




FREE "LAND" GROUP EXERCISE CLASS SCHEDULE KV YMCA WINTER SESSION 2018

EFFECTIVE: January 2nd, 2018

ELSIE & WILLIAM VILES DANCE STUDIO - AUGUSTA

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 - 7:00AM		Weighted Workout Becky G	All Level Yoga Debbi M 6:30-7:30am	Weighted Workout Deb M		
7:45 - 8:45AM		Core Pilates Izzy 8-8:45am				Tonga Joann
9:00 - 9:50AM		Step & Strength Julie		Step & Strength Julie		
10:30 - 11:15AM	SilverSneakers® Yoga Stretch Kim G	SilverSneakers® I Kim G		SilverSneakers® Circuit Kim G	AOA Balance and Core Falling Prevention Kim G 10:45-11:30am	
12:15 - 1:00PM	Bootcamp Chris V	Cardio, Core & More Janice	Core Pilates Izzy & Pam			
5:00 - 5:30pm			Tone Zone Val			
5:30 - 6:30PM	Zumba Deb W	Flow Yoga (all levels) Jacqui	Step, Stretch & Tone Val	All Level Yoga Pam		
6:30 - 7:30PM	All Level Yoga Izzy					

MANCHESTER CAMPUS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 - 6:00AM	Weighted Workout Bootcamp Holly D		Cardio Circuit Holly D 5:15-6:15am	Full Body Fusion Janice		
6:00 - 6:30AM						
8:00 - 9:00AM	Core Strength Challenge Nikki		Total Body Plus Kim		Total Body Fit Chris V	Masterblast Trish 8-9:30am
9:00 - 10:00AM	Fit For All Plus Nikki		Fit For All Plus Julie	Yoga Izzy	Fit For All Plus Nikki	
10:30 - 11:15AM	SilverSneakers® I Feargal	AOA Balance and Core Falling Prevention 11:45-12:45 Kim G	SilverSneakers® I Kim G	SilverSneakers® Yoga Stretch Feargal	SilverSneakers® I Feargal	
5:00 - 5:30PM				All Abs Bonnie M	 Become a fan of the Kennebec Valley YMCA on Facebook	
5:30 - 6:30PM	Bootcamp Ashley		TRX & Cardio Interval Tamera	Step, Stretch & Tone Bonnie M		

Manchester & Augusta Land Group Exercise Class Descriptions (alphabetized)

For more info, contact **Craig Cameron at 207-622-9622 or Craig@kvymca.org**

Abs, Back & Balance: Focus on your abdominal wall and strengthening your lower back as well as integrating balance training moves that we all need to work on!

All Level Yoga: Hatha Yoga style class that will explore flexibility, balance, strength and overall well being. Beginners welcome!

AOA Flexibility and Strength: Low impact Active Older Adults Class. This class will help improve flexibility in joints while maintaining and building muscle strength

AOA Cardio & Strength: Low impact aerobics followed by exercises aimed at improving muscle strength & tone, balance and flexibility. Class is designed for Active Older Adults.

AOA Balance & Core: Functional fitness balance and core exercises for Active Older Adults. Class designed for balance and fall prevention.

Bootcamp: Jump start your metabolism with athletic drills and calisthenics. This class will challenge you inside and out!

Cardio Circuit: Work hard through this 45 minute cardio circuit class. You will challenge yourself through different types of circuit training

Core Strength Challenge: This workout will focus on the core using hand weights, stability ball and a mat. This class will finish with a 20 minute pilates workout

Kettlebell and Cardio Fury: This class takes the advantages of Kettlebell training and combines the high intensity of cardio circuits to maximize both toning and cardiovascular abilities

Cardio Core & More: Steps, hand weights, balls, bands and body weight are used in an interval training format to get your heart rate up and give you a total body tone up.

Cardio/Weighted Circuit: Maximize your workout with this cardio/weighted circuit training class. Move through a mixture of strength training stations and cardio stations. This 60 minute class includes warm-up, cool-down and stretching. All fitness levels welcome!

Core Pilates: Energizing yet challenging pilates mat workout designed for all levels. Through controlled exercises Strengthen your whole body, improve balance and flexibility while targeting the core from the inside out.

Fit for All Plus: High/Low impact aerobics followed by exercises aimed at improving muscle strength & tone, balance and flexibility. A rigorous workout for all fitness levels!

Full Body Fusion: A blend of intense, ever-changing exercises done in short spurts that includes interval training, Tabata, muscle fatiguing exercises, body strength challenges, cardio explosion, toning and weights. Every class is different!

Step Interval: A 60-minute workout that targets your whole body with a combination of cardio and weights. The first 40 minutes of class is a medium to high intensity workout with basic step choreography. The last 20 minutes focuses on strength training with weights and an ab workout at the end. All levels are welcome.

Masterblast: A full-service 1.5 hour workout that accommodates all fitness levels but challenges you to work to your fullest potential. Plan on athletic and zesty step and/or floor choreography intervals and weighted total body combo sets.

Pure Posture: A resistance training class that incorporates free weights, isometrics, tubing, and standing dynamic movement combinations that will challenge you to bring on your best posture, body alignment and achieve better muscle tone.

SilverSneakers® I: Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement, and activity for daily living skills. Handheld weights, elastic tubing with handles and a ball are offered for resistance and a chair is used for seated and/or standing support.

Step Stretch & Tone: 30 min. of cardio step training followed by ample toning/stretching with weights, bands, or balls.

Strength, Cardio & Core: Looking for a whole body workout with a bit of everything? With a head to toe approach, this class will challenge your strength with a combination of moves using weights and body weight. High intensity moves that are short in duration but effective in quality, will get your heart pumping! Finally, a variety of exercises with a focus on core, will have you stronger in no time. Regular participation in this class will promote gains in strength and cardiovascular health. Upbeat music and a little mental grit will get you through this fun and fast paced class!

TONGA: Tone up your body through a blend of yoga, pilates and weighted moves for a nice way to start your Saturdays. All fitness levels benefit.

Tone Zone: Crunched for time but need the motivation of a class to exercise? Stop in for 15 minutes and target specific muscles. First 15 minutes Core/Back, second 15 minutes Arms/Legs **OR** stay for 30 minutes and hit all major muscle groups!

Total Body Plus: Tone, and sculpt your whole body, for lean muscle mass, while incorporating cardio and floor calisthenics throughout the class. The class uses free weights, cardio step, fit ball, and tubing.

TRX Core and Floor: Explore the core benefits of the popular TRX Suspension System! This system has proven fast, safe and effective results within the core.

TRX & Cardio Interval: Have you wanted to try TRX Suspension System training? Then this class is for you! TRX Suspension System training is an extremely effective way to increase core strength and overall body strength. This training system can be used by all fitness levels. Move through a mixture of cardio and TRX stations that will help you achieve the best you possible!

Weighted Workout: Get overall results and strengthen your core with this format which uses the step as a prop, along with mats, bands, weights, bands and balls. (No aerobics included and beginner friendly!)

Zumba: Latin aerobic dance class uses fun, rhythmic moves that work your core. Includes Salsa, Hip Hop, Reggeton, Samba, belly-dancing and more!

[Take a look at what our members say about the KV YMCA Group Exercise Program...](#)

"I like how there are classes at both locations at all times of the day, it makes it easy with my work schedule"

"The group Exercise Classes have changed my life, I have so much more energy and drive in my daily activities, Thanks KV Y Staff"

"There are so many classes to choose from at no extra cost to my membership! I love the instructors, they make exercising fun"