



# ADULT GROUP EXERCISE SCHEDULE

## FALL 2019 FLUSHING YMCA

SESSION 196 8 WEEKS 10/28/19-12/22/19

	TIME	CLASS	INSTRUCTOR	ROOM
<b>MONDAY</b>				
MORNING	8:00 – 8:50	<i>Spin</i> <sup>®</sup>	Diane	Studio 1
	9:00 – 9:50	<b>Total Body</b>	Angela	Studio 1
	10:00 – 10:50	<i>Silver Sneakers</i> <sup>®</sup>	Angela	Court
	10:00 – 10:50	<i>Yoga</i>	Ranya	Studio 2
	11:00 – 11:50	<i>Pilates Mat</i>	Ranya	Studio 2
	11:00 – 11:50	<i>Ballroom Dancing</i>	Margaret	Studio 4
	12:00 – 12:50	<i>Ballroom Dancing</i>	Margaret	Studio 4
EVENING	6:00 – 6:50	<b>Ultra Fit</b> *	Joseph	Studio 1
	6:30 – 7:20	<b>Zumba</b> <sup>®</sup> *	Marisa	Court
	6:30 – 7:20	<b>Yoga</b> *	Darcie	Studio 2
	7:00 – 7:50	<b>Kettlebells</b> *	Joseph	Studio 1
	7:30 – 8:20	<b>Pilates Mat</b> *	Darcie	Studio 2
	8:00 – 8:50	<b>Cardio Boxing</b>	Joseph	Studio 3
<b>TUESDAY</b>				
MORNING	8:00 – 8:50	<i>Yoga</i>	Darcie	Studio 2
	9:00 – 9:50	<i>Chair Yoga</i>	Darcie	Studio 2
	9:00 – 9:50	<b>Total Body</b>	Angela	Studio 1
	10:00 – 10:50	<i>Silver Sneakers</i> <sup>®</sup>	Angela	Court
	10:00 – 10:50	<b>Pilates Mat</b>	Samantha	Studio 2
	10:00 – 10:50	<b>Zumba</b> <sup>®</sup>	Lina	Studio 4
	11:00 – 11:50	<i>Ballet</i>	Darcie	Studio 4
EVENING	6:00 – 6:20	<i>Meditation</i> *	Jodi	Studio 2
	6:00 – 6:50	<b>Seido Karate</b> \$\$ *	Craig / John	Studio 4
	6:30 – 7:20	<b>PIYO</b> *	Marisel	Studio 1
	6:30 – 7:20	<b>Zumba</b> <sup>®</sup> *	Sara	Court
	6:30 – 7:50	<b>Yoga</b> *	Jodi	Studio 2
	7:00 – 7:50	<b>TRX</b> <sup>®</sup> *	Jonathan	Studio 3
<b>WEDNESDAY</b>				
MORNING	8:00 – 8:50	<i>Spin</i> <sup>®</sup>	Elly	Studio 1
	8:00 – 8:50	<b>Yoga</b>	Mimi	Studio 2
	9:00 – 9:50	<b>Pilates Mat</b>	Mimi	Studio 2
	9:00 – 9:50	<i>Silver Sneakers</i> <sup>®</sup>	Maritza	Court
	10:00 – 10:50	<i>Silver Sneakers</i> <sup>®</sup>	Angela	Court
	10:00 – 10:50	<i>Beginner Tai Chi</i>	Joan	Studio 4
	11:00 – 11:50	<i>Int. Tai Chi</i>	Joan	Court
	11:00 – 11:50	<i>AOA Sit Fit</i>	Angela	Studio 3
	11:00 – 11:50	<i>Chair Yoga</i>	Jodi	Studio 2
	12:00 – 12:50	<b>Yoga</b>	Jodi	Studio 2
	12:00 – 12:50	<i>Adv. Tai Chi</i> \$\$	Joan	Studio 4
	EVENING	5:30 – 6:20	<b>Seido Karate</b> \$\$	Craig / John
6:30 – 7:20		<b>Zumba</b> <sup>®</sup> *	Elizabeth	Court
6:30 – 7:20		<b>Kettlebells</b> *	Jonathan	Studio 1
6:30 – 7:20		<b>Barre Workout</b> *	Ranya	Studio 4
7:30 – 8:20		<b>Belly Dance</b> *	Ranya	Studio 4
7:30 – 8:20		<b>Boot Camp</b> *	Samantha	Studio 1

	TIME	CLASS	INSTRUCTOR	ROOM	
<b>THURSDAY</b>					
MORNING	8:00 – 8:50	<i>Yoga</i>	Helena	Studio 2	
	9:00 – 9:50	<i>A.R.T</i> <sup>®</sup>	Helena	Studio 1	
	9:00 – 9:50	<i>Silver Sneakers</i> <sup>®</sup>	Maritza	Court	
	10:00 – 10:50	<i>Silver Sneakers</i> <sup>®</sup>	Helena	Court	
	10:00 – 10:50	<b>Zumba</b>	Lina	Studio 4	
	11:00 – 11:50	<i>AOA Sit Fit</i>	Angela	Studio 3	
	11:15 – 12:00	<i>Silver Splash</i> <sup>®</sup>	Helena	Sm Pool	
	11:00 – 12:50	<i>Int. Tai Chi</i>	Joan	Studio 1	
	EVENING	6:00 – 6:50	<b>Ultra Fit</b> *	Joseph	Studio 1
		6:30 – 7:20	<b>Family Yoga</b> *	Darcie	Studio 2
6:30 – 7:20		<b>Zumba</b> <sup>®</sup> *	Grace	Studio 4	
7:00 – 7:50		<i>Spin</i> <sup>®</sup> *	Elly	Studio 1	
7:00 – 7:50		<b>TRX</b> <sup>®</sup> *	Joseph	Studio 3	
7:30 – 8:20		<b>Ballet</b> *	Darcie	Studio 4	
8:00 – 8:50		<b>Cardio Boxing</b>	Joseph	Studio 3	
8:30 – 9:20		<i>Stretching</i>	Darcie	Studio 2	
<b>FRIDAY</b>					
MORNING		8:00 – 8:50	<i>Spin</i> <sup>®</sup>	Elly	Studio 1
	9:00 – 9:50	<b>Total Body</b>	Angela	Studio 1	
	10:00 – 10:50	<i>Silver Sneakers</i> <sup>®</sup>	Angela	Court	
	10:00 – 10:50	<b>Zumba</b> <sup>®</sup>	Lina	Studio 4	
	11:00 – 11:50	<i>AOA Stretching</i>	Angela	Studio 4	
	11:00 – 11:50	<i>Chair Yoga</i>	Jodi	Studio 2	
EVENING	12:00 – 12:50	<b>Yoga</b>	Jodi	Studio 2	
	6:30 – 7:20	<b>Pound</b>	Yishan	Studio 2	
	6:30 – 7:20	<b>Zumba</b> <sup>®</sup>	Lina	Studio 4	
	6:30 – 7:20	<b>Spin</b>	Eddie	Studio 1	
	7:30 – 8:20	<b>Core Training</b>	Eddie	Studio 1	
	7:30 – 8:20	<b>Yoga</b>	Y Staff	Studio 2	
<b>SATURDAY</b>					
MOR.	10:00 – 10:50	<b>Total Body</b> *	Jonathan	Studio 1	
	11:00 – 11:50	<b>Boot Camp</b> *	Joseph	Studio 1	
	11:00 – 11:50	<b>Belly Dance</b> *	Ranya	Studio 2	
AFTERNOON	12:00 – 12:50	<b>Zumba</b> <sup>®</sup> *	Karla	Studio 2	
	12:00 – 12:50	<b>Kettlebells</b> *	Joseph	Studio 1	
	1:00 – 1:50	<b>Ultra Fit</b> *	Joseph	Studio 1	
	2:00 – 2:50	<b>TRX</b> <sup>®</sup>	Joseph	Studio 3	
	2:00 – 2:50	<b>Seido Karate</b> \$\$	Craig / John	Studio 4	
	3:00 – 3:50	<b>Zumba</b> <sup>®</sup>	Marylin	Studio 4	
	4:00 – 5:20	<b>Yoga</b>	Sunny	Studio 2	
	<b>SUNDAY</b>				
MORNING	9:00 – 9:50	<i>Spin</i> <sup>®</sup>	Jimmy	Studio 1	
	10:00 – 10:50	<i>Spin</i> <sup>®</sup>	Diane	Studio 1	
	10:00 – 10:50	<i>Beginner Tai Chi</i>	Joan	Studio 4	
	11:00 – 11:50	<i>Int. Tai Chi</i>	Joan	Studio 4	
	11:00 – 11:50	<b>Insanity</b> <sup>®</sup>	Marisel	Studio 1	
	NOON	12:00 – 12:50	<b>Core Training</b>	Marisel	Studio 1
12:00 – 12:50		<b>Zumba</b> <sup>®</sup>	Lina	Studio 4	
1:00 – 1:50		<b>Zumba Toning</b>	Lina	Studio 4	
1:00 – 1:50		<b>Yoga</b>	Nodira	Studio 2	
2:00 – 2:50		<i>Meditation</i>	Nodira	Studio 2	

### ROOMS AND LOCATIONS

ROOM	FLOOR	LOCATION
Studio 1	2 <sup>nd</sup> Floor	Weight Room Area
Studio 2	Ground Floor	Near Membership Area
Studio 3	2 <sup>nd</sup> Floor	Near Ping Pong Room
Studio 4	2 <sup>nd</sup> Floor	Near Ping Pong Room
Assembly Room	1 <sup>st</sup> Floor	Near Large Pool Deck
Court	2 <sup>nd</sup> Floor	Basketball Court
Sm Pool	1 <sup>st</sup> Floor	Near Locker Rooms

### REMINDERS

Schedule is subject to change without notice. There is a 10 min grace period after classes for which is not extra class time. Belongings must be kept in lockers. No late comers. Arrive on time. Do not reserve spaces.

### LEGEND

- \* Class during Child Watch or Kids Zone
- \$\$ 8 Week Class; Registration required; Registration for members begin 8/17; non-members begin 8/24
- Italics* Senior Friendly
- Studio** Room Change / New Class

as of 10.04

## CARDIO

### ◆ Cardio Boxing

This high energy class blends athletic drills with martial arts to create an intense cardiovascular workout.

### ◆ POUND

POUND is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and Isometric poses.

### ◆ Spin

An intense cardio workout of simulated road bike riding to energizing music.

### ◆ Boot Camp

An efficient circuit training workout that challenges your entire body, utilizing calisthenics such as pushups, jumping jacks, crunches, and other body weight exercises.

## MIND & BODY

### ◆ Yoga

Designed to teach yoga postures, breathing exercises, relaxation, and meditation to stretch, strengthen, and condition.

### ◆ Chair Yoga

A yoga class that integrates postures, breathing exercises, relaxation, and meditation to stretch, strengthen, and condition all from the comfort of a chair.

### ◆ PiYo

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of Yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

### ◆ Pilates Mat

Based on original Pilates techniques, this class is designed to restore muscular balance, improve posture, helps prevent injury and build strength and flexibility.

## MARTIAL ARTS

### ◆ Seido Karate

A form of karate to develop physical conditioning, mental awareness and self-defense strategies. Students will learn to develop speed, power, focus and balance.

### ◆ Tai Chi

An ancient form of mind body exercise that uses purposeful, slow movements in a form of meditative exercise for relaxation, health, and self-defense.

## CONDITIONING

### ◆ Active Resistance Training (A.R.T)

A unique and intense workout for all levels created by Celebrity Trainer Terri Walsh. The ART Method fitness practice is entirely low-impact and uses 2 foam yoga blocks, a 'fitness vinyasa' and targeted, layered exercises to develop lean muscle and tone trouble zones in a fun new way! Become your own work of ART!

### ◆ Barre Workout

Strengthen and tone your body with this ballet-inspired Workout and other like Yoga and Pilates. The barre is used as a prop to balance while doing exercises that focus on isometric strength training combined with high reps of smaller range-of-motion.

### ◆ Boot Camp

A challenging workout for your entire body, using calisthenics such as pushups, jumping jacks, crunches and other body weight exercises.

### ◆ Core Training

This class focuses on abdominal, back, and core muscle training and stabilization to improve the body's overall functional strength.

### ◆ Insanity

Insanity live! Workout in 3 to 5-minute blocks and take breaks only long enough to gulp some air and get right back to work. It's called Max Interval Training, because it keeps your body working at maximum capacity through your entire workout. You keep pushing your limits – so your body has to adapt.

### ◆ Kettlebells

This is a total body workout that blends highly effective techniques for improving muscular endurance, total body coordinated movements and cardiovascular conditioning. Each movement and progression is taught with an emphasis on safety, highlighting essential body alignment. Take your body to the next level with Kettlebell training!

### ◆ Stretching

An essential component of fitness that is often neglected or left out, this class uses a variety of stretching methods to gradually increase muscle strength and extend the range of movement at the joints.

### ◆ Total Body Conditioning

A full body workout designed to strengthen and tone the upper and lower body using an assortment of fitness equipment.

### ◆ TRX

TRX Suspension Training will take your workout to new heights! It's not just about training harder, it's about training smarter. Each workout is specifically sequenced to safely and effectively challenge you for real results.

## DANCE

### ◆ Belly Dance

A dance movement class that focuses on the core muscles, emphasizing muscular isolations. Dance to middle eastern rhythms while learning traditional movements and combinations.

### ◆ Ballet

A technique class that places emphasis and attention on alignment and placement of the body.

### ◆ Ballroom Dance

Learn the basics of ballroom including fox trot, waltz, swing, cha-cha, rumba, tango.

### ◆ Zumba

Zumba takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

### ◆ Zumba Toning

The challenge of adding resistance by using light weights helps you focus on specific muscle groups so you stay engaged!

## ACTIVE OLDER ADULTS

### ◆ AOA Sit Fit

Get fit while you sit in this chair exercise class that involves a combination of aerobic activity, strength building and stretching.

### ◆ Silver Sneakers Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/ or standing support.

### ◆ Silver Sneakers Splash

Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a Silver Sneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.