

# Group Exercise

Summer 2009  
Schedule

Greensburg YMCA

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<b>Zumba!</b> 9:15-10:15am Teresa AR  <b>Toning</b> 10:15-11:15am Teresa AR  <b>Tai Chi</b> 11:15-12:15 Pat AR  <b>Toning</b> 6:15-7:00pm Debby AR  <b>Step Aerobics</b> 7:00-8:00pm Debby MG  <b>Yoga</b> 7:00-8:00pm Vickie AR	<b>X-Bike</b> 9:10-10:00am Vickie AR 24  <b>Kickboxing</b> 10:00-11:00am Lori AR  <b>Beginner Yoga</b> 11:00-11:45am Vickie AR  <b>Silver &amp; Fit</b> 10:30-11:30am Cyndi MG  <b>Yoga</b> 12:15-1:00 Vickie AR  <b>Power Abs</b> 6:15-6:45pm Debby AR  <b>Y-Not Walk</b> 7:00-8:00pm Debby FE  <b>X-Bike</b> 7:00-7:45 Lou AR  <b>Zumba!</b> 7:00-8:00pm Teresa MG	<b>Step Aerobics</b> 9:15-10:15am Teresa  <b>Toning</b> 10:15-11:15am Teresa AR  <b>Tai Chi</b> 11:15am-12:15 Pat AR  <b>Toning</b> 6:15-7:00pm Debby AR  <b>Stability Ball</b> 7:00-8:00pm Debby MG	<b>X-Bike</b> 9:10-10:00 Cyndi AR  <b>Kickboxing</b> 10:00-11:00am Lori AR  <b>Beginner Yoga</b> 11:15-12:00am Vickie AR  <b>Silver &amp; Fit</b> 10:30-11:30am Cyndi MG  <b>Yoga</b> 12:15-1:00pm Vickie AR  <b>X-Bike</b> 7:00-7:45 Lou AR	<b>Zumba!</b> 9:15-10:15am Teresa AR  <b>Toning</b> 6:15-7:00pm Debby AR	<b>X-Bike</b> 9:00-9:45 Lou AR  <b>Yoga</b> 10:30-11:30 Lou AR



**Special Events:**

**New!!!**  
Monthly Non-Member  
Group Exercise Package.  
Tell All Your Friends

**Key:**

AR= Aerobic Room  
MG= Main Gym  
FE= Front Entrance  
24= Sign Up 24 hours/adv.  
☺ = New Instructor

**Personal Training**

3 Sessions for \$75.00  
ext:110 for signing up.

**Babysitting Hours:**  
Mon - Sat 8:30 am - 12:00 pm  
Mon - Fri 6:00pm - 8:15 pm

**Class Reminders:**

**Non-Members, take classes without being a member!**

Must be used within 30 days!

**6 Classes for \$21.00**  
**8 Classes for \$28.00**  
**10 Classes for \$35.00**

Take any class you would like!

**Orientation**  
Monday-Thursday (4:30-7:00) or contact Vicki or Maria at ext 110 to schedule an appointment

**X-Bike**  
Please remember that if you are planning to attend an X-Bike class to please sign up **24 hrs. in advance**. If no one is signed up for that class our instructors do not show up. Please sign up at the welcome center!

**Inclement Weather Policy**  
During days that the area is experiencing inclement weather please call ahead to find out whether classes are still in session. The Greensburg YMCA reserves the right to cancel classes in order to protect its staff.

<b>Cardio Kickboxing</b>	A cardiovascular workout that blends elements of boxing, martial arts and traditional aerobics. Classes generally feature a variety of punches, kicks, knee strikes and other self-defense moves interspersed with traditional exercises, such as jumping jacks, abdominal crunches, and push-ups to create a total body workout.
<b>Tai Chi</b>	Experience a balancing and soothing of the body as you move to slow motion movements. Allow the body, mind and spirit to slow down and connect your inner self. Discover your normal breathing pattern and inner peace.
<b>Pilate</b>	Coordinates mind, body and breath to develop sleek and functionally strong abdominal muscles, a strong and supple back, and aligns the shoulder girdle
<b>Pump it Up</b>	Full body weight training workout. This class will keep you pumped up through various exercises with and without equipment, designed to burn fat and tone your whole body.
<b>Silver&amp;Fit</b>	Combination of aerobic, flexibility, balance and resistance training to specifically address older adults in a fun filled social environment regardless of fitness level. <b>Level 2</b> =45 min. For moderately active older adults. <b>Level 3</b> =60 min. For very active older adults.
<b>Stability Ball</b>	Achieve optimal exercise performance in an unstable environment. Stability balls were designed to help achieve better abs, buns and a stronger back. Enjoy both a cardio and toning workout.
<b>Step Aerobics</b>	Use a step with adjustable risers to suit individual needs for an aerobic workout. Basic to challenging choreography to keep the workout fresh and fun!
<b>Toning Class</b>	Combination of weights and resistance exercises to strengthen and tone all of the body, one part at a time.
<b>Trixter X Bike</b>	If you like spinning you'll love x-biking! The unique handle bar articulates from side-to-side against adjustable resistance which allows the rider to work upper body and core muscles while the legs do the pumping.
<b>Yoga</b>	Hatha yoga class aimed at uniting the mind-body-spirit through the practice of physical postures (asanas).
<b>Zumba!</b>	A fusion of Latin and International music - dance themes creating a dynamic, exciting, effective fitness system! The routines use aerobic interval training and fast and slow rhythms that tone and sculpt the body with easy to follow dance steps.