

# BRANDYWINE YMCA Modified GROUP EXERCISE SCHEDULE 2016

AUGUST 29th thru SEPTEMBER 4th

CLOSED Sept 5th, Fall I begins September 6th

M = Movement Studio G = Gym C = Classroom YFC = Youth Fitness Center Schedule and instructors subject to change.

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
6:00-6:45 AM	HIIT (M) Alexis	6:00-6:55 AM	Pilates (M) Shannon	6:00-6:45 AM	Outdoor Challenge (O) Alexis	6:00-6:45 AM	SPINNING (YFC) Alexis	5:45-6:45 AM	Tabata Intervals (M) Mike	6:45-7:45 AM	Yoga Flow (M) Kathleen
7:00-7:55 AM	Yoga Flow (M) Liz	7:30-8:25 AM	Trifit (M) Rosanne	6:00-6:45 AM	SPINNING (YFC) Michele	6:00-6:55 AM	Core Circuits (M) Mike	7:00-7:55 AM	Yoga Flow (M) Dawna	7:45-8:40 AM	Muscle Pump (G) Rotation
8:00-8:55 AM	Trifit (M) Renee	8:30-9:10 AM	Step (M) Ann	7:00-7:55 AM	Yoga Flow (M) William	8:00-8:55 AM	Trifit (M) Rosanne	8:00-8:55 AM	Trifit (M) Renee	7:55-8:50 AM	Zumba® (M) Peter
9:00-9:55 AM	Step (M) Ann	8:30-9:10 AM	HIIT (G) Lisa	8:00-8:55 AM	Trifit (M) Renee	8:30-9:10 AM	HIIT (G) Ann	8:30-9:10 AM	HIIT (G) Jenn	8:55-9:50 AM	Step (M) Rotation
10:00-11:00 AM	Gentle Yoga (M) Liz	9:15-10:10 AM	Yoga Flow (M) Gail	8:30-9:25 AM	BODYCOMBAT (G) Jenn	9:00-9:55 AM	Pilates (M) Karen	9:00-9:55 AM	Best of Step (M) Ann	9:55-10:25 AM	Barre (M) Rotation
		9:15-10:00 AM	Muscle Pump (G) Lisa	9:00-9:55 AM	Zumba® (M) Myriam	9:15-10:00 AM	Muscle Pump (G) Ann	9:15-10:10 AM	BODYCOMBAT (G) Jenn	Sunday	
11:15-11:55 AM	Prime Time Fitness (M) Ann	10:15-11:00 AM	SPINNING (YFC) Michele	10:00-11:00 AM	Yoga Flow (M) Anne L	10:00-10:55 AM	Zumba® (M) Karen	10:00-11:10 AM	Yoga Flow (M) Chris/Shannon	12:10-1:00 PM	Zumba® FF (M) Ann H
12:00-12:55 PM	Muscle Pump (M) Ann	10:15-11:05 AM	Zumba® (M) Cindy	11:15-11:55 AM	Prime Time Fitness (M) Patti	11:00-11:55 AM	Barre (M) Karen	10:15-11:00 AM	Muscle Pump (G) Lisa	2:00-3:00 PM	Yoga Flow (M) Maryann
1:00-1:55 PM	Zumba® (M) Cindy	11:10-12:00 PM	Gentle Yoga (M) Jenn	12:00-12:55 PM	Muscle Pump (M) Michele B	10:15-11:00 AM	SPINNING (YFC) Michele	10:15-11:00 AM	SPINNING (YFC) Vic		
2:00-2:45 PM	Zumba®(Class for Srs) (M) Cindy	12:05-12:55 PM	Pilates (M) Jenn	1:00-1:55 PM	Advanced Yoga (M) Dawna	12:00-12:55 PM	Gentle Yoga (M) Cat	11:05-12:00 PM	Zumba® (G) Myriam	5:00-5:55 PM	Zumba® (M) Eileen
3:00-3:45 PM	Chair Yoga (M) Cat	2:00-2:35 PM	Chair Stretching (YWC) Stefanie	2:00-2:45 PM	Zumba®(Class for Srs) (M) TBD	1:10-1:55 PM	Chair Yoga (M) Shannon	11:15-11:55 AM	Prime Time Fitness (M) Leslie		
5:00-5:55 PM	Yoga Flow (M) Dawna	2:45-3:30 PM	Active Older Adults (M) Stefanie	6:00-6:55 PM	Barre (M) Lore	2:00-2:45 PM	Active Older Adults (M) Shannon	12:00-12:55 PM	Pilates (M) Ann		
6:00-6:55 PM	Zumba® FF (M)Ann H.	6:15-7:10 PM	Muscle Pump (G) Mike	6:00-6:55 PM	BODYCOMBAT (G) Jess	6:15-7:10 PM	Muscle Pump (G) Georgi	1:00-1:55 PM	Barre (M) Ann		
6:00-6:55 PM	BODYCOMBAT (G) Jess	6:25-7:05 PM	Step (M) Lore	6:10-6:55 PM	SPINNING (YFC) Vic	6:25-7:05 PM	Step (M) Ann or Lore	6:00-6:55 PM	Zumba® FF (M) Cindy		
6:10-6:55 PM	SPINNING (YFC) Susan/Bill	7:10-7:35 PM	Barre (M) Lore	7:05-7:35 PM	Guts and Butts (M) Lore	7:10-7:35 PM	Barre (M) Ann or Lore				
6:15-7:10 PM	Pre/Post Natal (C) Mindy/Bev	7:45-8:40 PM	Yoga Flow (M) Kathleen	7:45-8:40 PM	Yoga Flow (M) Karen	7:45-8:20 PM	Yoga/Pilates (M) Maryann				
7:05-7:35 PM	Guts and Butts (M) Mike										
7:45-8:40 PM	Yoga Flow (M) Gail										

*TEXT ALERTS: text any or all of the following codes to 81010*

@bryalerts: General facility messages	@brycare: Child care messages
@brycamp: Camp messages	@bryswim: Aquatic/pool messages
@brysport: Sports messages	



3 Mount Lebanon Road  
Wilmington, DE 19803  
302-478-9622  
[www.ymcade.org](http://www.ymcade.org)

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BrandywineYMCA

Must be 14 years old to participate. Classes labeled Family Friendly (FF) can be attended by 8 and up with a participating parent. Unless otherwise indicated, classes are on a drop in basis for Full Members. See Reverse for descriptions of classes.

# BRANDYWINE YMCA SUMMER GROUP EXERCISE SCHEDULE CLASS DESCRIPTIONS

## GROUP FITNESS

**ACTIVE OLDER ADULTS:** A great class for those who are easing into a new exercise regimen or looking for something low impact. You have the option of doing the entire class seated or partially seated. This class offers fun cardiovascular movement, balance, strength training using free weights and/or wrist and ankle weights, stretching and a relaxing cooldown,

**BARRE:** This class uses light weights, the ballet barre and small isometric movements to tone the entire body, increasing endurance and stamina and creating long, lean muscles. No experience is necessary. All levels are welcome!

**BODY COMBAT:** Discover your inner warrior as you move to the latest music in this 55 minute martial arts inspired cardio program. Increase strength and endurance as you build confidence in this non-contact group exercise class. Bring a yoga mat to class for cool down.

**CORE CIRCUITS:** Strengthen your core, tone your body and improve endurance in this dynamic high intensity circuit style class. Exercises can be modified to accommodate all participants.

**GUTS AND BUTTS :** Strengthen and tone your core and glutes with equipment such as weights, resistaballs, bender balls and gliding discs.

**HIIT - HIGH INTENSITY INTERVAL TRAINING:** Accelerate your fitness in this heart pumping class. Through intense intervals of cardio, strength conditioning, plyometrics, and old-fashioned calisthenics, HIIT offers a full body workout like no other! Exercises can be modified to accommodate all participants.

**MUSCLE PUMP:** Set to motivating music, this non-impact, high energy muscle conditioning class will work all your major muscle groups, is suitable for all fitness levels and is a lot of fun!

**OUTDOOR CHALLENGE (Registration Required):** Challenge your endurance and boost your overall fitness in this running-based outdoor workout. Each week, we will run 3-4 miles with stops along the way to complete exercises such as burpees, push-ups, lunges, calisthenics, plyometrics, and more. Get ready to do hill repeats, sprint intervals, trail runs, and did we mention burpees? The group will meet in the lobby before going outside.

**PRE/POST-NATAL FITNESS [01118]:** Consists of mild-intensity aerobics, muscle strengthening, and relaxation exercises to keep you fit during pregnancy and help you get back into exercising after baby. Class follows ACOG guidelines and uses YMCA certified instructors. Post-natal participants should have completed their 6 week post baby checkup to participate. Physician's release required at first class. Please register at the membership desk.

**PRIME TIME FITNESS:** It's never too late to get fit! Stretching, toning, and a low impact cardiovascular workout are covered. This class is ideal for active older adults, beginning exercisers, and transitional rehabilitation members.

**SPINNING:** Join the pack for this dynamic 45 min. ride. Instructors will combine great music & motivation to guide you thru hills, sprints & endurance drills to ensure a fun and challenging cardio workout.

**STEP:** Unique movements, fun patterns, and increased intensity make this low-impact class a great workout for all. All moves are taught to different levels to ensure an enjoyable class.

**BEST OF STEP :** Enjoy different step workouts through the session! Classes will change each week and may include Double Step, Wheel Step, Step Circuit, Vertical Step and more.

**TABATA INTERVALS :** Looking for an intense time-efficient, full body workout? A Tabata interval is a four-minute cycle: 20 sec high intensity exercise, 10-sec rest repeated 8 times. The result? A short, very intense workout that will push you to the max and challenge your entire body: incorporating strength training, cardio, core work, & flexibility. Join us for one, two, or all three 20-minute sessions within the same hour time period. The first session begins at 5:45 am

**TRIFIT:** Experience the joy of movement with the least amount of stress to the joints in this moderately paced program. This workout will improve aerobic capacity, endurance and flexibility. This class is perfect for all levels of participants.

**ZUMBA®:** Let the party begin! Join this dynamic, exciting, and effective Latin inspired dance cardio class. You will move aerobically with fast and slow, easy to follow dance steps and rhythms. Stop exercising and start having FUN!

**ZUMBA® (CLASS FOR SENIORS & GROUP FITNESS BEGINNERS):** We'll have all of the fun of Zumba® at a lower intensity than our other classes! These classes are perfect for seniors and those new to group exercise classes. You will move aerobically with easy to follow dance steps and rhythms. Let the party begin!

## MIND AND BODY

**CHAIR YOGA:** Yoga postures can be practiced while seated or standing with the aid of a chair. Increase flexibility, coordination, balance, endurance, and use of breath for stress management.

**GENTLE YOGA:** Gentle slower paced class focusing on breath awareness and controlled movement to promote flexibility, balance and relaxation. Easily adaptable to fit physical and energetic needs.

**YOGA FLOW:** Moderate paced flow class including Intermediate and Advanced poses to build strength and stamina while focusing on alignment, breath and balance. Modifications are offered to meet your needs.

**ADVANCED YOGA:** Challenging vigorous paced class for those interested in a more physical class. Advanced postures designed for balance, strength and stamina are emphasized.

**YOGA PILATES MAT COMBO:** breathe and relax. Through a series of Pilates exercises and yoga postures, we will awaken and energize the body, mind and spirit. It's recommended that participants bring a mat. All levels are welcome.

**PILATES: MAT METHOD:** Do you want an intense workout without all the movin' and shakin'? The Pilates mat system uses specific movements to emphasize core strength for abdominals and back. Increase control, strength, flexibility, and are used to give your body that long, lean look!