



# GROUP EXERCISE SCHEDULE

EFFECTIVE January 1, 2018

	STUDIO 1	STUDIO 2	STUDIO 3
<b>SUNDAY</b>	8:30a-9:15a: POUND Melissa 9:30a-10:30a: Yoga 1 Rosanne	8:00a-8:45a: Spin 45 Ashley	*8:30a-9:00a: Pilates Nicole 9:15a-10:15a: HIIT Nicole 10:45a-11:45: Yoga 2 Rosanne 4:30p-5:30p: Yoga 2 Fred
<b>MONDAY</b>	6:00a-6:45a: Yoga 2 Lora 8:15a-9:00a: Pilates Pam 9:15a-10:00a: Kettlebells & Core Cathy 10:15a-11:00a: Kickboxing w/ Bags Sue 5:30p-6:15p: TRX Circuit Maura 6:30p-7:30p: Yoga 1 Deb	5:45a-6:30a: Spin 45 Brianna 8:45a-9:45a: Spin 60 Bonnie 6:15p-7:00p: Spin 45 Pam	6:00a-6:45a: HIIT Lori 8:00a-8:45a: Barre Sue 9:00a-10:00a: Zumba Lori 10:15a-11:00a: TRX Circuit Pam 11:15a-12:00p: Zumba Gold Dawn B 12:15p-1:00p: Barre Dawn B 5:30p-6:15p: Strength Training Nancy 6:30p-7:30p: Zumba Nancy
<b>TUESDAY</b>	6:00a-6:45a: TRX Lori 9:15a-10:15a: Yoga 2 Patty 10:30-11:15a Interval Training Chuck 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 Power Nicole 6:30p-7:30p: Spin 60 Bonnie	5:45a-6:30a: Row Circuit Maura 8:00a-9:00a: Yoga 2 Fred 9:15a-10:00a: Strength Training Lori 10:15a-11:00a: Row Circuit Lori 12:00p-12:45p: Barre Marcy 5:30p-6:15p: Dance Fitness Cindy 6:30p-7:15p: Barre Roni 7:30p-8:15p: INSANITY Lori
<b>WEDNESDAY</b>	7:00a-7:30a: Ripped Core Cindy 8:15a-9:00a: Kettlebells & Core Chuck 9:15a-10:15a: Yoga 3 Cornelia *10:30a-11:15a: POUND Martha 12:00p-12:30p: Tabata Nicole 4:30p-5:30p: Yoga 3 Cornelia 5:45p-6:30p: Kettlebells & Core Cindy 6:45p-7:30p: HIIT Dawn	6:00a-6:45a: Spin Power Cindy 9:15a-10:15a: Spin 60 Brianna 6:30p-7:30p: Spin Power Kellie	5:30a-6:15a: Interval Training Chuck 8:00a-8:45a: Zumba Toning Lori 9:00a-9:45a: INSANITY Lori 10:00a-11:00a: Barre Cathy 11:15a-12:15p: Yoga 1 Patty *4:45p-5:30p: POUND Cindy 6:00p-7:00p: Strength Training Nancy 7:15p-8:15p: Zumba Katie/Catherine
<b>THURSDAY</b>	6:00a-6:45a: TRX Lori 8:15a-9:00a: TRX Pam 9:15a-10:00a: HIIT Cindy 10:15a-11:00a: Pilates Cathy 11:15a-12:00p: Meditation Lora 12:15p-12:45p: Kettlebells & Core Maura 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 Emily 9:15a-10:00a: Spin 45 Pam 6:15p-7:00p: HIIT Spin Sue	9:15a-10:00a: Strength Training Cathy 10:15a-11:15a: Yoga 1 MaryAnn 12:15a-1:00p: Zumba Gold Dawn B 4:30p-5:15p Dance Fitness Cindy 5:30p-6:00p: Core Cindy 6:15p-7:15p: Zumba Toning Lori *7:30p-8:45p: Restorative Yoga Lora
<b>FRIDAY</b>	*8:00a-8:45a: Kettlebells & Core Cindy *9:00a-9:30a: Tabata Nicole *9:45a-10:30a: Dance Fitness Cindy 5:30p-6:15p: TRX Circuit Maura/Tracey	6:00a-6:45a: Spin 45 Pam 9:15a-10:00a: Spin 45 Ashley 4:30p-5:15p: Spin 45 Martha	5:45a-6:30a: Interval Training Sue/Cindy 8:00a-9:00a: Yoga 3 Kelly 9:15a-10:00a: Kickboxing Lori 10:15a-11:00a: Barre Sue 11:15a-11:45a Strength Training Sue *4:30p-5:15p: Kettlebells & Row Maura *5:30p-6:15p: POUND Martha *6:30p-7:45p: Restorative Yoga Kacy
<b>SATURDAY</b>	8:00a-8:45a: TRX Circuit Sue 9:00a-9:45a: Kickboxing w/ Bags Cindy 10:00a-10:45a: Strength Training Roni	8:00a-8:45a: Spin 45 Pam/Bonnie	7:00a-7:45a: Row Circuit Cindy 8:00a-8:45a: Zumba Cindy *9:15a-10:15a: Yoga 3 Joe

**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.**

**\*INDICATES SCHEDULE CHANGE**

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.
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.
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		<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>