

## HEALTH & WELLBEING CLASS DESCRIPTIONS

### Active Older Adult (AOA) Classes:

•**AOA Ab Lab/Stability Ball** Increase stability and balance by targeting the muscles of the abs and other major muscle groups using a variety of equipment and techniques.

• **AOA Circuit:** Increase stamina and strength for daily living with a standing circuit workout. Light weights and non-impact aerobics are alternated in this fun workout. Chairs are offered for support, stretching and relaxation exercises.

**Aqua Fitness:** Exercises performed in shallow water for an aerobic and strength training workout. May incorporate dumbbells or noodles.

**Aqua Fitness Deep:** Using a belt or noodle to assist flotation, this zero impact workout is great for any level or type of exerciser looking for a calorie torching hour of aerobics and strength training. Highly recommended to bring your own flotation belt.

**Boot Camp:** Get your extreme workout with extreme music! Dial up the adrenaline for a range of heart-pumping, strength-building activities, which may include plyometrics, calisthenics, cycling, circuit training, jumping rope, speed work, lunging and more.

**Cardio Kickboxing:** Learn boxing and martial arts moves in this high-energy class with challenging cardio intervals. Punch, kick, and block your way to greater fitness!

**Cardio Strength:** Join this high-energy class for strength training and aerobic exercise (may use a step platform).

**Circuit Training:** Maximize your time by getting a complete workout in one class! This format alternates timed intervals of strength and cardio segments, in a group or with rotating stations.

### CYCLING CLASSES:

•**Cycle- All Levels:** Enjoy an energizing ride through hills and flat terrain, simulated by different levels of resistance that you control on a stationary bike.

•**Cycle- Power Pedal:** High intensity interval training for intermediate to advanced cyclists.

•**Cycle 45:** Enjoy this energizing, 45-minute version of our regular group cycling class. Hills and flat terrain are simulated by using various resistance levels on a stationary bike.

•**Cycle Circuit:** Combine your cycling with bursts of strength training for a total body workout that never gets boring. This class includes half strength work and half cycling in varying intervals.

**H.I.I.T.:** High Intensity Interval Training is a great way to burn fat! Moderate intensity intervals are alternated with high intensity intervals for a full body workout.

H.I.I.T.: Express: A shortened version of the 60-minute class, you'll work up a sweat while

**We reserve the right to change the schedule without notice due to special events, training, maintenance, or class needs. As a courtesy to others, please arrive to classes on time. Members arriving more than 10 minutes late may be asked to leave by the class instructor.**

alternating between moderate and high intensity intervals for a full body workout.

**Hi/Lo Aerobics:** Strengthen your heart and lungs with this vigorous workout. This class is for all levels.

**Mat Pilates:** This class is designed to increase core strength and flexibility plus align the mind and body. Series of movements are linked with the breath and performed from a sitting, reclining, or standing position.

**Strength & Balance:** Use a variety of techniques to increase balance through various strength moves. This class targets the hard-to-hit stabilizer muscles and the deep muscles of the core to create better posture, alignment, and decrease risk of injuries.

**Strength & Conditioning:** This high-energy class includes both strength training and step aerobic exercise. Class includes a strength/resistance component utilizing a variety of equipment.

**Stretching:** Stretch your muscles, calm your mind, help with injuries, and soothe tension. Inspiring music guides gentle moves coordinated with your breathing while practicing poses from yoga, dance, and fitness. Open to all levels.

**Tai Chi:** A system of exercises intended to promote mental focus, physical strength, balance, and coordination of mind and body. This intro class focuses on the first section of the form, working on basic postures and movements, and discussion of the core principles.

### YOGA CLASSES

• **Yoga- All Levels:** This method of yoga practice integrates both body and mind through safe alignment and balanced breath. Build up your strength, stability and postural integrity while practicing mindfulness and breath awareness.

•**Yoga- Gentle:** Traditional yoga poses are modified with an emphasis on a slower pace accompanied by the breath and stilling the mind. Relaxing and energizing.

•**Yoga- Hatha:** Balancing, standing, seated, supine, prone postures..

•**Yoga Power Flow:** Flow through traditional Yoga poses while pairing your breath with movement to open up the Power within you! All levels welcome.

•**Yoga Restorative:** A passive style of yoga with longer hold times. Allows for deeper relaxation and calmer mind.

•**Yoga-Yin:** A gentle yoga practice in which poses are held for 2-5 minutes allowing joints and fascia to release. This class will complement your Vinyasa practice and will open and release areas in need of more flexibility.

•**Yoga 101:** Get an introduction to basic yoga poses at a comfortable place for beginners.

•**Yoga Flow:** This class strives to maintain awareness and focus on the breath

while moving through a series of postures. This style of yoga builds heat, flexibility, and strength while maintaining focus on good alignment.

**Zumba®:** A Latin-inspired dance class! Have fun and get a great cardio workout. No dance experience needed, great for all fitness levels.

**Zumba Gold®:** Just as fun as Zumba, just not as fast. Easy to follow steps that help improve balance, strength, and flexibility. Great for beginners!

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### Questions about our Group Exercise Programs?

We'd love to hear from you.

**Shalimar Gonzales, Executive Director**

206 322 6969 or [sgonzales@seattleyymca.org](mailto:sgonzales@seattleyymca.org)



# GROUP EXERCISE CLASS SCHEDULE

## December 2016

## MEREDITH MATHEWS EAST MADISON YMCA



**MEREDITH MATHEWS EAST MADISON YMCA**

1700 23rd Ave Seattle WA 98122

206 322 6969 [meredithmathewsymca.org](http://meredithmathewsymca.org)

**Everyone is welcome.** The **YMCA of Greater Seattle** strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility. **Financial assistance is available.**

# MORNING SCHEDULE

DECEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Circuit Training:</b> Paul Gym 6:00-6:45	Cardio Strength: Chad GYM 6:15-7:00	<b>Circuit Training:</b> Paul GYM 6:00-6:45	Cardio Strength: Chad GYM 6:15-7:00	<b>Circuit Training:</b> Paul GYM 6:00-6:45		
Cycle- All Levels: Chad GXB 6:15-7:00		Cycle- All Levels: Chad GXB 6:15-7:00	<b>Cycle- All Levels:</b> Joe GXB 7:15-8:00	Cycle-All Levels: Chad GXB 6:15-7:00		
AOA Circuit: Charlesetta GXA 7:45-8:30	<b>Cycle- All Levels:</b> Joe GXB 7:15-8:00	AOA Circuit: Charlesetta GXA 7:45-8:30	<b>Yoga-Gentle:</b> Bev GXA 7:30-8:30			
	Aqua Fitness: CeCe POOL 8:00-8:55	Aqua Fitness: Daniel N POOL 8:00-8:55	Aqua Fitness: CeCe POOL 8:00-8:55	AOA Stability Ball: Jerry GXA 8:15-9:15		
<b>Stretching:</b> Bridgett GXA 8:45-9:15	Aqua Fitness Deep CeCe POOL 9:00-9:55	<b>Stretching:</b> Bridgett GXA 8:45-9:15	<b>Stretching:</b> Bridgett GXA 8:45-9:15	Aqua Fitness: Daniel S POOL 8:00-8:55 3rd-5th Fridays of month only	<b>Power Pedal:</b> Shalimar GXB 8:15-9:15	
	AOA Ab Lab: Jerry GXA 8:15-9:15		Aqua Power Deep: Daniel S POOL 9:00-9:55	Aqua Fitness Deep: Daniel N POOL 9:00-9:55	Aqua Fitness: Bre/Daniel S POOL 9:00-9:55	
Yoga 101: Bridgett GXA 9:30-10:30	AOA Strength: Chad GXA 9:30-10:15	Yoga 101: Bridgett GXA 9:30-10:45	AOA Strength: Chad GXA 9:30-10:15	Yoga 101: Bridgett GXA 9:30-10:30	ZUMBA: Rahel GXA 9:00-10:00	
<b>Cycle-45:</b> Chad GXB 9:30-10:15	Cycle Circuit: Paul GXB 9:30-10:15	<b>Cycle-45:</b> Chad GXB 9:30-10:15	Cycle Circuit: Paul GXB 9:30-10:15	<b>Cycle-45:</b> Chad GXB 9:30-10:15		
Cardio Strength: Paul GYM 9:30-10:30	Yoga Form II: Bridgett GXB 10:30-11:30		Yoga Form II: Bridgett GXB 10:30-11:30			Mat Pilates: Nuria GXA 10:15-11:15
Mat Pilates: Diane GXB 11:15-12:00pm	<b>ZUMBA:</b> Rahel GXA 11:00-12:00		<b>ZUMBA:</b> Rahel GXA 11:00-12:00		Strength & Conditioning: Jen GYM 10:15-11:00	<b>ZUMBA:</b> Kristyna GXB 10:15-11:15

# AFTERNOON / EVENING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WOMEN'S LOCKER ROOM CLOSED FOR CLEANING MON-FRI 12:30-1:00</b>					Yoga Flow: Jen GXA 11:15-12:30	Yoga Flow: Nuria GXA 11:45-12:45
	<b>H.I.I.T. Express:</b> Patti GXB 12:15-12:45				Tai Chi: Nuria GXA 12:00-1:00	
ZUMBA Gold: June GXA 1:15-2:00		<b>Yoga-Gentle:</b> Judith GXA 12:15-1:30			Strength & Balance: Nuria GXA 1:15-2:00	<b>Yoga- Yin:</b> Jim GXA 3:30-4:45
Cardio Kickboxing: Teresa GXA 4:15-5:00	Tai Chi: Nuria GXA 2:30-3:30				<b>Yoga- Restorative:</b> Judith GXA 3:00-4:30 3rd Friday of each month	<b>KEY</b>
	Mat Pilates: Nuria GXA 4:00-4:45		Mat Pilates: Diane GXA 4:00-5:00			<b>Great for Beginners</b>
<b>Circuit Training:</b> Patti GXB 5:15-6:00	<b>Yoga- All Levels:</b> Tina GXA 5:00-6:15	Strength & Conditioning: Teresa GXA 5:15-6:00	Cardio Kickboxing: Teresa GXA 5:15-6:00			<b>High Intensity!</b>
	<b>Boot Camp:</b> Patti GXB 5:30-6:15	<b>Yoga Flow:</b> Craig GXB 5:30-6:30				<b>Brand New Class!</b>
<b>H.I.I.T.:</b> Patti GXA 6:15-7:00		<b>Hi/Lo Aerobics:</b> Teresa GXA 6:15-7:00				
Cycle Circuit: Marija GXB 6:30-7:30pm		Yoga- Hatha: Ozias GXA 7:30-8:30	<b>Circuit Training:</b> Patti GXB 6:30-7:15	ZUMBA: Rahel GXA 7:30-8:30		
<b>Yoga Fundamentals:</b> George GXA 7:30-8:30	ZUMBA: Rahel GXA 7:30-8:30		Yoga- All Levels: Sara GXA 7:15-8:15			