



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

EFFECTIVE: DECEMBER 24, 2016 - JANUARY 2, 2017

*\*STUDIO 3 WILL BE CLOSED DUE TO FLOOR REFINISHING AND WILL RE-OPEN ON TUESDAY 1/3/17*

	STUDIO 1	STUDIO 2	STUDIO 3
<b>SUNDAY</b>	<b>NO CLASSES ON: 12/25/16 AND 1/1/17</b>	<b>NO CLASSES ON: 12/25/16 AND 1/1/17</b>	<b>STUDIO CLOSED</b>
<b>MONDAY</b>	6:00a-6:45a: HIIT Lori 8:15a-9:00a: Pilates Pam 9:15a-10:00a: Kettlebells & Core Cathy 10:15a-11:00a: Kickboxing w/ Bags Vanessa 11:15a-12:00p: Zumba Gold Dawn B 5:30p-6:15p: TRX Circuit Maura 6:30p-7:30p: Yoga 1 Deb	6:00a-6:45a: Spin 45 Cindy 8:45a-9:45a: Spin 60 Bonnie 6:15p-7:00p: Spin 45 Pam	<b>STUDIO CLOSED</b>
<b>TUESDAY</b>	6:00a-6:45a: TRX Lori 9:15a-10:15a: Yoga 2 Patty 5:30p-6:15p: Pilates Roni 6:30p-7:30p: Yoga 2 Rosanne 7:45p-8:30p: Meditation Lora	5:30a-6:15a: Spin 45 Beth 9:15a-10:00a: Spin 45 Lori 6:30p-7:30p: Spin 60 Bonnie	<b>STUDIO CLOSED</b>
<b>WEDNESDAY</b>	7:00a-7:30a: Ripped Core Cindy 8:15a-9:00a: Kettlebells & Core Cathy 9:15a-10:15a: Yoga 3 Cornelia 10:30a-11:00a: Pilates Patty 11:15a-12:15p: Yoga 1 Patty 4:30p-5:30p: Yoga 3 Cornelia 5:45p-6:30p: Kettlebells & Core Cindy 6:45p-7:30p: HIIT Cindy	6:00a-6:45a: Spin Power Cindy 9:15a-10:15a: Spin 60 Brianna 6:30p-7:30p: Spin Power Kellie	<b>STUDIO CLOSED</b>
<b>THURSDAY</b>	6:00a-6:45a: TRX Lori 9:15a-10:00a: HIIT Cindy 10:15a-11:00a: Pilates Cathy 11:15a-12:00p: Meditation Lora 5:30p-6:00p: INSANITY Lori 6:15p-7:00p: Row Circuit Cindy 7:15p-8:15p: Kickboxing w/ Bags Nancy	5:30a-6:15a: Spin 45 Rose 9:15a-10:00a: Spin 45 Pam 6:15p-7:00p: HIIT Spin Nicole	<b>STUDIO CLOSED</b>
<b>FRIDAY</b>	5:45a-6:30a: INSANITY Cindy 8:00a-9:00a: Yoga 3 Kelly 9:15a-10:00a: HIIT Tina 10:15a-10:45a: Core Tina 5:30p-6:15p: TRX Circuit Maura/Tracey 6:30p-7:30p: Restorative Yoga Lora	6:00a-6:45a: Spin 45 Pam 9:15a-10:00a: Spin Power Nicole 4:30p-5:15p: Spin 45 Brianna	<b>STUDIO CLOSED</b>
<b>SATURDAY</b>	7:00a-7:45a: Row Circuit Cindy 8:00a-8:45a: TRX Circuit Lori 9:00a-9:45a: Kickboxing w/ Bags Lori 10:00a-10:45a: Strength Training Lori 11:00a-11:45a: Family Yoga Kim	8:00a-9:00a: Spin 60 Bonnie/Pam	<b>STUDIO CLOSED</b>

**Andover/North Andover YMCA P 978 685-3541 [www.mvymca.org](http://www.mvymca.org)**

Questions? Contact: Assistant Health & Wellness Director: Nicole Bennett [nbennett@mvymca.org](mailto:nbennett@mvymca.org).

**Pre-registration for classes is strongly suggested. Please visit <http://andover.mvymca.org/andover/wellness> for registration details.**

**Participation Guidelines: Age 13 w/ parent in the same class, Age 16+ without. Under Age 13 not permitted**

CLASS	LEVEL	DESCRIPTION
BARRE	2	Barre classes are a total body workout that combine ballet-based movements, strength conditioning, core-focused exercises, and stretching.
CORE	2	This class is focused on exercises to strengthen the core muscles of the abdominals, back, and hips.
DANCE FITNESS	2	This fun and easy to follow cardio dance class combines high-energy and motivating music with moves that make you feel like you are partying on the dance floor.
FAMILY YOGA	1	This is a yoga class for the entire family. Partner poses are emphasized, ensuring great bonding time. Families play yoga games, explore yoga postures and practice breathing exercises. For children ages 5-12.
FAMILY ZUMBA	1	This fun filled, family interacting cardio class offers dance fitness for all levels. For children ages 5-12.
HIIT	3	High Intensity Interval Training at its best! Class includes athletic training drills and high-intensity intervals along with strength training exercises utilizing body weight & equipment.
HIIT SPIN	3	High Intensity Interval Training (HIIT) comes to Spinning! This 45 minute class alternates intensity levels to boost your metabolism, fat burn and improve your overall cardiovascular health.
INSANITY	3	The Group X version of the Insanity program. You'll blast calories and build strength in this super-charged class.
KETTLEBELLS & CORE	2	Incorporating the traditional kettlebell swing, snatch moves interspersed with exercises that strengthen the core muscles to bring your functional fitness to the next level.
KICKBOXING	2	A free-style (no bags) Kickboxing class with a focus on proper Kickboxing technique and cardio-vascular training.
KICKBOXING W/ BAGS	2	Kickboxing class using free-standing Wavemaster punching bags. Boxing gloves and wraps required. Gloves and wraps can be borrowed for trial class.
MEDITATION	2	This drop-in meditation group is based on Mindfulness Meditation principles. Each class will offer basic instruction and meditation practice, followed by discussion of the experience, tips to develop your own meditation practice, and instruction on how to apply meditative awareness to reduce stress and live a more fulfilling life.
PILATES	2	Pilates exercises concentrate on the core muscles of the abdominals, back, and lower body. Performed on a mat and often with small equipment.
RESTORATIVE YOGA	2	Restorative Yoga is appropriate for all students seeking the benefits of a very relaxing, gentle and restorative practice. Deep restorative work improves range of motion and joint mobility, reduces pain and the effects of stress.
RIPPED CORE	2	The TRX® Rip Trainer uses an innovative resistance cord system to create a variable, unbalanced load to develop core strength and explosive power.
ROW CIRCUIT	2	Utilizing Concept2 Rowers, this total body circuit combines different workout stations to inspire a results-driven, maximum effort. It is cross-training at its best!
SPIN 45 SPIN 60	2	Spinning, the original indoor cycling program, is an unmatched way to make your fitness goals a reality. Please arrive 10-15 minutes early to set up your bike. All bikes equipped with SPD pedals and wattage/power meters.
SPIN POWER	2	Revolutionize your ride with power-based training! SPINPower technology tells you how hard you are working, allows you to measure progress, and tells you what fitness variables you need to change.
STEP	2	This cardio-vascular training classic utilizing the STEP incorporates strength training and core conditioning.
STRENGTH TRAINING	2	Build a strong body by utilizing a variety of strength training exercises using free weights and body weight.
TRX	2	TRX is a total body conditioning class using the revolutionary method of Suspension Training.
TRX CIRCUIT	2	TRX Circuit utilizes the Suspension Trainer as well as other equipment in a circuit training format.
YOGA 1	1	Yoga 1 classes are appropriate for new students who have little understanding of yoga or for students who would like a gentle, slower-paced class. All levels of experience can benefit from a Yoga 1 class, as it serves as a foundation to any Yoga practice.
YOGA 2	2	Yoga 2 classes are designed for those who have a good understanding of the basic yoga postures, and have begun to explore a wider variety of poses and styles.
YOGA 3	3	Yoga 3 classes are designed for more experienced yogis with a very solid understanding of basic yoga postures who are comfortable performing more advanced poses.
ZUMBA	2	Zumba fuses hypnotic Latin rhythms and easy to follow moves. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body.
ZUMBA GOLD	1	The easy-to-follow program that lets you move to the beat at your own speed. Zumba Gold® classes provide modified, low-impact moves for active older adults.
ZUMBA TONING	2	The original ZUMBA dance fitness class taken to the next level. This is an innovative muscle training program utilizing Zumba toning sticks.
CLASS LEVEL DESCRIPTIONS		<b>1= Beginner/Basic Level</b> <b>2= All Levels: Can be modified to meet beginner needs or intermediate/advanced needs.</b> <b>3= Intermediate/Advanced: Recommended for experienced participants with a strong fitness base.</b>