



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Southeast Y Group Fitness Aerobic Schedule

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY   |
|--|---|---|---|---|--|
|  |   | 7-8 AM<br>Zumba<br>Jessica<br><b>NEW CLASS</b>                        |   |   |  |
| 8-9 AM<br>Zumba<br>Jessica<br><b>NEW CLASS</b>               | 8-9 AM<br>SilverSneakers ®<br>MSROM<br>Kristina   | 8-9 AM<br>Step<br>Darlene   | 8-9 AM<br>SilverSneakers ®<br>Cardio Circuit<br>Piper   | 8-9 AM<br>Zumba Gold<br>Natalie                         | 8-9 AM<br>Body Sculpt<br>Vanessa                         |
| 9-10 AM<br>Double Step<br>Darlene                            | 9-10 AM<br>Cardio Boot Camp<br>Interval<br>Pat    | 9-10 AM<br>Cardio Cross train<br>Pat                                  | 9-10 AM<br>Cardio Boot Camp<br>Interval<br>Pat/Jeannine | 9-10 AM<br>Step/Kickboxing/Strength<br>Darlene          | 9-10 AM<br>Cardio<br>Interval<br>Darlene                 |
| 9-10 am<br>Mommy and Me<br>Yoga<br>Jutta<br><b>Small Gym</b> |   |   |   |   |  |
| 10-11 AM<br>Core Challenge<br>Pennie D                       | 10-11 AM<br>Yoga Delight Tone<br>Jutta            | 10-11 AM<br>HardCore Pilates<br>Pat                                   | 10-11:30 AM<br>Yoga Stretch<br>Jutta<br><b>COMM A</b>   | 10-11 AM<br>HardCore Pilates<br>Pat                     | 10-11AM<br>TaeBo-Janel<br><b>NEW CLASS</b>               |
| 11-Noon<br>Tai Chi I<br>Lynn                                 | 11- Noon<br>SilverSneakers ®<br>MSROM<br>Kristina | 11-Noon<br>Tai Chi I<br>Lynn  | 11- Noon<br>SilverSneakers ®<br>MSROM<br>Jerry          | 11-12<br>SilverSneakers ®<br>Cardio Circuit<br>Kristina |  |
|  |   | 11-12 pm<br>SilverSneakers®<br>Yoga Stretch<br>Jutta<br><b>Comm A</b> |   |   |  |
| 12-1 PM<br>SilverSneakers ®<br>Cardio Circuit<br>Jutta       | 12-1 PM<br>Chair Yoga<br>Jeanne                   |   | 12-1 PM<br>Chair Yoga<br>Jeanne                         |   | 11:45-12:45 PM<br>Zumba<br>Peggy<br><b>Small Gym</b>     |
| 4:30-5:30 PM<br>Step/Strength<br>Darlene                     | 4-5 Zumba<br>Rosie                                | 4:30-5:30 TaeBo<br>Janel<br><b>Small Gym<br/>NEW CLASS</b>            | 4-5 PM<br>Belly Dancing<br>Rosie                        |   |  |
| 5:30-6:30 PM<br>Flowing Yoga<br>Fusion<br>Evelyn             | 5-6 PM<br>Cardio Mix<br>2 Steps<br>Darlene        | 5:30-7:00 PM<br>Yoga Delight<br>Jutta                                 | 5-6 PM<br>Cardio Mix<br>2 Steps<br>Darlene              | 5:30-6:30<br>Zumba<br>Peggy<br><b>Small Gym</b>         |  |
| 6:30-7:30 PM<br>Kickboxing<br>Vanessa                        | 7-8 PM<br>Step<br>Liz                             | 6:45-7:45 PM<br>Zumba/Boot Camp/<br>Combo Peggy<br><b>Small Gym</b>   | 7-8 PM<br>Cardio Kickboxing<br>Liz                      | 6:45-7:45<br>Zumba<br>Rosie                             | <b>**Note-Shaded<br/>Boxes Recently<br/>Updated 5-12</b> |

## Class Descriptions:

**Belly Dancing:** A fun, low-impact workout, that strengthens and tones the entire body while developing balance and grace. Belly dancing also improves flexibility of the hips and back as well as increases core strength.

**Body Sculpt:** This class focuses on muscle conditioning. After a short cardiovascular warm-up your muscles are worked head to toe. If you don't like doing the weight machines on the floor; come join in for music and company in the aerobic studio!

**Cardio Boot Camp Interval:** All over body strength and cardio workout. Burst of cardio followed by powerful strength challenges. For all fitness levels. You pick your intensity through the variations offered

**Cardio Circuit Silver Sneakers ®:** Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head to toe stretching, and complete relaxation in a comfortable position.

**Cardio-Cross train:** Building cardio fitness by sampling all kinds of exercise types. Boot camp, step, hi-lo, kickboxing, strength all mixed together with strength challenges. Never the same workout twice!

**Cardio Mix:** A great way to start your weekend with a good aerobic workout! A variety of exercises that may include step, double step, kick, floor aerobics, a little hip hop and a lot of fun!

**Chair Yoga** is a system of seated poses and some standing that promotes the union of the mind, body, and spirit. Classes combine flexibility, and body awareness, including controlled breathing and slow, disciplined movements.

**Core Challenge:** Strengthens and tones muscles, improves posture, provides flexibility and balance. This class is a low impact, mat based and for all levels.

**Double Step:** Is a low-impact, high intensity workout performed by stepping up an down off a platform of variable height. Is the same as Step but it challenges you by incorporating the use of two separate steps.

**Flowing Yoga Fusion:** This yoga class specializes in the combination YOU need to be healthier and more fit. Combining poses from yoga, Tai Chi, Pilates, Feldenkrais, and Gyrotonics provides a fun, flowing routine that is both relaxing and energizing. Join us to enjoy stress reduction while using every muscle group and opening every joint system. We guarantee YOU will benefit from deeper breathing, better balance, improved posture, and increased flexibility and range of motion. This class is all about YOU!

**HardCore Pilates:** Pilates centered full body workout. Strengthens and tones muscles, improves posture, provides flexibility and balance. Acquire stronger abs while using concentrated, controlled and precise movements developed by Joseph Pilates. Strengthens and tones muscles, improves posture, provides flexibility and balance. The essence of the exercises can enhance other activities or sports of interest. Most classes incorporate the stability ball, dumb bells or body bar while focusing on the core promoting a total body conditioning workout. Pilates is ageless and genderless. This class is a low impact, mat based and for all levels.

**Hip Hop:** Hip Hop dancing is a fun way to get or stay fit for people of all ages. Some of the physical and mental benefits include: improved condition of the heart, lungs, muscular strength, endurance, flexibility, agility, balance, coordination and spatial awareness.

**Kickboxing/Step Kick:** Class is for beginners or advanced students dealing with basic moves, combinations, power moves, mobility, strength and balance. This high energy class will give you a good cardiovascular workout with some strength training for a balanced and fun workout. Step kick adds the challenge of the step with basic kickboxing moves.

**MSROM Silver Sneakers ®: (Muscular Strength & Range of Movement)** Have fun and move to the music through a variety of exercise designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance; and a chair is used for seated and/or standing support.

**Step Aerobics:** Is a low-impact, high intensity workout performed by stepping up an down off a platform of variable height. 55

minute class includes warm-up, cardiovascular training, muscular strength and endurance work and cool down. This class may also

incorporate intervals to include power moves, plyometric and timed repeater/lung sessions.

**TaeBo:** the ultimate workout combining Martial Arts and Dance Rhythms

**Tai Chai:** Tai Chi from the Arthritis Foundation consists of gentle, fluid movements that are relaxed and slow in tempo. This program is open to all members interested in an introduction to Tai Chi, as well as being suitable for individuals with mild to moderate impaired joint motion and/or strength.

**YogaDelight:** A peaceful Yoga class that combines breathing and deep relaxation, to enhance our balance, strength and flexibility through traditional slow flowing hatha yoga poses.

**Yoga Stretch:** This easy to follow Yoga class is for anyone who is looking to improve their Level of fitness. This gentle Yoga class is designed to deeply stretch the muscles, strengthens without bulk and enhances focus, balance, flexibility and deep relaxation, in a friendly non competitive setting for all levels. Anyone can benefit from these stretches; this class will give you simple tools you can use on or off the yoga mat. Come and enjoy the many benefits of Yoga Stretch and feel fabulous.

**Mommy and Me Yoga:** Great for beginners. Slow flow class focused on traditional Yoga poses. Introduce your child to creative movement inspired by nature and animals. Helps to build confidence and outward thinking.

**Zumba:** Inspired by the traditional cumbia, salsa, samba and merengue music, paired with favorite pulsating Latin rhythms with the red-hot international dance steps

**Zumba Boot Camp Combo:** Zumba Toning, Zumba dance, and running combined to create a Zumba Boot Camp Fusion class.

**Zumba Gold:** Is also inspired by the traditional cumbia, salsa, samba and merengue music, paired with favorite Latin rhythms, dance steps that are slower and simplified to introduce Active Older Adults and Beginners to Zumba.

**Zumbatonic:** a fun and healthy program designed for kids using the Zumba concept.