



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

FITNESS CLASS SCHEDULE

As of September 24, 2013

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LAND CLASSES					
BEGINS SEPT. 30 5:15-6:15 AM FUNCTIONAL FITNESS (PG)	8:30-9:30 AM SUPERTONE (RA)	BEGINS OCT. 2 5:15-6:15 AM FUNCTIONAL FITNESS (PG)	8:30-9:30 AM SUPERTONE (RA)	8:30-9:30 AM TOTAL BODY (RA)	
8:30-9:30AM BODY RECALL SENIORS (PG)	8:30-9:30AM SilverSneakers Classic® Muscular Strength (PG)	8:30-9:15PM ZUMBA FITNESS® (PG)	8:30-9:30AM SilverSneakers Classic® Muscular Strength (PG)	8:30-9:30AM BODY RECALL SENIORS (PG)	
9:30-10:30AM SIMPLY STRETCH (PG)		9:30-10:30AM SIMPLY STRETCH (PG)		9:30-10:00AM ROCKIN' ABS	9:00-9:45 AM ZUMBA® (PG)
9:30-10:30AM PILATES (RA)	9:45-10:30AM ZUMBA FITNESS® (PG)	12:15-1:00 PM YOGA	9:45-10:30AM ZUMBA FITNESS® (PG)		10:00-10:45AM SUPERTONE (RA)
4:30-5:15 PM SUPERTONE (PG)	5:00-6:00PM STEP AND ABS (RA)		5:00-5:25PM COREBUSTER (RA)		
	5:05-6:05PM RIPPED™ (PG)		5:00-6:00PM RIPPED™ (PG)		
5:30-6:30PM PILATES (CR)			5:30-6:30 PM CIRCUIT STEP (RA)		
5:30-6:15 PM ZUMBA FITNESS® (PG)	5:35-6:20pm YOGA	5:30-6:15PM ZUMBA FITNESS® (PG)			
	6:15-7:00PM ZUMBA FITNESS® (PG)		6:15-7:00PM ZUMBA FITNESS® (PG)		
SPINNING® CLASSES					
	5:15-6:00AM SPINNING® (RS)		5:15-6:00 AM SPINNING® (RS)		
8:30-9:15 AM SPINNING® (RS)	12:10-12:50PM SPINNING® (RS)	8:30-9:30AM CYCLE/CORE	12:10-12:50PM SPINNING® (RS)		
4:30-5:15PM SPINNING® (RS)	4:30-5:15PM SPINNING® (RS)	4:45-5:30 PM SPINNING® (RS)	4:30-5:15PM SPINNING® (RS)		
5:30-6:15PM SPINNING® (RS)					
WATER CLASSES					
6:15-7:15 AM H2O AEROBICS		6:15-7:15 AM H2O AEROBICS		6:15-7:15 AM H2O AEROBICS	10:00-10:30AM AQUA ZUMBA®
8:30-9:25AM SR H2O	8:30-9:25AM <i>PARKINSON</i>	8:30-9:25AM SR H2O	8:30-9:25AM <i>PARKINSON</i>	8:30-9:25AM SR H2O	9:00-10:00 AM H2O AEROBICS
9:30-10:30 AM SR. AQUATICS	9:30-10:30 AM SR. AQUATICS	9:30-10:30 AM SR. AQUATICS	9:30-10:30 AM SR. AQUATICS	9:30-10:30 AM SR. AQUATICS	
5:35-6:35PM H2O AEROBICS	5:35-6:35PM DEEP WATER	5:35-6:35PM H2O AEROBICS	5:35-6:35PM DEEP WATER		

CR – Conference Room PG – Phillips Gym RA- Reese Aerobics

*Classes are subject to change based on number of participation.

Frank P. Phillips YMCA Land & Water Fitness Class Descriptions

ROCKIN' ABS is a full 30 minutes of specific exercises that focuses on the back and abdominals and is performed to a ROCKIN' mix of music!

Body Recall (Senior Class) This class is for seniors and is not considered a Y program with a certified instructor; an outside source uses our facility.

Circuit Step is a combination class of both step and muscle strengthening exercises that use a variety of fitness tools. I.e. dumbbells, bands, and mats. It's an excellent approach to get both cardiovascular and muscle strengthening all in one.

Corebuster This class will strengthen your core overall through the use of a stability ball and other fitness equipment.

Cycle/Core This class will consist of forty minutes of cycling for a great cardio workout, followed by 15-20 minutes of core work which will focus on strengthening and conditioning the back and abdominal muscles.

Pilates Fitness Classes This is a low intense, low impact fitness exercise that focuses on core strength, balance and flexibility. Specific breathing techniques are taught in correlation with the exercises. It is designed to follow a certain order of exercises using several repetitions. When executed properly, excellent results in overall body conditioning are noticed.

RIPPED™ This class combines the components of Resistance, Intervals, Power, Plyometrics, Endurance, and Diet. The workout is designed to be plateau proof and is a fun and effective way to achieve your fitness goals.

Simply Stretch Classes

This is a low intense, low impact fitness exercise that focuses on core strength, balance and flexibility. Specific breathing techniques are taught in correlation with the exercises. It is designed to follow a certain order of exercises using several repetitions. When executed properly, excellent results in overall body conditioning are noticed.

Silver Sneakers® Classic The class focuses on a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers® ball are all used for resistance, and a chair is used for seated and/or standing support. Silver Sneakers is a program offered by Humana in affiliation with the Frank P. Phillips YMCA.

SPINNING® Indoor Cycling This is an intense cardiovascular exercise that will strengthen both the heart & lungs. An instructor takes the class through a varying degree of cardio levels. Flat roads, up hills, through 'mud' and sprinting are just a few of the things to expect. Although it's intense, anyone can come to a class just be sure to inform the instructor if you're new to class. It's a class that takes a few times to determine whether or not it is for you.

Super Tone This is a medium to high intense, low impact fitness exercise that takes you through a series of muscle strengthening exercises. It targets both upper & lower muscle groups as well as the abdominals. An instructor will use a variety of equipment to help reach these goals: dumbbells, exercise balls, and bands, etc.

Total Body Is a total body workout that consists of three segments of basic step, intermixed with body sculpting in between each segment. The class is designed to keep the heart rate up throughout the class while developing muscle strength. The class will end with an abdominal and stretch segment.

Water Aerobic Classes These classes are offered for all populations, the beginner, the intermediate, the advanced and the senior members. Most of the classes are held in the shallow end and are perfect for the new exerciser or those with limitations because of the low-intense, low-impact nature. The weight of the water provides muscle strengthening and cardiovascular qualities, while the buoyancy offers a light weightiness.

Yoga Fitness Classes Yoga is not only about stretching, but truly about creating balance in the body through developing both strength and flexibility. This is done through the performance of poses or postures, each of which has specific physical benefits. The poses can be done quickly in succession, creating heat in the body through movement or more slowly to increase stamina and to perfect the alignment of the pose. The poses are a constant, but the approach to them varies depending on the tradition in which the teacher has been trained.

ZUMBA Fitness® The Zumba Fitness® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, and to get hooked.

PLEASE NOTE: We reserve the right to cancel a class based on lack of attendance; however this allows for opportunity for new classes!
Please call to confirm that classes are still running.