



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

EDMOND YMCA

Winter 2012

If Edmond Public Schools are closed due to weather, we will not have classes.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30-6:25 Step Interval Mark	5:30-6:25 Toning Catherine	5:30-6:25 Boot Camp Jennifer OR Step Mark	5:30-6:25 Toning Catherine	5:30-6:25 Body Pump Shelby OR Boot Camp Jennifer		
	7:45-8:45 Anybody's Workout Jewel		7:45-8:45 Anybody's Workout <i>Various Instructors</i>		7:45-8:45 Anybody's Workout Carmen		
		8:30-9:30 Yoga I Kate		8:30-9:30 Yoga I Kate			
	8:55 – 9:55 Body Pump Jewel		8:55-9:50 ZUMBA Rosanna		9:00-9:55 Step Mark	9:00-10:00 ZUMBA Monica	
	9:15 Boot Camp Sheryl		9:15-10:30 Boot Camp Sheryl		9:15-10:15 Boot Camp Brooke	10:05- 11:05 Yoga Jeannie	
		9:45-10:45 Cardio Kickboxing Brooke		9:45-10:45 PUSH Jody			
	10:00-10:55 Core Strengthening Jessica		10:00-10:55 Body Pump Kassi		10:00-10:55 Core Strengthening Jessica		
	11:00-11:50 Cardio Circuit Lisa	11:00-11:50 MSROM Natalie	11:00-11:50 Cardio Circuit Robin	11:00-11:50 MSROM Natalie	11:00-11:50 ZUMBA Gold Monica		
	4:30-5:25 Boot Camp Kassi	4:30-5:25 3-2-1 Jody	4:30-5:25 Boot Camp Natalie	4:30-5:25 Cardio Kickboxing Brooke			3:00-4:00 ZUMBA Gina
	5:35-6:30 Toning Lori	5:35-6:30 ZUMBA Alysa	5:35-6:30 Toning Lori	5:35-6:30 ZUMBA Monica	*5:30-6:30 ZUMBA Alysa		
	6:35-7:30 Body Pump Shelby	6:35-7:30 Yoga I Pam	6:35-7:30 Body Pump Shelby	6:35-7:30 Yoga I Pam			

5:30pm Zumba class will meet at the Trails for the winter



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CLASS DESCRIPTIONS

3-2-1- You won't get bored with this workout! 3 minutes of cardio, 2 minutes of strength training, and 1 minute of core.

ANYBODY'S WORKOUT – Low impact, easy to follow aerobics-perfect for beginners, pre/postnatal, active older adults, or those wanting a slower pace. Includes strengthening, balance work, flexibility and fun.

BODYPUMP™- is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls

Boot Camp - Short bursts of timed high intensity aerobic work such as jumping jacks or running in place. No coordination required.

CARDIO KICKBOXING - Martial arts combined with aerobic and muscle conditioning. It is recommended that members participating regularly purchase their own wraps or gloves.

CORE STRENGTHENING – Conditioning class for gaining strength and flexibility focusing on core muscles. Proper form is emphasized, while performing a greater number of repetitions. It is recommended that members participating regularly purchase their own mats.

PUSH - How far can you PUSH YOURSELF? High Intensity cardio mixed with short bouts of interval training.

Silver Sneakers®MSROM – Have fun and move to the music through exercises designed to increase muscular strength, range of movement, and activity for daily living skills. A chair is used for seated and/or standing support.

Silver Sneakers®CARIO CIRCUIT - All the fun of SilverSneakers®, but activities are performed standing, with increasing intensity, and with support.

STEP – Low impact workout using adjustable step heights – occasionally double or multiple steps.

TONING – Functional strength and endurance training for major muscle groups using weights, bands, balls, and/or body weight.

YOGA I – Emphasizing flexibility, strength, breathing and balance as well as relaxation, beginner/intermediate level. It is recommended that members participating regularly purchase their own mats.

Zumba – Fuses hypnotic musical rhythms & tantalizing moves to create a dynamic cardiovascular workout that is FUN and EASY

Zumba Gold – Zumba for the beginner or Active Older Adult.

Edmond YMCA

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Please inform your physician when starting or changing an exercise routine. Always discuss whether your routine should be altered if illness occurs or when beginning new medications (some may effect your exercise heart rate)