

GROUP EXERCISE SCHEDULE

PROSPECT PARK YMCA



WINTER : 1/2/2023

MON

TUES

WED

THURS

FRI

SAT

SUN

8:00-9:15am Vinyasa Yoga* Lissy, Studio B	9:30-10:30am Iyengar Yoga Frank, Gym	9:00-9:45am Total Body Con. Sarah, Gym	9:00-10:00am AOA Yoga Grace, Gym	9:00-9:45am Indoor Cycling* Valerie, Studio B	8:30-9:15am Pilates Mat* Hannah, Studio B	8:30-9:30am Cardio Sculpt Carlos, Gym
9:15-10:00am Total Body Cond. Gwen, Gym	9:00-9:45am Water Aerobics* Nellie, Small Pool	9:00-9:45am Water Aerobics* Nellie, Small Pool	9:15-10:00am Total Body Cond.* Josh, Studio A	10:00-10:45am Zumba Gold* Carissa, Studio A	9:30-10:15am Zumba for Families* Carissa, Studio A	9:30-10:30am Samba* Lilka, Studio A
10:00-10:45am AOA Sit Fit* Nellie, Studio A	11:15-12:00pm Step* Sarah, Studio A	12:00-1:00pm Vinyasa* Nastya, Studio A	9:00-9:45am Water Aerobics* Jane, Small Pool	10:30-11:30am Baby & Me Yoga* Cheryl, Studio B	10:30-11:15am H.I.I.T.* Joseph, Studio A	11:00am-12:00pm Yoga* Cheryl, Studio B
12:00-12:45pm Indoor Cycling* Gwen, Studio B	12:15-1:15pm MELT* Sarah, Studio A	12:30-1:30pm Pilates Mat* Hannah, Studio B	10:15-11:00am Chair Yoga* Grace, Studio A	11:00-11:45am Circuit Training* Aynsley, Studio A	11:30-12:00pm Core Training* Joseph, Studio A	
3:00-4:00pm Pilates Mat* Kyle, Studio B	1:30-2:30pm Yoga* Elias, Studio B		12:00-1:00pm Iyengar Yoga* Frank, Studio A	12:00-12:45pm TRX* Aynsley, Studio A	1:00-2:00pm Tai Chi I* Stella, Studio A	
6:00-6:45pm Kettlebells* Yanique, Studio B	2:35-3:00pm Meditation* Elias, Studio B	6:15-7:00pm Zumba ®* Lilka, Studio A	12:15-1:15pm Pilates Mat* Natarsha, Studio B	3:00-4:00pm Pilates Mat* Kyle, Studio B	2:00-3:00pm Tai Chi II* Stella, Studio A	
7:15-8:00pm Zumba ® Lilka, Gym	5:00-6:00pm Adult Ballet* Kyle, Studio A	6:20 - 7:05pm Aqua Zumba* Buffy, Small Pool	1:30-2:15pm Zumba ®* Natarsha, Studio B	6:30-7:15pm Total Body Cond* Carlos, Studio A	3:15-4:30pm Vinyasa Yoga* Miho, Studio B	
	5:30-6:45pm Yin Yoga* Cheryl, Studio B		6:30-7:15pm Insanity Joseph, Gym			
	7:00-7:45pm Zumba ® Buffy, Gym		7:15 - 8:00pm Water Aerobics* Buffy, Small Pool	NEW CLASSES	WATER CLASSES	ROOM CHANGE
				FRIENDLY REMINDERS : -Class participation is on a first come first serve basis. -Please do not enter class more than <u>5 minutes</u> late. -*Classes requiring reservations on the mobile app can be made up to 48 hours in advance		

CLASS DESCRIPTIONS

Adult Ballet– Learn fundamental Ballet technique through barre work and center exercises to improve coordination, flexibility and endurance.

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

AOA Yoga – Learn traditional yoga asana (postures), some breath work, & some meditation. Taught at a slightly slower pace than our other classes, this class allows you more time to experience what you are doing more deeply, with the intention of gentle movement for the body.

Aqua Zumba – Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio conditioning, body toning, and most of all, exhilarating beyond belief!

Baby & Me Yoga – A great way to bond with your baby! This class is designed to help new moms regain strength and vitality, while incorporating baby in the process. Also, provides opportunity to build relationships with other new parents. Children should be between 1 mo to 10 mos.

Boot Camp – A circuit training workout that challenges your entire body, utilizing calisthenics such as push-ups, jumping jacks, crunches, and other body weight exercises.

Cardio Sculpt– Work up a sweat with this intense fusion of cardio drills and strength training.

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.

Circuit Training– Work up a sweat with this intense fusion of cardio drills and strength training.

Core Training– A fast paced workout that will challenge you with different activity stations.

H.I.I.T – Supercharge your fitness with this challenging class of high speed, high intensity work alternated with recovery periods of low intensity.

Indoor Cycling – A great cardio workout of simulated road bike riding to energizing music, appropriate for all ages. The instructors will lead you on a ride designed to improve your fitness on a variety of levels.

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.

Iyengar Yoga – A form of yoga known for precision, alignment and focus on individual postures and their benefits.

Kettlebell s – 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!

Meditation– During meditation, you focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress

MELT Method – The MELT Method® is a breakthrough self-treatment system that restores the support of the body's connective tissue to eliminate chronic pain, improve performance, and decrease the accumulated stress caused by repetitive postures and movements of everyday living. This MELT class focuses on the hands and feet, using small balls to mobilize joints, rehydrate connective tissue, and relieve pain and tension.

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

Samba – A dance class workout with a focus on Brazilian samba movements and rhythms.

Step – An aerobic class performed on a raised platform that challenges the participants cardiovascular system and lower body.

Tai Chi I – T'ai chi is a martial art that we use for exercise. This means applications to health (body movement, alignment, and mind/body connection), everyday living (balance), and it's roots in self defense. In this class, we practice the principles – root (foundation), line (support), and core (control).

Tai Chi II – A progression through long form T'ai chi, expanding upon the principles of T'ai chi I. T'ai chi I must be taken prior to this class as applications and variations will be practiced.

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 will change the way you train. By combining strength and cardio training into specialized, challenging small group oriented workouts, you will do more work, burn more calories and push your fitness to new levels.

Vinyasa Yoga – Flowing sequences of yoga poses linked together with an emphasis on breathing techniques.

Water Aerobics – An instructional class of aerobic movements performed in the water to improve cardiovascular fitness and flexibility.

Yin Yoga – A gentle and relaxing all-level class that works deeply into the connective tissues and joints of the hips, pelvis, and lower spine and is suitable to all levels of students through extended holds of postures.

Yoga – A class that integrates postures, breathing exercises, relaxation, and meditation to stretch, strengthen and condition.

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 Gold ® – Zumba Gold is for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.

Zumba (for families) ® Latin and International music class that utilizes dance themes that create a dynamic, exciting, effective fitness program. Children 6 and up are welcome

WE CAN'T WAIT TO SEE YOU IN CLASS!