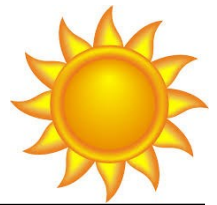




# Group Exercise Schedule

Sussex Family YMCA Rehoboth Beach, DE (302) 296-9622  
Fall 2016 Schedule—September 6-October 30



Revised 8/4/2016

START TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	6:00-7:15 SPIN Anne, GES	6:00-7:00 CYCLE Hoyte, GES	6:00-7:15 Navy Seal Anne, GYM/Outside 6:00-7:30 Turbo Training Bruce, GES	6:00-7:00 CYCLE Hoyte, GES	6:00-7:00 Navy Seal Margaret, POOL	8:15-8:45 GRIT Rotating, GYM	9:00-10:00 CYCLE Rotating, GES
7:00 AM	7:00-8:00 GRIT Carmel, Reho Ave Beach		7:00-8:00 GRIT Carmel, Reho Ave Beach				
7:15 AM	7:15-7:45 GRIT Anne, GES	7:15-8:15 Vinyassa Flow Iris, GES		7:15-8:15 Vinyassa Flow Iris, GES		9:00-11:00 Kids Circuit Kelly, YWC	10:15-11:15 Fun Flow Yoga Rotating, GYM
7:30 AM					7:30-8:30 Tai Chi Sharon, GES		
8:00 AM	8:00-8:50 Body Flex Nancy M, GYM 8:00-9:00 Barre Cindy B, GES 8:00-8:35 GRIT Suzette, Outside/YWC	8:00-8:50 TRX/HITS Hoyte, Outside/GYM	8:00-8:50 Body Flex Cindi S, GYM 8-8:35 Foundations Yoga Holly, GES	8:00-8:50 HIITS Tina, GYM	8:00-8:50 Body Flex Lisa, GYM 8:00-8:35 GRIT Suzette, Outside/YWC	9:00-10:00 CYCLE Carol, GES	9:00-12:00 Pickleball, GYM
8:30 AM		8:30-9:30 Pilates Konrad, GES		8:30-9:30 Pilates Konrad, GES			
9:00 AM	9:00-10:00 Lowcomotion Nancy M, GYM 9:00-10:00 CYCLE Tina, GES	9:00-10:00 Zumba © Cindy B, GYM 9:00-10:00 Senior Circuit Robert, GALLERY \$\$	9:00-10:00 Lowcomotion Cindy B, GYM 9:00-10:00 CYCLE Cindi S, GES	9:00-10:00 Zumba © Cindy B, GYM 9:00-10:00 Senior Circuit Robert, GALLERY \$\$	9:00-10:00 Zumba Patty, GYM 9:00-10:00 CYCLE Nancy T, GES		
9:30 AM	9:30-10:30 Strong Sculpted Nancy B, GALLERY \$\$		9:30-10:30 Strong Sculpted Nancy B, GALLERY \$\$				
10:00 AM		10:00-11:00 Senior Circuit Robert, GALLERY \$\$		10:00-11:00 Senior Circuit Robert, GALLERY \$\$			
10:15 AM	10:15-11:30 Yoga Strength Lisa, GES	10:10-11:20 Form & Flow Holly, GYM 10:15-11:15 Sit'n Get Fit Iris, GES	10:15-11:15 Active Yoga Angela, GES 10:15-11:30 Yoga Length Lisa, GYM	10:15-11:15 Sit'n Get Fit Iris, GES 10:15-11:30 Restorative Yoga Lisa, GYM	10:15-11:30 Yoga Core Lisa, GES		
10:30 AM	10:30-11:30 L.I.F.E. Marye, GYM				10:30-11:30 L.I.F.E. Marye, GYM		
10:45 AM	10:45-11:45 Strong Sculpted Nancy B, GALLERY \$\$		10:45-11:45 Strong Sculpted Nancy B, GALLERY \$\$				
11:00 AM		11:00-12:00 Senior Circuit Robert, GALLERY \$\$		11:00-12:00 Senior Circuit Robert, GALLERY \$\$			
11:30 AM	11:30-12:30 Tai Chi Beg 2 Deb, GES 11:30-12:15 Easter Seals Rotating, GYM	11:30-12:30 Chair Yoga Holly, GES	11:30-12:30 Tai Chi Beg 2 Deb, GES		11:30-12:15 Easter Seals Rotating, GYM		
12:00 AM	12:30-1:15 Tai Chi Beginning Balance Deb, GES		12:30-1:15 Tai Chi Beginning Balance Deb, GES				
1:00 PM		1:00-2:00 Parkinson's Susan, GES					
3:00 PM					3:00-4:00 Line Dancing Level 1, Marian, GES		
4:00 PM		4:00-4:30 Kids Yoga Holly, GES	4:00-4:30 Kids Zumba Andrea, GES	4:00-4:30 Kids Pound Suzette, GES	4:00-5:00 Line Dancing Level 2, Marian, GES		
4:30 PM		4:40-5:20 RIPPED Karen, GES 4:30-7 Kids Circuit Kelly, YWC	4:30-7 Kids Circuit Mike, YWC	4:40-5:20 POUND Suzette, GES 4:30-7 Kids Circuit Kelly, YWC			
4:45 PM	4:45-5:00 Flexible Core Nancy T, GES		4:45-5:00 Flexible Core Nancy T, GES				
5:00 PM	5:10-5:55 Cycle Nancy T, GES		5:10-5:55 Cycle Nancy T, GES				
5:30 PM		5:30-6:15 Total Body Conditioning & Core Nancy M, GYM		5:30-6:15 Total Body Conditioning & Core Nancy M, GYM			
6:00 PM	6:00-6:30 Body Flex Nancy T, GES	6:00-7:15 Yoga for Everyone Lori/Patricia, GES	6:00-6:30 Strong, Stretched & Centered Nancy T, GES	6:00-7:15 Yoga for Everyone Tim, GES			
6:30 PM		6:25-7:05 Power Step Nancy M, GYM		6:25-7:05 Power Step with Power Drills Nancy M, GYM			

Class descriptions are on the back side of this schedule. Most classes are held in the Group Exercise Studio (GES) or gymnasium (Gym). A box around a class indicates a change (instructor, day or time) or addition from the previous schedule.

This class schedule can also be found online at [www.ymcade.org](http://www.ymcade.org) and on your smartphone with the YMCA OF DELAWARE app.

Classes with low registrations may be canceled.

Schedule/instructors may change at any time.

Classes with a ☺ indicate "kid friendly" classes. Kids 8 and older may attend these classes when accompanied by an adult. The Instructor may exercise the right to remove a child from the class at his or her discretion.

Classes with a \$\$ indicate a Small Group Training and have an additional fee.

Please consult your physician before beginning an exercise program.



## Class Descriptions

**Barre** —In 50 minutes you will achieve a full-body workout concentrating on the areas women struggle with the most: hips, thighs, seat, abs and arms. This technique is low-impact, protecting your joints by avoiding any bouncing or jumping. The class ends with a stretch section that is intended to lengthen the muscles to create long, lean muscles without bulk.

**BodyFlex** – A fun full-body workout with weights to increase muscle strength and endurance.

**Flexible Core** – Improve your core strength, flexibility, and posture.

**GRIT**—GRIT is a 30 minute high intensity interval training designed to improve your VO2 max by working at over 85% of your max! Strength, plyometric and cardio workouts, with body weight, bars and plates to sculpt lean muscles and elevate your heart rate quickly. Better results in less time!

**Kids Circuit** —Moving our Kids In Action to the Youth Wellness Center for the Summer. Come visit the YWC for a full body fun kids workout circuit.

We will give your kids a fun circuit workout that will help them stay in shape and learn how to use their bodies! No flip flops, barefeet or crocs.

**L.i.f.e.(Low Impact For Everyone)** – Geared for beginners or members with limitations. Gentle aerobics, floor work, balance & flexibility.

**Line Dancing**—A choreographed dance with a repeated sequence of steps in which the [group](#) dances in one or more lines or rows without regard for the gender of the individuals, all facing either each other or in the same direction, and executing the steps at the same time.

**LowComotion** – Heart pumping low-impact (easy on the joints) aerobics.

**Navy Seal** – Advanced workouts: Spinning (Mon.), outdoor “boot camp” (Wed.) and swimming (Fri.) Wednesday’s class meets on the boardwalk in front of the Cape Henlopen Hotel.

**Pilates** – Gain long, lean muscles, flexibility and core strength. (Prior experience preferred)

**POUND**—Pound is a 45 minute cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. You will work quads, glutes, hams, abs and even upper body while you pound the 1/4 pound weighted RipStix. Easy to follow, low weights, high repetition.

**Power Step** – Advanced step aerobics: more complicated combinations, quicker changes.

**RIPPED**—The One Stop Body Shock® is a fitness program that encompasses all aspects of physical fitness which R.I.P.P.E.D. is an acronym for: Resistance, Interval, Power, Plyometrics, Endurance and Diet. The first five components are taught in a 45 minute class.

**Senior Circuit**—Stay fit with a circuit-type workout designed especially for active adults age 55 and over. A combination of strength training and aerobic conditioning is led by an experienced trainer in the Fitness Gallery for the session.

**Sit and Get Fit** —An energetic, balanced workout done completely seated. Good for members with health concerns which may make standing difficult. This class offers seated routines that accomplish stretching and strengthening. This class uses a variety of exercise aids like balls and towels.

**Cycle** - The original indoor group cycling program set to great music. A great cardio workout!

**Step Interval**— Cardiovascular & muscle strength benefits with this basic step aerobics and conditioning work out.

**Strong & Sculpted**—The 8 week session begins and ends with body fat analysis, body measurements, a weigh-in and a fitness evaluation. Each hour-long training session includes strength and cardiovascular training in the Fitness Gallery in a circuit-type workout led by a certified trainer. You'll also receive basic information on nutrition as well as tracking forms to record your workouts.

**Strong, Stretched & Centered** - Improve your core strength, flexibility, balance and posture.

**Tabata** -High Intensity interval training for a 4 minute cycle - 20 seconds work 10 seconds rest.

**Tai Chi 1 (Beginning Balance)**— Slow meditative exercise designed for relaxation, balance and health.

**Tai Chi 1 (Beginning Form)**— Beginning levels of the Short Yang Tai Chi form practice.

**Tai Chi 2 (Form)** - Advanced levels of the Short Yang Tai Chi form practice. Instructor invitation only. Prerequisite completion of Tai Chi 1 BB & BF.

**Total Body Conditioning** – Resistance/weight training for the whole body.

**TRX/Small Group**—TRX training programs will help you achieve your desired health and fitness goals by using your own body weight. Inclement weather, class will become a creative and fun small group strength training in GYM using weights balls, body weight and more.

**Turbo Training**—A triathletes dream workout with our professional trainer, Bruce Clayton. Run and bike your way to a great race!

**Zumba®** – Spice up your cardio routine with Latin rhythms and moves. So much fun you won't realize you're working out. Kids 8 and up can join.

## YOGA CLASSES

**Active Yoga (Angela)**-An active class where you will move and breathe and also have the chance to be still with yourself. Be prepared to sweat, to strengthen arms, core and legs in a flow that will help you find that sweet spot between effort and letting go. Multi-level.

**Chair Yoga (Holly)** – Designed for people with limited mobility, done seated or with a chair for support.

**Form and Flow Yoga (Holly)** This 70 minute class begins with mediation, pranayama, & warm-up stretches, followed by focus on asana form, modifications, and adjustments. A vinyasa flow (such as Sun Salutations) follows. Class concludes with savasana relaxation. Multi-level with some base knowledge. Multi-level.

**Foundations Hatha Yoga (Holly)** - Appropriate for those brand new to yoga as well as those looking to refine and explore the basic concepts of their practice. Step-by-step guidance through pranayama (breathing) techniques and beginner asanas (poses). This course is structured to build upon the prior week's lessons. It is strongly encouraged that participants attend each of the weekly classes in a session. Beginner level and up.

**Fun Flow Yoga (Iris)** -It is a creative vinyasa flow class that delivers a challenge to student to keep them inspired and growing. It includes postures to teach alignment and strengthen the mind/body awareness. All are welcome. Multi-level.

**Restorative Yoga (Lisa)**— In this class we use props, our body weight and gravity to deepen the stretches in this slow-paced but deceptively active yoga practice set to meditative classical music. We hold the major poses for at least two minutes, giving everyone the opportunity to open the body and fully explore each pose before moving on to the next. Typically we focus on one or two parts of the body per practice, all the while connecting movement with mind and breath. All levels are welcome.

**Yoga Core (Lisa)** - A class where we combine the ancient art of yoga with a more contemporary Pilates practice. Together we'll focus primarily on the core, with poses and moves that strengthen the abdominal muscles, the glutes, hamstrings and back while connecting body movement with mind and breath. All are welcome, as students can customize their practice by choosing basic poses or optional variations. Multilevel.

**Yoga for Everyone (Lori & Tim)** – Experience a holistic approach to yoga that combines time-honored teachings with therapeutic techniques for health & well-being. This class is designed for mixed levels that will include beginners, as well as inspire experienced yogis to deepen their practice.

**Yoga for Length (Lisa)** – Seated stretches and core poses (asanas) focused on breath (pranayama) and deep relaxation (shavasana) moving into a series of standing poses centered on the total-body Sun Salutation, then shifting focus from outward to inward, ending with deep relaxation and meditation. Multi-level.

**Yoga for Strength (Lisa)** - A yoga practice focused on poses (asanas), breath (pranayama) and deep relaxation (shavasana) designed for the intermediate yoga student. Expect to gain both flexibility and strength as you begin with poses that lengthen the muscles before shifting to the strong portion of our practice and ending with deep relaxation and meditation. Level 3