



# YGROUP EXERCISE™

We Build Strong Kids, Strong Families, Strong Communities.

## February 2010

<u>Time</u>	<u>Class</u>	<u>Level</u>	<u>Instructor</u>	<u>Location</u>
<b>MONDAY</b>				
8:30 AM	Step Combo	1-3	Jessica	Studio
9:30	15 Min Abs	1-3	Jessica	Studio
9:45	Yoga	1-2	Salena	Studio
9:45	Trekking	1-3	Jessica	Treadmills
11:00	Silver Sneakers	1-3	Jessica	Studio
12:00	Senior Cycling	1-2	Hector	Studio
5:30 PM	Body Pump	2-3	Kathleen	Studio
<b>TUESDAY</b>				
8:00 AM	Cardio Blast	2-3	Leslie	Studio
8:30	Trekking	1-3	Stacy	Treadmills
9:00	Body Pump	2-3	Leslie	Studio
5:00 PM	Kickboxing	2-3	Sissy	Studio
6:00	Zumba	1-3	Sylvia	Studio
<b>WEDNESDAY</b>				
8:30 AM	Step Combo	1-3	Jessica	Studio
9:30	15 Min Abs	1-3	Jessica	Studio
9:30	Trekking	1-3	Stacy	Treadmills
10:00	Yoga	1-3	Susie	Studio
11:15	Pee Wee Sports	NA	Susie	Studio
5:00PM	Cardio Blast	2-3	Leslie	Treadmills
6:00	Body Pump	2-3	Kathleen	Studio
<b>THURSDAY</b>				
8:00 AM	Cardio Blast	2-3	Leslie	Studio
9:00	Body Pump	2-3	Jessica	Studio
10:00	Trekking	1-3	Jessica	Treadmills
11:00	Silver Sneakers	1-3	Jessica	Studio
12:00	Senior Cycling	1-2	Hector	Studio
5:00 PM	Body Pump	2-3	Sissy	Studio
6:00	Group Cycling	1-3	Kathleen	Studio
<b>FRIDAY</b>				
8:30 AM	Step Combo	1-3	Jessica	Studio
9:30	15 Min Abs	1-3	Jessica	Studio
9:30	Trekking	1-3	Stacy	Treadmills
<b>SATURDAY</b>				
9:00 AM	Step Combo*	1-3	Jessica/Sissy	Studio
9:00 AM	Group Cycling*	1-3	Kathleen	Studio



of Greater San Antonio

\*1st & 3rd Saturdays of the Month Step Combo  
 \*2nd & 4th Saturdays of the Month Group Cycling

Financial Assistance is available through our Open Door Scholarship Program.

YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.

## GROUP CYCLING POLICIES

- If you're new to Group Cycling, please be prepared to arrive about 10 minutes early. This will allow your instructor to help you get properly set-up on the bike and give you some information about the class and the format.
- Please bring plenty of water and a sweat towel.
- It is best to wear a shoe with a stiff sole such as a cross trainer.
- It's also recommended that you purchase a Gel Seat to make your ride more comfortable.

## CLASS DESCRIPTIONS

- Difficulty Levels have been assigned to all classes. A class with:

1=Beginner, 2=Intermediate, 3=Advanced & 1-3=Good For All Levels

**Group Cycling** - Pump up your cardiovascular system by riding our state-of-the-art stationary bike with resistance. All levels welcome. Please bring a towel and water bottle.

**Body Pump** – Great music and passionate instructors inspire exhilarating workouts for the beginner to the advanced exerciser. 60 minute workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Body Pump® is the original barbell class that strengthens your entire body and will inspire you to get the results you came for – and fast!

**Cardio Blast** - This high energy cardio workout includes fun dance moves along with high and low impact aerobics to create an exciting and fat burning class. You will have a blast in “Cardio Blast”!

**Step Combo** - This traditional step class is designed to give exercisers of all levels and all around awesome fat burning experience! Class incorporates 45 minutes of cardio & 5-10 minutes of abs.

**Yoga** - A full body and breath aerobic workout designed to increase strength and flexibility. Interested in calming your nervous system? This class is for you! All levels welcome.

**Trekking**- This class is held out on our main exercise floor on the treadmills. This is a high energy class that teaches how to run a little bit, change your speeds, and maximize your time. With trekking, you are on the right track!



**SilverSneakers®** Have fun and move to music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles, a ball offered for resistance, and chair is used for seated and/or standing support.

**Zumba**- This exciting new class fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away.

**Kickboxing**- Are you looking for a way to increase your stamina, flexibility, and strength while listening to your favorite dance mixes? If so, this class is for you! This class combines elements of boxing, martial arts, and aerobics to provide and overall physical conditioning and toning.

For additional information on any of our Group Exercise class or other Health and Wellness programming, please contact Philip Ott, at 210-497-7088.