


SUMMERVILLE FAMILY YMCA - THE PONDS - April 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>7:30-8:15 LUCINDA SPIN SCE&G Room</p> <p>8:30-9:30 LUCINDA TOTAL BODY SHRED Aerobics Room</p> <p>8:30-9:30 CELESTIA SPIN SCE&G Room</p> <p>9:30-10:30 AMANDA DANCE PARTY Court #1</p> <p>9:45-10:30 TES KICKBOXING Aerobics Room</p> <p>10:40-11:25 KIM BARRE EXPRESS Aerobics Room</p> <p>11:30-12:30 KACIE STEP/STRENGTH Aerobics Room</p> <p>12:45-1:45 MARLENE Silver Sneakers® Aerobics Room</p> <p>4:15-5:00 AMY SPIN SCE&G Room</p> <p>5:00-6:00 HEATHER LATIN DANCE Aerobics Room</p> <p>6:00-7:00 HEATHER TOTAL BODY SHRED Aerobics Room</p> <p>7:05-8:00 BETH BASIC FLOW YOGA Aerobics Room</p>	<p>8:00-9:30 TRACY SPIN/STRENGTH/STRETCH SCE&G Room</p> <p>9:40-10:35 TRACY YOGA Aerobics Room</p> <p>10:40-11:45 BRAE ZUMBA TONING® Aerobics Room</p> <p>1:00-2:00 BRAE EnhanceFitness Aerobics Room</p> <p>4:00-4:45 TYLER FITTASTIC KIDS (6-12 yrs)</p> <p>4:15-5:15 LUCINDA SPIN/CORE CRUNCH SCE&G Room</p> <p>5:00-6:00 RACENA ZUMBA® Aerobics Room</p> <p>6:15-7:15 TOM Junior Judo (4 - 16 yrs)</p> <p>7:30-9:00 TOM Adult Judo (13 yrs and up)</p>	<p>8:15-9:15 DONNA TOTAL BODY CONDITIONING Aerobics Room</p> <p>8:30-9:30 LUCINDA BOOTCAMP SPIN SCE&G Room</p> <p>9:30-9:45 LUCINDA CORE CRUNCH SCE&G Room</p> <p>9:30-10:30 HEIDI ZUMBA® Court #1</p> <p>9:45-11:00 KIM BARRE PHYSIQUE Aerobics Room</p> <p>11:05-12:00 CELESTIA STEP/STRENGTH Aerobics Room</p> <p>12:15-1:15 CELESTIA Silver Sneakers® Aerobics Room</p> <p>5:00-6:00 BRANDI WERQ® Aerobics Room</p> <p>6:00-7:00 BRAE TOTAL BODY SHRED Aerobics Room</p> <p>6:00-7:00 KAREN YOGA SCE&G Room</p>	<p>8:00-9:30 SARAH/TRACY SPIN/STRENGTH/STRETCH SCE&G Room</p> <p>8:30-9:30 KIM TOTAL BODY BOSU Aerobics Room</p> <p>9:30-10:30 BRAE ZUMBA TONING® Aerobics Room</p> <p>10:35-11:30 BOONIE YOGA Aerobics Room</p> <p>11:45-12:45 JEFF TAI CHI Aerobics Room</p> <p>1:00-2:00 BRAE EnhanceFitness Aerobics Room</p> <p>4:00-4:45 TYLER FITTASTIC KIDS (6-12 yrs)</p> <p>4:15-5:00 LUCINDA SPIN - THEME RIDES SCE&G Room</p> <p>5:15-6:00 LUCINDA UPPER BODY SHRED & CORE Aerobics Room</p> <p>6:00-7:00 AMANDA W WERQ® Aerobics Room</p> <p>7:00-9:00 TOM Adult Jujitsu (13 yrs and up)</p>	<p>8:10-9:10 LUCINDA TOTAL BODY SHRED Aerobics Room</p> <p>8:30-9:15 JOYCE SPIN SCE&G Room</p> <p>9:15-10:00 TES KICKBOXING Aerobics Room</p> <p>9:30-10:30 HEIDI ZUMBA TONING Court # 1</p> <p>10:00-11:00 TYLER TOTAL BODY CONDITIONING Aerobics Room</p> <p>11:00-12:00 TRACY YOGA SCE&G Room</p> <p>11:05-12:00 NANCY STEP/STRENGTH Aerobics Room</p> <p>12:15-1:15 NANCY SENIOR FIT Aerobics Room</p> <p>5:30-6:30 TOM Junior Judo 4 - 9 years old</p> <p>6:30-7:30 TOM Junior Judo (10-16 yrs.)</p> <p>6:30-7:30 TRACY YOGA SCE&G Room</p>	<p>8:00-9:00 SPIN April 6th Amy April 13th Lucinda April 20th Lucinda April 27th Jackie</p> <p>8:30-9:30 RACENA ZUMBA® Aerobics Room</p> <p>10:45-11:30 3-5 YR. OLD INTRO TO DANCE Aerobics Room</p> <p>1:00-2:00 TOM Junior Judo (4-9 yrs.)</p> <p>2:00-3:00 TOM Junior Judo (10-16 yrs.)</p> <p>3:00-4:00 TOM Adult Jujitsu Adults</p>	

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.