

# BRANDYWINE YMCA FALL II GROUP EXERCISE SCHEDULE 2016 October 31st thru December 23, 2016

YMCA CLOSED Nov 24 (Thanksgiving), CLOSED Dec 24 (Christmas Eve): CLOSE AT 2 p.m. Dec 25 (Christmas Day):

CLOSED Dec 31 (New Year's Eve): CLOSE AT 5 p.m. Jan 1 (New Year's Day) 12 noon - 4 p.m

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	<b>SPINNING</b> (YFC) Alexis	5:45-6:45 AM	Tabata Intervals (M) Michelle	6:45-8:00 AM	<b>SPINNING</b> Extended Ride (YWC) Rotation
8:00-8:55 AM	Trifit (M) Renee	7:30-8:25 AM	Trifit (M) Rosanne	6:00-6:45 AM	<b>SPINNING</b> (YFC) Michele	8:00-8:55 AM	Trifit (M) Rosanne	7:00-7:55 AM	Yoga Flow (M) Dawna	6:45-7:45 AM	Yoga Flow (M) Kathleen
9:00-9:55 AM	Step (M) Ann	8:30-9:10 AM	Step (M) Ann	7:00-7:55 AM	Yoga Flow (M) William	8:30-9:10 AM	HIIT (G) Ann	8:00-8:55 AM	Trifit (M) Renee	7:45-8:40 AM	Total Body Sculpt (G) Rotation
10:00-11:00 AM	Gentle Yoga (G) Liz	8:30-9:10 AM	HIIT (G) Lisa	8:00-8:55 AM	Trifit (M) Renee	9:00-9:55 AM	Pilates (M) Karen	8:30-9:10 AM	HIIT (G) Jenn	8:00-8:55 AM	Zumba® (M) Peter
10:15-11:00 AM	<b>SPINNING</b> (YFC) Vic	9:15-10:10 AM	Yoga Flow (M) Gail	8:30-9:25 AM	<b>LES MILLS BODYCOMBAT</b> (G) Jenn	9:15-10:00 AM	Total Body Sculpt (G) Ann	9:00-9:55 AM	Best of Step (M) Ann	9:00-9:55 AM	Step (M) Ann/Lore
11:15-11:55 AM	Prime Time Fitness (M) Ann	9:15-10:00 AM	Total Body Sculpt (G) Lisa	9:00-9:55 AM	Zumba® (M) Myriam	10:00-10:55 AM	Zumba® (M) Karen	9:15-10:10 AM	<b>LES MILLS BODYCOMBAT</b> (G) Jenn	10:00-10:45 AM	Barre (M) Ann/Lore
12:00-12:55 PM	Total Body Sculpt (G) Ann	10:15-11:00 AM	<b>SPINNING</b> (YFC) Michele	10:00-11:00 AM	Yoga Flow (M) Anne L	10:15-11:00 AM	<b>SPINNING</b> (YFC) Melissa	10:00-11:00 AM	Yoga Flow (M) Chris	<b>Sunday</b>	
1:00-1:55 PM	Zumba® (M) Cindy	10:15-11:05 AM	Barre (M) Shannon	11:15-11:55 AM	Prime Time Fitness (M) Patti	12:15-12:45 PM	Chair Stretching (YWC) Stefanie	10:15-11:00 AM	Total Body Sculpt (G) Lisa	12:10-1:00 PM	Zumba® FF (M) Myra
2:00-2:45 PM	Zumba®(Class for Srs) (M) Cindy	11:10-12:00 PM	Gentle Yoga (M) Jenn	12:00-12:55 PM	Total Body Sculpt (G) Michele B	12:00-12:55 PM	Gentle Yoga (M) Cat	10:15-11:00 AM	<b>SPINNING</b> (YFC) Melissa	2:00-3:00 PM	Yoga Flow (M) Brian
3:00-3:45 PM	Chair Yoga (M) Cat	12:05-12:55 PM	Pilates (M) Jenn	1:00-1:55 PM	Advanced Yoga (M) Dawna	1:00-1:55 PM	Chair Yoga (M) Shannon	11:05-12:00 PM	Zumba® (G) Myriam	4:00-4:55 PM	<b>LES MILLS BODYCOMBAT</b> (M) Rotation
5:00-5:55 PM	Yoga Flow (M) Dawna	2:00-2:35 PM	Chair Stretching (YWC) Stefanie	2:00-2:45 PM	Zumba®(Class for Sr) (M) Nancy/Leslie B	2:00-2:45 PM	Active Older Adults (M) Shannon	11:15-11:55 AM	Prime Time Fitness (M) Leslie S		
6:00-6:55 PM	Zumba® FF (M) Ann H.	2:45-3:25 PM	Active Older Adults (M) Stefanie	6:00-6:55 PM	Barre (M)Rotation	6:15-7:10 PM	Total Body Sculpt (G) Georgi	12:00-12:55 PM	Pilates (M) Ann		
6:00-6:55 PM	<b>LES MILLS BODYCOMBAT</b> (G) Jess	6:15-7:10 PM	Total Body Sculpt (G) Rotation	6:00-6:55 PM	<b>LES MILLS BODYCOMBAT</b> (G) Elana	6:15-7:00 PM	Step (M) Lore	1:00-1:55 PM	Barre (M) Ann		
6:10-6:55 PM	<b>SPINNING</b> (YFC) Susan/Bill	6:15-7:00 PM	Step (M) Lore	6:10-6:55 PM	<b>SPINNING</b> (YFC) Vic	7:05-7:35 PM	Barre (M) Lore	2:00-2:45 PM	Zumba®(Class for Sr) (M) Leslie B		
6:15-7:10 PM	Pre/Post Natal (C) Mindy/Bev	7:05-7:35 PM	Barre (M) Lore	7:05-7:35 PM	Guts and Butts (M) Rotation	7:45-8:20 PM	Yoga/Pilates (M) Maryann	6:10-7:00 PM	Zumba® FF (G) Vonda		
7:05-7:35 PM	Guts and Butts (M) Rotation	7:45-8:40 PM	Yoga Flow (M) Brian	7:45-8:40 PM	Yoga Flow (M) Karen						
7:45-8:40 PM	Yoga Flow (M) Gail	<p>Tuesday, November 22nd: No classes in the Movement Studio from 9:15 until 1 PM due to the Giant Step Turkey Lunch.                      Wednesday, Nov 30th, No classes in the Movement Studio from 8-12PM due to Press Conference.                      Friday, December 16th, No classes in the Movement Studio from 8 AM until 11 AM due to the Giant Step Winter Concert.</p>									



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[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 FALL II GROUP EXERCISE SCHEDULE CLASS DESCRIPTIONS

## GROUP FITNESS

**ACTIVE OLDER ADULTS:** This low-impact, cardiovascular movement class features, balance and strength training, stretching and a relaxing cooldown. Workouts can be done seated or partially seated making this program perfect for Active Older Adults with physical challenges.

**BARRE:** The Barre workout blends Dance, Yoga and Pilates with an emphasis on alignment and optimal posture. Through the use of small, controlled movements, isometric holds and high repetition, you will trim and tighten your entire body.

**BODY COMBAT:** Punch and kick your way to fitness with BODYCOMBAT. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. Plus, a LES MILLS™ instructor will motivate you to make the most of every round.

**BODY PUMP:** Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically proven weight room exercises while pumping out encouragement, motivation and great music.

**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 workout. Through intense intervals of cardio, strength conditioning, plyometrics, and calisthenics, HIIT offers a full body workout like no other! Exercises can be modified to meet your fitness level.

**TOTAL BODY SCULPT:** Strengthen and sculpt your entire body using dumbbells, body bars and more! Class provides a challenge to the experienced exerciser with plenty of options for those new to strength training.

**OUTDOOR CHALLENGE (Registration Required):** Challenge your endurance and boost your overall fitness in this running-based outdoor workout. Please register at the Member Services Desk.

**PRE/POST-NATAL FITNESS [01118] (Registration Required):** Keep fit during pregnancy with mild-intensity aerobics, muscle strengthening, and relaxation exercises. Post-natal participants should have completed their 6 week post baby checkup to participate. Physician's release and registration are required.

**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:** Experience this high energy indoor cycling class with great music and motivating Instructors. A challenge for all ages and fitness levels, spinning will help you enhance speed, strength and stamina while burning lots of calories.

**STEP:** STEP is the ultimate way to give your body a high energy cardio blast. Unique movements and patterns are taught with the use of a step and are designed to strengthen and tone muscle groups while improving coordination.

**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:** This intense exercise program is designed to get your entire body involved with the use of body weight and other small pieces of equipment. Tabata offers 20 seconds of high intensity, fat burning movement with 10 seconds of rest throughout a series of exercises.

**TRIFIT:** Experience the joy of movement with little to no stress on your joints. This moderately paced workout will improve aerobic capacity, endurance and flexibility.

**ZUMBA®:** Let the party begin! ZUMBA fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic, fun fitness program. Routines feature interval training with fast and slow rhythms that are combined to tone and sculpt your body while burning fat.

**ZUMBA®: (CLASS FOR SENIORS & GROUP FITNESS BEGINNERS)** Join us for all the fun of ZUMBA® at a lower intensity than our traditional class. This class is perfect for both seniors and those who are new to group fitness. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.

## MIND AND BODY

**CHAIR YOGA:** This introductory class covers the basics of yoga while increasing flexibility, coordination, balance and endurance. Yoga postures can be practiced while seated or standing with the aid of a chair.

**GENTLE YOGA:** Enjoy the harmonizing benefits of yoga through this practice of gentle stretching and strengthening, breath work, relaxation and meditation. This class provides clear instructions and modifications, making it accessible to practitioners of all levels.

**YOGA FLOW:** This moderate paced flow class focuses on Intermediate and advanced poses. Yoga flow will help you build strength and stamina while focusing on alignment, breath and balance. Modifications are offered to meet your needs.

**ADVANCED YOGA:** Our advanced Yoga class provides a more challenging and vigorous workout for those interested in taking their practice to the next level. We will focus on advanced postures designed for balance, strength and stamina.

**YOGA PILATES MAT COMBO:** Breathe and relax through a series of Pilates exercises and yoga postures that will awaken and energize the body, mind and spirit.

**PILATES:** Pilates is a mat based class that will help you improve core strength, flexibility and stability while building long, lean muscles. This non-impact total body workout emphasizes breath and body awareness.