



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

NORTHSIDE YMCA

Fall 2 2015 - November 1st–December 31st

| MONDAY            |                |           |            | WEDNESDAY (continued) |               |           |            |
|-------------------|----------------|-----------|------------|-----------------------|---------------|-----------|------------|
| Time              | Class          | Location  | Instructor | Time                  | Class         | Location  | Instructor |
| <b>AM CLASSES</b> |                |           |            |                       |               |           |            |
| 5:45-6:45         | Y-Cycle Core   | GX Studio | Timeka     | 6:00-6:45             | Y-Chisel      | GX Studio | Rob        |
| <b>PM CLASSES</b> |                |           |            |                       |               |           |            |
| 5:00-5:45         | Y-Cycling      | GX Studio | Eric       | 7:00-7:45             | Y-Cardio Funk | GX Studio | Ashley     |
| <b>TUESDAY</b>    |                |           |            |                       |               |           |            |
| Time              | Class          | Location  | Instructor | Time                  | Class         | Location  | Instructor |
| <b>AM CLASSES</b> |                |           |            |                       |               |           |            |
| 5:45-6:45         | Y-Cycle Core   | GX Studio | Timeka     | 9:30-10:15            | SSFP Classic  | GX Studio | Vicki      |
| 9:30-10:15        | SSFP Classic   | GX Studio | Vicki      | 10:30-11:15           | SSFP Classic  | GX Studio | Tamara     |
| <b>PM CLASSES</b> |                |           |            |                       |               |           |            |
| 5:30-6:15         | Y-Stretch Flow | GX Studio | Kelly      | 6:20-7:20             | Zumba®        | GX Studio | Rotates    |
| 6:25-6:50         | Absoglutely    | GX Studio | Kelly      | <b>FRIDAY</b>         |               |           |            |
| <b>WEDNESDAY</b>  |                |           |            | Time                  | Class         | Location  | Instructor |
| Time              | Class          | Location  | Instructor | <b>AM CLASSES</b>     |               |           |            |
| 5:45-6:45         | Y-Cycle Core   | GX Studio | Timeka     | 5:45-6:45             | Y-Cycle Core  | GX Studio | Timeka     |
| <b>SATURDAY</b>   |                |           |            |                       |               |           |            |
| Time              | Class          | Location  | Instructor | <b>AM CLASSES</b>     |               |           |            |
| 6:45-7:45         | Y-Cycle Core   | GX Studio | Timeka     | 6:45-7:45             | Y-Cycle Core  | GX Studio | Timeka     |
| 10:15-11:15       | Zumba®         | GX Studio | Alana      | 10:15-11:15           | Zumba®        | GX Studio | Alana      |

Community Participants can sign up for all other classes at \$73/session for one class a week.

For group exercise class descriptions, reference the current program and membership catalog or call the NORTHSIDE YMCA at (414) 265-9622.

Questions/Comments in regards to Group Exercise, please contact

Samantha Koscielak (414) 374-9456



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## Class Descriptions

**Absolutely:** It's time to manage your midsection! This class will focus on your abs, glutes, hips, & thighs. Enhance core strength, muscular endurance, & joint range of motions using a variety of exercises. This class is designed to enhance everyday movement for people of all levels of fitness!

**Boot Camps:** 45 minutes. Join us indoors or outside for a four week session of intense workouts that will skyrocket your level of fitness and change your body composition. Boot camp is designed to help you get into the best shape of your life. Our talented, experienced and certified instructors will coach you through a variety of drills, stations and experiences that will change and expand your level of fitness. New exercises and new terrain are guaranteed to produce awesome results. Class meets three times a week during the monthly sessions.

**Silver Sneakers Classic:** (SSFP Classic) 60 minutes. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a Silver Sneaker® ball are offered for resistance; and a chair is used for seated and/or standing support.

**Y Cardio Funk:** A combination of low and high impact aerobics is performed in a dynamic dance style. You'll see cardio benefits and have a great time while you put your fun foot forward!

**Y-Chisel:** 45 minutes. Let's sculpt a better you! This class is designed to strengthen various muscle groups using hand weights, resistance bands, and stabilization techniques. Y Chisel offers a full-body workout that builds bone density and reshapes muscles to increase efficiency in daily activities.

**Y-Cycle:** 45 minutes. The Y-Cycling Program is a no-impact cardiovascular workout performed to music on a stationary bike. A certified instructor leads the class through a variety of drills that simulate the different terrains one encounters on an outdoor bike ride. It's a great program for all levels of fitness and intensity is controlled individually at each bike.

**Y-Cycle Core:** 60 minutes. Love Y-Cycling but feel like you're missing that little something? Y-Cycle Core offers the no-impact cardiovascular workout of Y-Cycling with the added bonus of a 15 minute core workout at the end. The perfect combination of cardio and core workout!

**Y-Stretch Flow:** 45 minutes. The instructor will help you master the skills of controlled breathing and focus, while leading you through a carefully structured series of stretches, moves and poses for a holistic workout that brings the body into a state of harmony and balance. Class is suitable for all fitness levels.

**Zumba:** 45-60 minutes. Dynamic dance based fitness class set to the fusion of Latin and international music. Easy to follow, repetitive dance steps make this a fun workout and the time will fly!

Classes are a group activity, so we ask that all participants are respectful by following the instructor's direction. If you have a medical condition that prevents you from following the routine, please consult your instructor before class. The warm-up and cool down are important to avoid injury; so for safety reasons, we ask that you not enter a class more than 10 minutes after it has started and do not leave until the cool down is completed. We highly encourage socializing before and after class in the hallways and common areas. We recommend that you bring a plastic water bottle and a towel. Please return all the equipment to that you've used to its proper storage area and alert instructor if any equipment is damaged.