



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

CROZET YMCA

GROUP CLASS SCHEDULE: WINTER 2019

Multipurpose Room = M Outside = O Pool = P

All classes listed on Group Class Schedule are included with a YMCA membership.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9-10a HIP HOP (M) Marie M.	9-10a STRENGTH CIRCUIT (M) Denise H.	9-10a 30/30 (M) Marie M.	9-10a POWER CIRCUIT (M) Denise H.	9-10a Hip Hop (M) Marie M.	8:30-9:15a YMCA BOOT CAMP EXPRESS (M/O) Sam M.
9-10a WATER WORKS (P) Lenlee C.	9-10a AQUA ZUMBA (P) Dorothy S.	9-10a WATER WORKS (P) Lenlee C.	9-10a WATER WORKS (P) Lenlee C.	9-10a WATER WORKS (P) Jeri E.	
		10:15-11:15a ZUMBA (M) Dorothy S.	10:15-11:00a Live Stronger, Live Longer (M) Lenlee C.	10:15-11:00a CHAIR YOGA (M) Jeri E.	
	5:40-6:40p MULTI-LEVELS YOGA (M) Ra C.				
6:30-7:30p YMCA BOOT CAMP (M/O) Sam M.	6:30-7:30p ATHLETIC CONDITIONING (M/O) Jessica M.	6-7p KETTLEBELL CARDIO TRAINING (M) Marketa J.	6:35-7:45p 30-20-10 (M) Amanda C.		
	6:45-7:45p WATER INTERVAL TRAINING (P) Kerry/May		6:45-7:45p WATER INTERVAL TRAINING (P) Kerry/May		

CARDIO/STRENGTH

30-20-10

Targets all the components of fitness in one class! Half the class will be dedicated to a cardio format, 20 minutes will be dedicated to strength exercises, the last 10 minutes will involve stretching and flexibility exercises. **All fitness levels welcome.**

30-30

Half of the class will be dedicated to cardio format and 30 minutes will be dedicated to strength exercises. **All fitness levels welcome.**

ATHLETIC CONDITIONING

Build speed, strength and endurance, agility and coordination with high intensity, interval workouts, which involve a combination of cardio and strength training. Some elements of the class may take place outside. **All fitness levels welcome.**

YMCA BOOT CAMP - Expand your definition of a workout as well as your fitness in this 60-minute class packed with bodyweight exercises, short bursts of high intensity cardio, and a big dose of fun. **All fitness levels welcome.**

STEP CIRCUIT

This offers a total body workout, which aims to improve strength, aerobic fitness, speed, flexibility, coordination and balance. Overall fitness emphasis on legs, hips, and bums. **All fitness levels welcome.**

ZUMBA

This aerobics class fuses Latin rhythms, easy-to-follow moves and energizing music to create a high energy, calorie blasting, total body workout. This fun fitness class feels more like a "night out" than a workout at the gym! All fitness levels welcome. **All fitness levels welcome.**

HIP HOP

60-minutes of fun dance moves choreographed to contemporary pop music. This is a workout you will enjoy doing both in class and when you hear the songs come on the radio! Core workout at the end. **All fitness levels welcome.**

KETTLEBELL CARDIO TRAINING

Learn what is unique about kettlebells. This is your "all in one fitness". In our class we will truly touch all five components of fitness; cardio-respiratory efficiency, muscular strength, flexibility, endurance, and body composition. You will learn the very basics about kettlebell through a series of fun exercises that will make you want more! **All fitness levels welcome.**

TABATA

Small segments of high intensity training which include 20 seconds of work and 10 seconds of rest. **All fitness levels welcome.**

LIVE STRONGER, LIVE LONGER

To improve daily living skills through better balance, strength, flexibility, and agility. This class promotes progressive resistance where your training load increased as your muscles become stronger. Functional fitness test that will provide you with tangible evidence of your improvements. Strength training is the only type of exercise that can maintain muscle and metabolism as we age.

CARDIO/STRENGTH CONT.

STRENGTH CIRCUIT

This offers a total body workout, which aims to improve strength, coordination, and balance. The use of Body weight, dumbbell, and kettlebell are equipment use to meet your fitness needs. **All fitness levels welcome.**

MIND/BODY

ALL LEVELS YOGA

Instructor of the postures encompass a comprehensive alignment-based focus, appropriate for beginners and those who want to deepen an already existing practice. **All fitness levels welcome.**

CHAIR YOGA

A gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. The chair allows greater stability to help you feel supported and safe. **All fitness levels welcome.**

MULTI-LEVELS YOGA

A yoga class that is suitable for all ages and levels of fitness! Whether you are a beginner to the practice or have been taking yoga for years, this class is appropriate for you! **All fitness levels welcome.**

POWER YOGA

Take your body and mind on a challenging adventure! Get your heart pumping as you move rapidly through poses while stretching and strengthening your muscles

VINYASA YOGA

A combination of Vinyasa and Power Yoga. This is a challenging class but can be adapted to accommodate all levels. **All fitness levels welcome.**

WATER FITNESS

WATER INTERVAL TRAINING

A total-body water workout including intervals and endurance training all in one class. This class is sure to push your fitness level across the board. We keep it fun and focused for the full class. **All fitness levels welcome.**

WATER WORKS

All Water Classes are either 60 or 45 minutes. Each class will encompass: 1 A) gradual warm-up with a brief stretch; 2) Aerobic work using shallow and/or deep water to strengthen the heart and lungs (options and modifications will be offered throughout class), 3) strength & balance to help reduce the risk of injury, (tools may be used) and 4) Flexibility work on all the major muscle groups for increasing range of motion and reducing the risk of injury. **All fitness levels welcome.**

DEEP WATER FUN

An aerobic deep water intro for beginners. Increasing flexibility, strength, and endurance.

*STAY and PLAY (Child Watch)

Let us watch your children as you work out! Stay & Play will be held on Mondays - Fridays from 9-11:15 AM, Mondays and Wednesdays from 6 – 7:15 PM, Tuesdays 5:40-7:30 PM and Thursdays 6-7:30 PM.

Call in advance to reserve a spot.

CROZET YMCA

1075 Claudius Crozet Park, Crozet, VA 22932

P 434-205-4380

W piedmontymca.org