

# drop-in fitness class schedule

## For Fitness Plan Members

Effective January 30, 2012

| Sunday  | Monday   | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday   |
|---|--|--|---|--|--|--|
| <u>9:00-10:00 a.m.</u><br>FIT Max<br>Room 2<br>Larisa | <u>7:30-8:00 a.m.</u><br>Express Power<br>Room 3<br>Ivette         | <u>7:00-8:00 a.m.</u><br>Express Power<br>Room 3<br>Mary C | <u>7:00-8:00 a.m.</u><br>Cycle Mania<br>Room 2<br>Mary C    | <u>7:30-8:00 a.m.</u><br>Express Power<br>Room 3<br>Mary   | <u>7:00-8:00 a.m.</u><br>Cycle Mania<br>Room 2<br>Mary C | <u>8:30-9:30 a.m.</u><br>Gentle Yoga<br>Room 3<br>Ana<br>Age 13+ |
|   | <u>9:00-10:00 a.m.</u><br>Fusion<br>Room 3<br>Mary                 | <u>9:00-10:00 a.m.</u><br>Body Blast<br>Room 2<br>Claudio  | <u>7:30-8:00 a.m.</u><br>Express Power<br>Room 3<br>Ivette  | <u>9:00-10:00 a.m.</u><br>Body Blast<br>Room 2<br>Claudio  | <u>9:00-10:00 a.m.</u><br>Fusion<br>Room 3<br>Mary       | <u>8:30-9:30 a.m.</u><br>Cycle Mania<br>Room 2<br>Larisa         |
|   | <u>12:15-1:00 p.m.</u><br>Power Yoga<br>Room 2<br>Chris            | <u>9:00-10:00 a.m.</u><br>Fit 4 Life<br>Room 3<br>Mary     | <u>12:15-1:00 p.m.</u><br>Power Yoga<br>Room 2<br>Chris     | <u>10:00-11:00 a.m.</u><br>Nia<br>Room 3<br>Bonnie         |  | <u>9:40-10:40 a.m.</u><br>Zumba Toning<br>Room 2<br>Ana          |
|   | <u>5:30-6:30 p.m.</u><br>Kick 'N Tone<br>Room 2<br>Pati<br>Age 13+ | <u>6:00-7:00 p.m.</u><br>Explore Yoga<br>Room 3<br>Allison | <u>5:30-6:30 p.m.</u><br>FIT Max<br>Room 2<br>Mary C        | <u>6:00-7:00 p.m.</u><br>Explore Yoga<br>Room 3<br>Allison |  | <u>9:45-11:00 a.m.</u><br>FIT Max<br>Room 3<br>Larisa            |
|   |  | <u>6:30-7:30 p.m.</u><br>Zumba<br>Room 2<br>Melissa        | <u>6:00-7:00 p.m.</u><br>Belly Dance<br>Room 3<br>Elizabeth | <u>6:30-7:30 p.m.</u><br>Zumba<br>Room 2<br>Ally           |  |  |

See reverse side for class descriptions. Note: All classes on this schedule are open to individuals 16 years and older unless otherwise noted.

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Central Massachusetts

## Fitness

**Body Blast:** Learn how to transform your body with efficient muscular toning, increase strength and endurance, decrease body fat.

**Cycle Mania:** An indoor cycling class that offers high energy stationary bike workouts that enhance cardiovascular endurance and muscular strength. Participants select personal intensity levels during the workout through body position and bike tension. The class is limited to 11 participants. First come, first serve.

**FIT Max:** This high intensity boot camp style class based on interval training will do cardio in different ways, step drills, lots of leg work, upper body and abs. Class incorporates weights, bands, balls, etc. You can easily lose weight during this class.

**Express Power:** Strengthen and tone your body in an energizing 30 minute total body work-out. Class incorporates weights, conditioning drills and traditional exercises.

**Fit 4 Life:** This low impact aerobic class will improve your fitness level while avoiding strenuous exercise. Low-impact aerobics are great for beginners, mature adults, overweight, pregnant, or those recovering from an injury.

**Fusion:** This comprehensive work out combines step, stability ball, weights and interval training.

**Kick 'N Sculpt:** Blending 20 minutes of kickboxing and traditional aerobics dance such as step, into a routine that works the whole body then 20 minutes of core and muscle toning using weights and stability ball, ending with 20 minutes of a total body stretch.

**Nia:** Amazing cardio fitness class that combines elements of dance, martial arts & wellness. Fitness can be pleasurable; Nia is like chocolate; you have to taste it to know how good it is! It's body, mind, & spirit integration.

## Belly Dance

**Shimmy and shake** into shape in this unique belly dance class! It will include toning, belly dance drills, yoga, meditation & breath work-all to world beat, dance and hip-hop music. We'll learn Tribal Fusion combos that will leave you feeling inspired! Beginners and advanced are welcome.

**Zumba Toning:** When it comes to body sculpting, Zumba® Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs and thighs. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast.

## Yoga

**Explore Yoga:** Is quite simply that, exploring yoga. From the true beginner to the adept yogi, all are welcome here. Integrate yoga into your being instead of forcing it into the postures. It's a way of exploring yourself, getting your heart going, stretching, toning, building muscle, having fun, healing and relaxing ; all in one hour. Come experience the transformative, self-empowering, joy!

**Gentle Yoga:** A must try class! Rejuvenate your body's grace, strength, and balance with the pleasure of this gentle style of Hatha yoga. Connect with yourself and with the world around you! Use classic yoga postures (asanas), breathing exercises (pranayama), deep relaxation, and meditation. Perfect for all levels with infinite benefits, from pain relief to peace of mind.

**Power Yoga:** Think you're too tough for Yoga? Think you won't get a real workout? Well, we've got something for you...be prepared to sweat and conquer boundaries! Designed to build strength and sustain focus. Venture into yourself and get ready to see your body change. Not for beginners.