

# SUMMERVILLE FAMILY YMCA - DOWNTOWN - JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:05-5:55 KELLY TOTAL BODY SHRED Studio A	5:15-6:00 DAVID TOTAL BODY CONDITIONING Studio A	5:05-5:55 KELLY TOTAL BODY CONDITIONING Studio A	5:15-6:00 DAVID TOTAL BODY CONDITIONING Studio A	5:05-5:55 KELLY TOTAL BODY SHRED Studio A		
7:30-8:55 JAN STEP/SCULPT Studio A		7:30-8:55 JAN TRX/INTERVALS Studio A		7:30-8:55 JAN INTERVAL Studio A		
	8:00-9:00 MARLENE WARM FLOW YOGA Studio B		8:00-9:00 MARLENE WARM FLOW YOGA Studio B	8:00-8:55 SUZANNE BARRE-BELL Studio B	8:00-9:00 KRISTIE TOTAL BODY SHRED Studio A	
8:05-8:55 JACKIE BARRE Studio B	8:05-9:05 SUZANNE TOTAL BODY SHRED Studio A	8:05-8:55 JACKIE BARRE Studio B	8:05-9:05 LUCINDA TOTAL BODY SHRED Studio A	9:00-10:00 AMANDA W. WERQ® Studio A	8:00-9:00 SUZANNE BOOTCAMP Studio B	
9:00-10:00 HEIDI ZUMBA Studio A	9:10-10:10 KRISTIE TOTAL BODY CONDITIONING Studio B	9:00-10:00 AMANDA DANCE PARTY Studio A	9:30-10:30 MELISSA F. TABATA HEAT Studio B	9:00-10:00 AMANDA DANCE PARTY Studio B	8:15-9:00 JAN FITASTIC KIDS Ages 5-12	
10:05-11:00 KRISTIE TABATA HEAT Studio B	9:30-10:30 SYLKE WERQ® Studio A	10:05-11:05 MARLENE PHYSIQUE FUSION Studio A	9:30-10:30 SYLKE WERQ Studio A	10:05-11:05 KRISTIE TRX/ CIRCUITS Studio A	9:15-10:15 MELISSA S. WERQ® Studio A	
10:05-11:05 MARLENE PHYSIQUE FUSION Studio A	10:15-11:15 JEFF TAI-CHI Studio B	10:05-11:00 RYOKO ZUMBA GOLD® Studio B		10:05-11:00 KIM PILATES Studio B	10:20-11:00 MELISSA S. KETTLEBELL AMPD® Studio A	
11:10-12:10 DONNA TOTAL BODY GOLD Studio B	10:30-10:55 SYLKE CORE CRUNCH Studio A	11:10-12:10 RONNA TOTAL BODY GOLD Studio B	10:30-10:55 SYLKE CORE CRUNCH Studio A	11:10-12:10 RONNA TOTAL BODY GOLD Studio B	10:30-11:30 KIM LEE ENHANCE FITNESS Studio B	2:30-3:30 BOONIE YOGA Studio A
11:15-12:00 TINA GENTLE YOGA Studio A	11:00-12:00 BOONIE YOGA Studio A	11:15-12:00 TINA GENTLE YOGA Studio A	11:00-12:00 KAREN YOGA Studio A	11:15-12:00 TINA GENTLE YOGA Studio A		
		12:15-1:00 CATHY SilverSneakers® MSROM Studio A				
12:15-1:00 CATHY SilverSneakers® MSROM Studio A	12:15-1:00 CATHY SENIOR FIT Studio A		12:15-1:00 CATHY SENIOR FIT Studio A	12:15-1:00 RONNA SilverSneakers® MSROM Studio A		
1:15-2:15 BRAE ENHANCEFITNESS Studio A	1:15-2:15 RESERVED CLASS Studio B	1:15-2:15 BRAE ENHANCEFITNESS Studio A	1:15-2:15 RESERVED CLASS Studio B			
4:00-4:45 JACKIE FITASTIC KIDS Ages 5-12 Studio A		4:00-4:45 JACKIE FITASTIC KIDS Ages 5-12 Studio A				
4:30-5:30 MELISSA F. INSANITY Studio B	4:30-5:30 MELISSA F. TOTAL BODY CONDITIONING Studio A	5:00-6:00 MARIANNE TOTAL BODY CONDITIONING Studio A				
5:30-6:30 SYLKE TRX/ CIRCUITS Studio A		5:30-6:30 JAN PILATES Studio B	5:00-6:00 KACIE STEP & STRENGTH Studio A	5:30-6:45 KAREN YOGA Studio A		
	6:05-7:00 SUZIE TOTAL BODY SHRED Studio A	6:05-6:50 MARIANNE BARRE PHYSIQUE Studio A	6:05-7:00 SUZIE TOTAL BODY SHRED Studio A			
6:30-7:30 MELISSA S. WERQ® Studio A	6:00-7:15 BETH GENTLE FLOW YOGA Studio B	7:05-8:00 TES DEFENSE FITNESS Studio B	6:00-7:00 APRIL YIN YOGA Studio B			
7:05-8:00 KENDALL KICKBOXING Studio B	7:05-8:05 AISHA ZUMBA® Studio A	7:05-8:00 MELISSA S. KETTLEBELL AMPD® Studio A	7:05-8:05 AISHA ZUMBA® Studio A			
8:00-9:30 KEMPO JUTSU Studio A	8:15-9:30 KEMPO JUTSU (13 yrs & up)	8:00-9:30 KEMPO JUTSU Studio A	8:15-9:30 KEMPO JUTSU (13 yrs & up)			



Classes with dashed borders require registration prior to attending, please see front desk.

## CLASS DESCRIPTIONS

**BARRE:** Incorporates ballet style exercises to develop long lean muscles. There is also a focus on core training as well.

**BARRE-BELL:** Incorporates barre based movement using a kettlebell to enhance and tone the body.

**BOOTCAMP:** Focus on military-style exercises and functional movements like push-ups, squats, sprints, and sit-ups, provides a killer workout.

**CORE CRUNCH:** Variety of exercises to develop strength and balance in the core. All levels.

**DANCE EXERCISE/FUSION /DANCE PARTY:** These classes use choreographed dance routines for all levels.

**DEFENSE FITNESS:** A fun filled Kickboxing inspired cardio class incorporating different types of equipment

**FITASTIC KIDS:** This 45 minute class is geared for kids to incorporate fitness into their lives in a positive manner.

**FLOW YOGA:** Links breathing techniques to movements that flow from one pose/asana to the next, builds flexibility, stamina, balance and strength. Prior experience in yoga needed.

**GENTLE YOGA:** A great place to start your yoga journey, slower paced class focusing on flexibility, building strength and reducing stress.

**INTERVAL:** This class will use combinations of step, weights, hi-lo, and double step to give a high-energy workout.

**INSANITY:** Max Interval training that has you work as hard as you can for 3 minute intervals with 30 second period rest in between.

**KETTLEBELL AMPD:** Takes heart-pumping music and kettlebell moves, and combines them into calorie torching fun.

**KICKBOX:** Punch, block and kick. Improve your cardio fitness develop muscle and burn fat!!!

**KIDS DANCE:** We have the little ones covered, different forms of dance incorporated in this high energy class.

**PHYSIQUE FUSION:** Pilates, Barre, and Yoga moves are incorporated to develop core strength, long lean legs, balance and flexibility.

**PILATES:** Non-impact exercise program concentrating on core strength as well as upper-body & lower-body conditioning.

**SENIOR FIT:** A fun engaging program that provides a mild strength training workout focusing on muscular strength, balance, and conditioning to help take greater control of health. Participants are encouraged to move at their own pace.

**CYCLE/YOGA:** 30 MINUTES of cycle class followed by 30 minutes of yoga.

**STEP/STEP PLUS:** This is the ideal workout for anyone who enjoys various ways of stepping.

**SILVER SNEAKERS:** Classes use a chair, elastic tubing with handles, hand weights, a SilverSneakers ball.

**TABATA HEAT:** A form of high intensity type of interval training that uses cardio and weight training.

**TAI CHI:** This is a low impact, slow motion class that can help maintain strength, flexibility, and balance using your own body weight.

**TRX:** Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously.

**TOTAL BODY SHRED/TOTAL BODY CONDITIONING:** This class emphasizes muscular strength and endurance using all types of equipment available.

**TOTAL BODY GOLD:** This class provides a mild cardiovascular workout incorporating weight training & flexibility exercises. Movements are low-impact.

**WARM YOGA FLOW:** Yoga experience is necessary to flow smoothly through poses incorporating heat to add to your yoga benefits in flexibility and detoxification.

**WERQ:** Dance based class using music from today's Top 40, pop, rock, and hip hop.

**YIN YOGA:** Deep stretching and holding of seated poses.

**ZUMBA:** Fun filled class that will make you laugh, sweat, and learn some Latin steps.

**ZUMBA GOLD:** Based on the same dance moves used in the original Zumba class. The Gold class, however, is less intense, with dance routines designed for anyone who may want a slightly lower impact class.