



We build strong kids,
strong families,
strong communities.

Bloomington-Normal YMCA
Group Exercise Classes
FREE to members

Effective January 6, 2010

Classes meet in the main floor aerobics studio unless otherwise indicated.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45-6:30am STEP CIRCUIT Marlene (i.f.)	5:45-6:30AM POWER PACING Tim (b,f) 2nd floor studio	5:45-6:30am STEP CIRCUIT Marlene (i.f.)	5:45-6:30am POWER PACING Tim/Christi (b,f) 2nd floor studio	5:45-6:45am STEP CIRCUIT Rhonda (l,f)	8:00-9:00am STEP CIRCUIT Cathy (b,f)
	9:15-10:00am SILVER SNEAKERS MSROM Kim (s,b)		9:15-10:00am SILVER SNEAKERS MSROM Kim (s,b)		9:15-10:00am SILVER SNEAKERS MSROM Kim (s,b)	9:00-10:00am PILATES Cathy (s,b,f)
12:10-1:30pm FUNDAY SUNDAY Marlene	12:00-1:00pm CONTINUING ASANA YOGA POSTURES Erin	12:00-1:00pm TAI JI Wayne (s,b,f)	12:00-1:00pm CONTINUING ASANA YOGA POSTURES Erin		12:00-1:00pm CONTINUING ASANA YOGA POSTURES Erin	
	4:15-5:15PM BODY SCULPT Shari (b,i,f)	4:00-5:00pm STEP* Tanya (b,i,f)	4:15-5:15pm BODY SCULPT Shari (b,i,f)	4:00-5:00pm STEP* Tanya (b,i,f)	4:00-5:00pm YOGAFIT Jan	
	5:15-6:15pm STEP CIRCUIT Marlene (l,f)	5:10-5:55pm PILATES Shannon H. (s,b,f)	5:15-6:15pm STEP CIRCUIT Marlene (i,f)	5:10-5:55 PILATES Shannon H. (s,b,f)	5:30-6:30pm ZUMBA Shannon R. (b,f)	
	5:15-6:15pm POWER PACING Christi (b,f) 2nd floor studio		5:15-6:15PM POWER PACING Christi (b,f) 2nd floor studio			
	6:15-7:15pm ZUMBA Emily (b,f)	6:00-6:55pm ZUMBA Shannon H. (b,f)	6:15-7:15pm ZUMBA Judith (b,f)	6:00-6:55pm ZUMBA Shannon H. (b,f)		

MARTIAL ARTS *Martial Arts classes are offered to YMCA members at a preferential rate. Please register at Member Services desk.*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Martial Arts classes are family-friendly	7:00-8:30pm JUDO Brian Studio 3	7:00-8:45pm TAE KWON DO Jason (f) Aerobics Studio	7:00-8:30pm JUDO Brian Studio 3	7:00-8:45pm TAE KWON DO Jason (f) Aerobics Studio		9:00-10:30am JUDO Brian Studio 3
	7:00-8:30pm JEET KUNE DO Terry Studio 4	6:00-8:00pm KALI-SILAT Scott Studio 4	7:00-8:30pm JEET KUNE DO Terry Studio 4	6:00-8:00pm KALI-SILAT Scott Studio 4		

Key: (s) special needs, (b) beginners, (i) intermediate, (a) advanced, (f) family-friendly; kids 13 & up may attend with a parent or guardian
All classes can be modified to accommodate higher fitness levels.

Schedule is subject to change.

*NOTE: Changes to **KICKBOXING** beginning February 16, 2010

Group Exercise Class Descriptions

POWER PACING is an instructor-led group cycling class promoting cardiovascular training at your own pace. This class provides group motivation while allowing individual progression. Beginners welcome.

STEP is a traditional cardio class based on choreography moves performed on an incline step. The instructor provides participants with choices at beginner, intermediate and advanced levels. Participants build choreographed combinations by practicing each move - increasing heart rate and challenging the body o a fun and exciting aerobic workout. Beginners welcome.

STEP CIRCUIT is a traditional step cardio class with a strength training component added through the use of the step, dumbbells and the participant's own body weight. This interval training class is ideal for those who want higher intensity training. Prior experience suggested.

BODY SCULPT is a 55 minute class utilizing resistance training techniques to educate participants on the benefits of building lean muscle mass. Body Sculpt provides a full body workout by balancing and strengthening muscles to increase efficiency in daily activities. Beginners welcome.

KICKBOXING is high intensity aerobic training through choreographed boxing techniques and low coordination aerobic intervals. Kickboxing provides cardiovascular endurance, upper and lower body strengthening and increased flexibility. Prior fitness experience suggested.

PILATES focuses on core stability, lengthening and strengthening. Low-impact, easily modified moves encourage beginners and exercisers with special needs. Advanced exercisers will be challenged when moves are modified. No matter your age, gender or exercise history, PILATES will compliment your health and fitness goals. Beginners and special needs welcome.

TAI JI focuses on balance and strength. This class teaches principals for health, fitness and overall well-being. Learn to develop a strong relationship between mind and body via smooth, controlled transitions from one balanced position to the next. Beginners welcome.

CONTINUING ASANA YOGA POSTURES reviews the fundamentals of body alignment through basic yoga poses that increase strength and flexibility and exercises the organs. This class will emphasize the practice of standing poses and the use of props in order to create correct and safe alignment. Learn how to work safely according to your capacity and observe and awaken the mind-body system in a relaxes way. All fitness levels welcome.

INTRO TO YOGA will help you learn the basics of taking a holistic approach to fitness by incorporating meditation, flexibility and stress relief. Yoga utilizes static stretches and dynamic transitions to increase balance, energy and well-being. Beginners welcome.

ZUMBA combines high energy and motivating music with unique moves and combinations. Zumba is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system. Zumba utilizes the principles of fitness interval and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy-to-follow dance steps. Beginners welcome.

SILVER SNEAKERS MSROM 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 and a ball are offered for resistance and a chair is used for seated and/or standing support. Beginners and special needs welcome.

FUNDAY SUNDAY is a routine that varies from week to week. Routines include step aerobics at 126-128 bpm, fast step at 140 bpm, jumping rope, hula-hoping, weights, running sprints and stairs, core work, dancing, and plyometrics training for improved power and strength.