation belt.

Fit For Life

A free-style mix of speed walking or running, jumping rope, basic aerobic patterns and sports conditioning moves. A fun challenge for any fitness level.

Gentle Water

Using the resistance of the water allows for a gentle yet excellent workout. This class brings you a cardio and strength workout that will be easy on the joints yet challenging for the body. Fun for all ages.

Line Dancing

This is a 90-minute class for all levels and includes an introduction to steps, warm up, cardiovascular dancing to fun country music and a cool down.

Lively Low Impact

An energetic, effective low impact and varied intensity aerobic class for those who like to move but don't want to bounce.

Piloxing

A unique mix of Pilates and boxing moves giving a calorie blasting, muscle toning, core-centric interval workout. A high concentration of core work for a great cardiovascular workout with an opportunity to strengthen the body's foundation, the core!

Sit and Be Fit

Experience this fun but challenging chair-based class that builds strength, flexibility and balance.

Step

Step up to improved aerobic conditioning that's fun and challenging. New patterns and exciting moves keep you motivated.

Waterworks

A great cardiovascular workout that is easy on the joints. This shallow water class uses the water's natural resistance to get your heart rate up and strengthen your muscles. Swimming skills not required.

Zumba® Combines high energy and motivating Latin and international music with unique moves that are fun and easy to do. Ditch the workout. Join the party!