

SUMMERSVILLE FAMILY YMCA - THE PONDS - March 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
7:30-8:15 LUCINDA SPIN SCE&G Room	8:00-9:30 TRACY SPIN/STRENGTH/STRETCH INTERVALS SCE&G Room	8:15-9:15 DONNA TOTAL BODY CONDITIONING Aerobics Room	8:00-9:30 SARAH/TRACY SPIN/STRENGTH/STRETCH SCE&G Room	8:10-9:10 LUCINDA TOTAL BODY SHRED Aerobics Room	8:00-9:00 SPIN March 2 Lucinda March 9 Amy March 16 Amy March 23 Jackie March 30 Lucinda 8:30-9:30 TBD ZUMBA® Aerobics Room		
8:30-9:30 LUCINDA TOTAL BODY SHRED Aerobics Room		8:30-9:30 LUCINDA BOOTCAMP SPIN SCE&G Room	8:30-9:30 KIM TOTAL BODY BOSU Aerobics Room	8:30-9:15 JOYCE SPIN SCE&G Room			
8:30-9:30 CELESTIA SPIN SCE&G Room	9:40-10:35 TRACY YOGA Aerobics Room	9:30-9:45 LUCINDA CORE CRUNCH SCE&G Room	9:30-10:30 BRAE ZUMBA TONING® Aerobics Room	9:15-10:00 TES KICKBOXING Aerobics Room			
9:30-10:30 AMANDA DANCE PARTY Court #1		9:30-10:30 HEIDI ZUMBA® Court #1	9:30-10:30 BRAE ZUMBA TONING® Aerobics Room	9:30-10:30 HEIDI ZUMBA TONING Court #1			
9:45-10:30 TES KICKBOXING Aerobics Room	10:40-11:45 BRAE ZUMBA TONING® Aerobics Room	9:45-11:00 KIM BARRE PHYSIQUE Aerobics Room	10:35-11:30 BOONIE YOGA Aerobics Room	10:00-11:00 TYLER TOTAL BODY CONDITIONING Aerobics Room			10:45-11:30 3-5 YR. OLD INTRO TO DANCE Aerobics Room
10:40-11:25 KIM BARRE EXPRESS Aerobics Room		11:30-12:30 CELESTIA STEP/STRENGTH Aerobics Room	11:45-12:45 JEFF TAI CHI Aerobics Room	11:00-12:00 TRACY YOGA SCE&G Room			1:00-2:00 TOM Junior Judo (4-9 yrs.)
11:30-12:30 KACIE STEP/STRENGTH Aerobics Room	1:00-2:00 BRAE EnhanceFitness Aerobics Room	1:00-2:00 BRAE EnhanceFitness Aerobics Room	11:30-12:30 NANCY STEP/STRENGTH Aerobics Room	2:00-3:00 TOM Junior Judo (10-16 yrs.)			
12:45-1:45 MARLENE Silver Sneakers® Aerobics Room		12:45-1:45 CELESTIA Silver Sneakers® Aerobics Room	12:45-1:45 NANCY SENIOR FIT Aerobics Room	3:00-4:00 TOM Adult Jujitsu Adults			
4:15-5:00 AMY SPIN SCE&G Room	4:00-4:45 TYLER FITASTIC KIDS (6-12 yrs)	5:00-6:00 BRANDI WERQ® Aerobics Room	4:00-4:45 TYLER FITASTIC KIDS (6-12 yrs)	5:30-6:30 TOM Junior Judo 4-9 years old			
	4:15-5:15 LUCINDA SPIN/CORE CRUNCH SCE&G Room		4:15-5:00 LUCINDA SPIN - THEME RIDES SCE&G Room				4:15-5:00 LUCINDA UPPER BODY SHRED & CORE Aerobics Room
5:00-6:00 HEATHER LATIN DANCE Aerobics Room	5:00-6:00 RACENA ZUMBA® Aerobics Room	6:00-7:00 BRAE TOTAL BODY SHRED Aerobics Room	6:00-7:00 RACENA ZUMBA® Aerobics Room	6:30-7:30 TOM Junior Judo (10-16 yrs.)			
6:00-7:00 HEATHER TOTAL BODY SHRED Aerobics Room	7:05-8:00 BETH BASIC FLOW YOGA Aerobics Room	6:00-7:00 KAREN YOGA SCE&G Room	7:00-9:00 TOM Adult Jujitsu (13 yrs and up)	6:30-7:30 TRACY YOGA SCE&G Room			
7:05-8:00 BETH BASIC FLOW YOGA Aerobics Room		7:30-9:00 TOM Adult Judo (13 yrs and up)					



Classes with dashed borders need to register w/Tom; tom.reiff@chas-ma.com

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

CLASS DESCRIPTIONS

BARRE EXPRESS: A fun mix of basic ballet inspired moves, yoga & pilates. Focus of muscular endurance and core engagement to develop lean muscle and balance.

DANCE AND DEFINE: Cardio class for all levels, combining easy to follow dances and body weight or weighted exercises to popular music.

DANCE PARTY: An exciting, fun, multi-level dance fitness and toning class utilizing a wide variety of music.

FITASTIC KIDS: 45-min old-school PE class for ages 6-12. This class is a combo of nature walks, individual fitness classes and/or group games.

JUDO/JIU-JITSU: A modern martial arts program defined as a system of techniques, physical & mental exercises developed as an effective means of self-defense.

Registration is required.

KICKBOXING: This fun class incorporates martial arts moves with boxing to provide a challenging aerobic work.

LATIN DANCE: This is a fun filled class that will make you laugh, sweat and learn a new Latin step.

PILATES: Non impact exercises concentrating on core strength as well as full body conditioning.

SPIN/BOOTCAMP SPIN: High intensity indoor cycling class that enhances cardiovascular & fitness. Boot camp Spin remains the same and will require some movements off of the bike.

SPIN/CORE CRUNCH: A 45-minute indoor cycling class that enhances cardiovascular fitness, plus 15 minutes of off the bike strengthening of core muscles.

SPIN/STRENGTH/STRETCH: This class will fuse cardiovascular strength and deep stretching for an overall workout. Water & towel recommended.

SENIOR FIT/SILVER SNEAKERS: 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, using dumb bells, bands and balls. Participants are encouraged to move at their own pace.

STEP/STRENGTH: This class provides a step-inspired cardiovascular workout incorporating weight training, balance, and flexibility exercise. Designed to accommodate and challenge all fitness levels.

TABATA HEAT BOSU: Cardio and strength training using the bosu with a tababta style format.

TOTAL BODY CONDITIONING: This class includes everything cardio and strength. Challenge yourself!

TOTAL BODY SHRED: This class emphasizes muscular strength and endurance using all types of equipment available. Each class is different.

TOTAL BODY BOSU: High intensity class focusing on using the BOSU For strength and cardio moves. Also, may use bands, tubing and weights for variation.

UPPER BODY & CORE: This class focuses on toning your upper body and core muscles, using weights, bands and balls.

WERQ: A fun dance fitness class based on pop, rock and hip hop music.

YOGA/SUNSET YOGA: Warm up with dynamic moves for strength and flexibility. Instructor will incorporate modifications to accommodate all levels.

ZUMBA: This is a fun filled class that will make you laugh, sweat and learn a new Latin step.

ZUMBA TONING: An exciting, fun, multi-level dance fitness and toning class. This Cardio-dance class utilizes weights performed to Latin music.

30 DAY ABS CHALLENGE: 15-minute class focusing on strengthening the core.