

# West Branch YMCA Group & Aqua Exercise Classes Schedule

**Summer I & II Sessions: Monday, June 8, 2009- Sunday, September 6, 2009**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spinning 6:30am-7:15am S ( Doretha )	Spinning 6:30am-7:15am S ( Greg )	Spinning 6:30am-7:15am S ( Doretha )	Spinning 6:30am-7:15am S ( Greg )	Spinning 6:30am-7:15am S ( Doretha )	Reggae Aerobics 8am- 9am GS ( Joy ) ( Bi- Weekly )	
Step to the Beat 7am-7:45am (Pool) (Gloria )	Water Aerobics 8am-8:45am (Pool) ( Charlotte )	Tai-Chi 7:30am- 8:30am GS ( Milton )	Water Aerobics 8am-8:45am (Pool) ( Charlotte )	Body Pump 7:15am-8am GS ( Joetta )	Body Pump 8am-9am GS ( joetta ) (Bi-Weekly)	
Body Pump 7:15am-8am GS ( Joetta )	Total Body Conditioning 9am-9:45am GS ( Alonzo )	Water Line Dance 8:15am-9am (Pool) ( Gloria )	Total Body Conditioning 9am-9:45am GS ( Alonzo )	Step to the Beat 7am-7:45am (Pool) (Gloria )	Spinning 9:15am -10:15am S ( Darrell )	
Basic Fitness 9am- 9:45am GS ( Charlotte )	Pilates 10am-10:45am GS ( Joy )	Basic Fitness 9am- 9:45am GS ( Charlotte )	Pilates 10am-10:45am GS ( Joy )	Line Dancing 10am-11am GS ( Diane )	Pilates 10:15am-11am GS ( Joy )	(Youth) Water Basketball 3:45pm-4:15pm
Tai-Chi 10am-10:45am GS (Milton )	Adult Arthritic Class 10am-10:45am (Pool) ( Charlotte )	Spinning Workout 9:30am-11am S ( Alonzo )	) Adult Arthritic Class 10am-10:45am (Pool) ( Charlotte )		Belly Dancing GS 11:15am-12:15pm ( Danielle )	(Teen) Water Basketball 3:45pm-4:15pm
Stretch & Flex 10am-10:45am (Pool) ( Karo )	Aerobics & Abs 5:30pm- 6:15pm GS ( Charlotte )	Stretch & Flex 10am-10:45am (Pool) ( Karo )	Aerobics & Abs 5:30pm-6:15pm GS ( Charlotte )	(Teen) Water Basketball 6pm-6:30pm (Pool)		
Beginner Water Aerobics 6pm-6:45pm (Pool) *(Joy)	Step to the Beat 6:30pm-7:15pm (Pool) ( Gloria )	Spinning 5:10pm-6:10pm S	Spinning 6pm- 7pm S ( Jena )	(Adult) Water Basketball 6:35pm-7:05pm (Pool)		
Spinning 6:15pm-7:15pm S	Line Dancing 6:30pm-8pm GS ( Tracey, Alinia & Darlene )	Beginner Water Aerobics 6pm-6:45pm (Pool) ( Joy )	Water Line Dance 6:30pm-7:15pm (Pool) ( Gloria )	Reggae Aerobics 6:15pm- 7pm GS ( Joy )		<u>Location Key</u>  (BG) Basketball Gym  (S) Spinning Studio  (GS) Group Studio
Cardio, Core & Strength 6:15pm-7pm GS ( Tamara )	Yoga 6:30pm – 7:30pm ( Jillian ) ( S )	Cardio, Core & Strength 6:15pm-7pm GS ( Tamara )	Pilates 6:30pm- 7:30pm GS ( Joy )	Yoga 6:30pm – 7:30pm ( Jillian ) S		
Latin Fusion 7:15pm-8:15pm GS ( Zanora )		Body Pump 6:15pm-7:15pm GS ( Wayne )	Belly Dancing 7:35pm-8:35pm GS ( Danielle )	Latin Fusion GS 7:15pm- 8:15pm ( Zanora )		
Principles of Self Defense 7:30pm- 8:30pm ( Fall 2009 ) New Class		Tai-Chi 7:15pm-8pm S ( Milton )			Reggae Aerobics & Body Pump will alternate weekly!	

# **GROUP EXERCISE**™

We build strong kids, strong families, strong communities.

**Basic Fitness:** This is a low impact movement program designed to provide a total body workout. Good for seniors and beginners. **S B**

**Cardio, Core and Strength:** This program is good for beginners; Primary focus includes abs, cardio steps and stretching. **S B**

**Interval Aerobics:** Good for new and returning members. Primary focus includes cardio movement, modern dance and toning. **S B**

**Total Body Conditioning:** 50 minutes of cardio, abs, and strength conditioning with 10 minutes of stretching. **I A**

**Line Dancing:** This Program is designed to help you incorporate line dancing into a form of aerobic activity. This fun way of working out helps to relieve stress, weight loss and can even sharpen your memory skills. **S B I A**

**Belly Dancing:** A dance in which the hips and abdomen are moved rapidly. \* **(New Class) SBIA**

**Body Pump:** A group exercise program that consists of rigorous weight training. Works every muscle group in the body. Great for all fitness levels. **B I A**

**Spinning:** This group cycling class is intense, challenging, motivating, and rewarding. Please discuss this class with a Wellness Coach if you are new to cycling. **I A**

**Reggae Aerobics:** Learn various Caribbean cardio dance movement plus core training.

**Latin Fusion:** Combines basic movements of Salsa, Samba & Orisha dances. A good full body workout for all fitness levels. **(New Class) SBIA**

**Pilates:** Core strengthening class using the Pilates mat work technique and props to improve alignment and posture. **S B I A**

**Tai Chi:** Exercises to develop mindfulness, body awareness, and an understanding of relaxed, natural body mechanics. **S B I A**

**Yoga:** This beautiful ancient system uses the practice of “postures”, proper breathing and concentration techniques, which teach the Yoga student to focus on the spirit, mind and body. **S B I A (Class Dates/Times-TBA)**

**S: Senior**

**B: Beginner**

**I: Intermediate**

**A: Advanced**

**We welcome your feedback. For group exercise questions or concerns, please complete a comment card; contact Alonzo Holder (Physical Director) @ [aholder@philaymca.org](mailto:aholder@philaymca.org) or 215-476-2700 ext. 2019. Thank you!**

**SCHEDULE IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE.**

