



EFFECTIVE: JULY 2, 2017 *INDICATES SCHEDULE CHANGE

GROUP EXERCISE SCHEDULE

| | STUDIO 1 | STUDIO 2 | STUDIO 3 |
|------------------|---|---|---|
| SUNDAY | *8:30a-9:15a: POUND *starts 7/16 9:30a-10:30a: Yoga 1 10:45a-11:45: Yoga 2 | 8:00a-8:45a: Spin 45 | 8:00a-9:00a: Zumba 9:15a-10:15a: HIIT 4:30p-5:30p: Yoga 2 |
| MONDAY | 6:00a-6:45a: Yoga 2 8:15a-9:00a: Pilates 9:15a-10:00a: Kettlebells & Core *10:15a-11:00a: Kickboxing w/ Bags 5:30p-6:15p: TRX Circuit 6:30p-7:30p: Yoga 1 | 5:45a-6:30a: Spin 45 *8:45a-9:45a: Spin 60 6:15p-7:00p: Spin 45 | 6:00a-6:45a: HIIT 8:00a-8:45a: Barre 9:00a-10:00a: Zumba 10:15a-11:00a: TRX Circuit 11:15a-12:00p: Zumba Gold 12:15p-1:00p: Barre 5:30p-6:15p: Strength Training 6:30p-7:30p: Zumba |
| TUESDAY | 6:00a-6:45a: TRX 9:15a-10:15a: Yoga 2 5:30p-6:15p: Pilates 6:30p-7:30p: Yoga 2 7:45p-8:30p: Meditation | 5:30a-6:15a: Spin 45 9:15a-10:00a: Spin Power *6:30p-7:30p: Spin 60 | 5:45a-6:30a: Row Circuit 8:00a-9:00a: Yoga 2 9:15a-10:00a: Strength Training 10:15a-11:00a: Row Circuit 12:00p-12:45p: Barre 5:30p-6:15p: Dance Fitness 6:30p-7:15p: Barre 7:30p-8:15p: INSANITY |
| WEDNESDAY | 7:00a-7:30a: Ripped Core 8:15a-9:00a: Kettlebells & Core 9:15a-10:15a: Yoga 3 10:30a-11:00a: Pilates 12:00p-12:30p: Tabata 4:30p-5:30p: Yoga 3 5:45p-6:30p: Kettlebells & Core 6:45p-7:30p: HIIT | 6:00a-6:45a: Spin Power 9:15a-10:15a: Spin 60 6:30p-7:30p: Spin Power | 5:30a-6:15a: Interval Training 8:00a-8:45a: Zumba Toning 9:00a-9:45a: INSANITY 10:00a-11:00a: Barre 11:15a-12:15p: Yoga 1 4:30p-5:30p: STRONG 6:00p-7:00p: Strength Training 7:15p-8:15p: Zumba |
| THURSDAY | 6:00a-6:45a: TRX 8:15a-9:00a: TRX 9:15a-10:00a: HIIT 10:15a-11:00a: Pilates 11:15a-12:00p: Meditation 5:30p-6:00p: INSANITY 6:15p-7:00p: Row Circuit 7:15p-8:15p: Kickboxing w/ Bags | 5:30a-6:15a: Spin 45 9:15a-10:00a: Spin 45 *6:15p-7:00p: HIIT Spin | 9:15a-10:00a: Strength Training 10:15a-11:15a: Yoga 1 12:00p-12:30p: Kettlebells & Core 4:30p-5:15p: Dance Fitness 5:30p-6:00p: Core 6:15p-7:15p: Zumba Toning 7:30p-8:45p: Restorative Yoga |
| FRIDAY | 8:15a-9:00a: Kettlebells & Core 9:15a-9:45a: Tabata 10:00a-10:30a: Core 5:30p-6:15p: TRX Circuit 6:30p-7:45p: Restorative Yoga | 6:00a-6:45a: Spin 45 9:15a-10:00a: Spin 45 *4:30p-5:15p: Spin 45 | 5:45a-6:30a: INSANITY 8:00a-9:00a: Yoga 3 9:15a-10:15a: Kickboxing 10:30a-11:15a: Strength Training 4:30p-5:15p: Kettlebells & Row 5:30p-6:15p: Family Zumba |
| SATURDAY | 8:00a-8:45a: TRX Circuit *9:00a-9:45a: Kickboxing w/ Bags 10:00a-10:45a: Strength Training 11:00a-11:45a: Family Yoga | *8:00a-8:45a: Spin 45 | 7:00a-7:45a: Row Circuit 8:00a-9:00a: Zumba 9:15a-10:15a: Yoga 3 |

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Questions? Contact: Assistant Health & Wellness Director: Nicole Bennett 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 | This total body workout uses 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 easy to follow dance moves. |
| 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 | This High Intensity Interval Training class includes athletic training drills and high-intensity intervals using equipment & body weight. |
| HIIT SPIN | 3 | 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. |
| INTERVAL TRAINING | 2 | Circuit/stations based interval training class combining cardio and strength exercises for a total body workout. |
| 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. |
| KETTLEBELLS & ROW | 2 | This class uses both Rowers and Kettlebells for a powerful strength & cardio workout. |
| KICKBOXING | 2 | A free-style (no bags) Kickboxing class with a focus on proper Kickboxing technique and cardio-vascular training. |
| KICKBOXING w/ BAGS | 2 | Contact kickboxing class using punching bags. Boxing gloves and wraps required. Gloves and wraps can be borrowed for trial class. |
| MEDITATION | 2 | This 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 | This class uses Pilates mat exercises to concentrate on strengthening the core muscles of the abdominals, back, and lower body. |
| POUND | 2 | Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND provides a fun atmosphere for you to rock out and tone up. |
| 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. |
| STRENGTH TRAINING | 2 | Build a strong body by utilizing a variety of strength training exercises using free weights and body weight. |
| STRONG | 2 | STRONG by Zumba combines High Intensity Interval Training with the science of synced music motivation to help you reach your fitness goals faster. (This is NOT a dance-based fitness class) |
| TABATA | 3 | This HIIT style class follows the Tabata Protocol of interval training. 20 seconds of max anaerobic effort with 10 seconds of rest for a total of 8 rounds = 4 minutes of a powerful training set. |
| 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 | | 1= Beginner/Basic Level 2= All Levels: Can be modified to meet beginner needs or intermediate/advanced needs. 3= Intermediate/Advanced: Recommended for experienced participants with a strong fitness base. |