



# EASTSIDE FAMILY YMCA (585) 341-4000

## SUMMER GROUP EXERCISE SCHEDULE 6-26-17

Contact Tiffani Moxley with any questions 341-3055 or tiffani.moxley@rochesterymca.org

### MONDAY

5:05-5:50AM	GROUP CYCLE	(C) JULIANNA/ GIDGETT
5:10-6:10AM	BODYCOMBAT	(MB) KATHY
6:00-7:00AM	BODY CONDITIONING	(S) GIDGETT
6:20-6:50AM	BODYFLOW EXPRESS	(MB) MARIA
8:15-9:00AM	BODY CONDITIONING	(MB) CAROL
9:00-10:00AM	GENTLE YOGA	(S) THERESE
9:15-10:00AM	CARDIO DANCE	(MB) CAROL
9:15-10:15AM	GROUP CYCLE	(C) CHRISTINA
10:15-11:15AM	BODY CONDITIONING	(MB) TONY
10:25-11:10AM	SILVER SNEAKERS YOGA	(S) TESS
11:00-11:45AM	SILVER CYCLE	(C) LAURA
11:20-12:20PM	FEELING FIT	(S) TESS
12:25-1:10PM	SILVER SNEAKERS CLASSIC	(S) TESS
12:30-1:15PM	FREE STYLE BARRE	(MB) LISA MARIE
4:10-5:10PM	BODY COMBAT	(S) LISA MARIE
4:15-5:15PM	IM = X PILATES	(MB) KATHY
5:15-5:45PM	CXWORKS	(S) LISA MARIE
5:25-6:25PM	GENTLE YOGA	(MB) KIM
6:00-7:00PM	GROUP CYCLE	(C) KRISTEN
6:15-7:15PM	BOOT CAMP TRAINING	(S) MEGHAN
6:35-7:35PM	ACTIVE YOGA	(MB) KIM
7:15-8:15PM	GROUP CYCLE	(C) DANIELLE
7:30-8:30PM	BODY PUMP	(S) MELISSA
7:40-9:10PM	TAI CHI	(MB) BINH TRAN

### TUESDAY

5:10-6:10AM	BODY PUMP	(S) MARIA
5:30-6:30AM	GROUP CYCLE	(C) KAREN
6:15-6:45AM	CXWORKS	(S) MARIA
8:15-9:00AM	ZUMBA	(S) CHRISTINA
9:00-10:00AM	GROUP CYCLE	(C) LAURA
9:00-10:00AM	IM = X PILATES	(MB) CLAIRE
9:15-10:00AM	CARDIO STEP	(S) RON
10:10-11:10AM	BODY COMBAT	(MB) LISA MARIE
10:15-11:00AM	BODY CONDITIONING	(S) RON
11:20-12:20PM	GENTLE YOGA	(MB) THERESE
11:20-12:20PM	SILVER SNEAKERS CIRCUIT	(S) KAREN
12:30-1:15PM	ZUMBA GOLD	(S) KARINE
4:15-5:15PM	IM = X PILATES	(MB) THERESE
5:15-6:15PM	GROUP CYCLE	(C) JULIANA
5:10-6:10PM	BODY COMBAT	(S) DANIELLE O.
5:25-6:25PM	ACTIVE YOGA	(MB) EVA
6:20-7:20PM	BODYPUMP	(FG) REBECCA
6:35-7:35PM	GENTLE YOGA	(MB) EVA
7:00-8:00PM	GROUP CYCLE	(C) JAYME
7:30-8:30PM	CARDIO STEP	(S) PEGGY
7:45-8:30PM	ZUMBA	(MB) NANETTE

### WEDNESDAY

5:05-6:05AM	BODY COMBAT	(S) KATHY
5:30-6:30AM	GROUP CYCLE	(C) GIDGETT
5:45-6:45AM	ACTIVE YOGA	(MB) JOAN
6:20-6:50AM	BODY FLOW EXPRESS	(S) MARIA
8:15-9:00AM	BODY CONDITIONING	(MB) CAROL
9:00-10:00AM	ACTIVE YOGA	(S) THERESE
9:15-10:00AM	STEP CIRCUIT	(MB) CAROL
9:15-10:15AM	GROUP CYCLE	(C) CHRISTINA
10:15-11:00AM	ZUMBA	(MB) LISA B.
10:15-11:10AM	BODYPUMP	(S) MELISSA/ROB
11:20-12:05PM	FEELING FIT PLUS	(S) TIFFANI
12:30-1:15PM	FREE STYLE BARRE	(MB) JESSICA
4:10-5:10PM	BODY COMBAT	(MB) LISA MARIE
4:00-5:00PM	BODY CONDITIONING	(S) RON
5:15-5:45PM	CXWORKS	(SA) LISA MARIE
5:10-6:10PM	BODYPUMP	(S) DANIELLE O.
5:25-6:25PM	ACTIVE YOGA	(MB) KIM

### THURSDAY

5:10-6:10AM	BODYPUMP	(S) MARIA
5:30-6:30AM	GROUP CYCLE	(C) GORDON
6:15-6:45AM	CXWORKS	(S) MARIA
8:15-9:00AM	TRX BODY BLAST	(S) CAROL
9:00-10:00AM	IM = X PILATES	(MB) CLAIRE
9:15-10:00AM	CARDIO STEP	(S) CAROL
10:00-11:00AM	GROUP CYCLE	(C) LAURA
10:15-11:00AM	CXWORKS	(S) LISA MARIE
10:15-11:10AM	SILVER SNEAKERS YOGA	(MB) CLAIRE
11:15-12:15PM	GENTLE YOGA	(MB) CLAIRE
11:20-12:20PM	SILVER SNEAKERS CIRCUIT	(S) KAREN
12:30-1:15PM	ZUMBA GOLD	(S) TIFFANI
12:30-1:30PM	BODY COMBAT	(MB) DANIELLE O.
4:15-5:15PM	IM = X PILATES	(MB) KATHY/ GERRY
5:30-6:15PM	BODYFLOW	(S) BRENDA
5:25-6:25PM	GENTLE YOGA	(MB) JULIE
6:00-7:00PM	GROUP CYCLE	(C) JAMIE
6:20-7:20PM	BODY PUMP	(FG) REBECCA
7:30-8:30PM	TRX CIRCUIT	(S) PEGGY

### FRIDAY

5:05-5:55AM	BODY COMBAT	(S) KATHY
5:30-6:30AM	GROUP CYCLE	(C) GARY
5:45-6:45AM	ACTIVE YOGA	(MB) JOAN
6:00-7:00AM	BOOT CAMP TRAINING	(S) GIDGETT
8:15-9:00AM	BODY CONDITIONING	(MB) CAROL
8:50-9:50AM	GENTLE YOGA	(S) EVA
9:15-10:15AM	GROUP CYCLE	(C) MAUREEN
9:15-10:00AM	CARDIO DANCE	(MB) CAROL
10:10-11:10AM	BODY PUMP	(S) DANIELLE O.
11:00-11:45AM	SILVER CYCLE	(C) LAURA
11:15-11:45AM	BODYFLOW EXPRESS	(MB) DANIELLE O.
11:20-12:20PM	FEELING FIT	(S) TESS
12:25-1:10PM	SILVER SNEAKERS CLASSIC	(S) TESS
4:10-5:10PM	BODY COMBAT	(S) LISA MARIE
4:30-5:30PM	ACTIVE YOGA	(MB) EVA
5:15-6:15PM	BODY PUMP/CXWORKS	(S) ROBERT/LISA
6:00-7:00PM	GROUP CYCLE	(C) JAYME
7:30-8:15PM	ZUMBA	(S) LEONTE

### SATURDAY

7:00-8:00AM	GROUP CYCLE	(C) GIDGETT
7:15-8:00AM	BOOT CAMP TRAINING	(S) STACIE
7:15-8:00AM	BODY FLOW	(MB) BRENDA
8:10-9:10AM	BODYPUMP	(S) MARIA
8:45-9:45AM	IM = X PILATES	(MB) DEBRA
9:00-10:00AM	GROUP CYCLE	(C) MEGHAN
9:20-10:05AM	CARDIO STEP	(S) FRIEDA
10:00-11:00AM	ACTIVE YOGA	(MB) JULIE
10:15-11:00AM	CORE EXPRESS	(S) PEGGY
10:15-11:15AM	GROUP CYCLE	(C) LAURA
11:15-12:15PM	BODY COMBAT	(MB) DANIELLE O.
11:35-12:20PM	ZUMBA	(S) NANNETTE
12:30-2:00PM	TAI CHI	(MB) BINH TRAN

### SUNDAY

7:15-8:15AM	GROUP CYCLE	(C) ERIN
8:15-9:15AM	CARDIO KICKBOXING	(MB) LAURA
8:15-8:45AM	BODY PUMP EXPRESS	(S) IVONNE
9:00-10:00AM	BODY PUMP	(S) IVONNE
9:00-10:00AM	GROUP CYCLE	(C) GORDON/ ANGIE
9:50-10:50AM	ACTIVE YOGA	(MB) EVA
10:15-10:45AM	CXWORKS	(S) REBECCA
10:15-11:15AM	GROUP CYCLE	(C) JOHN
11:00-12:00PM	YOGA	(MB) EVA

6:00-7:00PM	GROUP CYCLE	(C) JOHN	11:00-11:45AM	ZUMBA	(S) CHRISTINA/
6:20-7:20PM	KICKBOXING	(S) DANIELLE O.			LEONTE
6:35-7:35PM	ACTIVE YOGA	(MB) ALISA	11:00-12:00PM	BODYPUMP	(FG) GORDON
7:30-8:15PM	ZUMBA	(S) KENDRA			
7:40-9:10PM	TAI CHI	(MB) BINH TRAN			

8:15-9:15AM	AQUA FIT 2	CHARLENE
9:30-10:30AM	AQUA FIT 2	MARCIE
11:00-12:00PM	STRETCH AND TONE	JACKIE
6:30-7:30PM	AQUA FIT 3	RON

## TUESDAY

8:15-9:15AM	AQUA FIT 1	LAURA
9:30-10:30AM	AQUA FIT 3	TIFFANI
11:00-12:00PM	STRETCH AND TONE	MARCIE

## WEDNESDAY

8:15-9:15AM	DEEP WATER AQUA FIT	ALIECE
9:30-10:30AM	AQUA FIT 2	RON
11:00-12:00PM	STRETCH AND TONE	JACKIE
6:30-7:30PM	AQUA FIT 2	MICHELLE

### Active Yoga

A program designed to provide a holistic approach to exercise. Yoga poses are used to build strength, cardiovascular endurance and flexibility.

### FREESTYLE BARRE

A challenging, yet non-impact conditioning class designed to produce lean bodies. This workout incorporates upper-body sculpting, Pilates and abdominal work.

### Beginner Yoga

If you're just learning yoga or you want to go at a slower pace, this is the perfect class for you. Learn the proper technique of yoga while improving your flexibility, strength and balance.

### Body Combat

An empowering cardio workout! This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, Taekwondo and tai chi. Supported by driving music and powerful role model instructors, you'll torch your way through calories to achieve superior cardio fitness.

### Body Flow

Ideal for anyone and everyone, Bodyflow is a yoga based class that will improve your mind, your body and your life. During Bodyflow an inspired soundtrack plays as you bend, stretch and strengthen your way through a series of simple yoga, Tai Chi and Pilates moves.

### Body Conditioning

Through non-aerobic exercise, participants work toward developing muscular fitness. Participants will work opposing muscle groups, abs and lower back, and conclude with flexibility.

### Body Pump

BODYPUMP is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using squats, presses, lifts and curls.

### BOOT CAMP TRAINING

A cardiovascular and strength training class that athletic drills and calisthenics. This class is focused on endurance, strength, speed and power rather than choreography.

### CARDIO DANCE

This dance-inspired cardio class offers the ideal combination of energy, fitness and fun. With energizing routines that are exciting to follow and madly addictive, this all-levels class explodes into an electrifying workout that will strengthen your heart, lift your spirit and clear your mind.

### CARDIO KICKBOXING

A high intensity interval workout utilizing well defined martial arts movements. Class concludes with muscle conditioning and flexibility.

### CORE EXPRESS

This class focuses on core strength and body alignment through exercises that target the abdominal and lower back muscles. Class concludes with flexibility

## THURSDAY

8:15-9:15AM	AQUA FIT 2	LAURA
9:30-10:30AM	AQUA FIT 2	RON
11:00-12:00PM	STRETCH AND TONE	MARCIE

## FRIDAY

8:15-9:15AM	DEEP WATER AQUA FIT	ALIECE
9:30-10:30AM	AQUA FIT 3	TIFFANI
11:00-12:00PM	STRETCH AND TONE	JACKIE

## SATURDAY

7:45-8:45AM	AQUA FIT 2	CHARLENE
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### Silver Sneaker Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living. Hand held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance.

### Silver Sneakers Yoga

This class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of motion. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity for participants.

### CARDIO STEP

Emphasis is on basic step movements. No previous step aerobic experience necessary. Although this class designed for beginners, advanced students will still get a good workout.

### Step Circuit Training

This class uses timed segments that alternate between aerobic and muscle conditioning activities. Class includes: Resist-A-Balls, hand weights, tubing, jump ropes and steps.

### Tai Chi

An ancient blend of mental concentration and gentle physical movements. You will increase your flexibility, mobility and balance.

### TRX Body Blast

This class is driven by the beat of the music to improve total body and core strength. This class will help improve flexibility and range of motion. This class is for individuals who enjoy high energy, coordinated movements.

### TRX Circuit

A motivating workout offering all participants, regardless of fitness level, a challenging way to train.

### Zumba

A dynamic, exciting and effective fitness system based on a fusion of Latin and International dance themes. Zumba utilizes the principles of fitness interval training and resistance training for a full body workout! It combines a mixture of body sculpting movements with easy to follow dance steps.

### Zumba Gold

Designed to meet the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. The easy-to-follow moves and modified pacing create a fun, invigorating, party like atmosphere.

target the abdominal and lower back muscles. Class concludes with flexibility exercises.

### **CXWorX**

This 30 minute core-conditioning program focuses on the torso and core muscles that connect your upper body to your lower body. It's ideal for strengthening your abdominal muscles and your butt while improving functional strength and assisting in injury prevention.

### **Group Cycle**

The instructor takes the class through virtual "mind trip on wheels". This is a fun and challenging form of exercise that appeals to everyone and will keep you in top physical condition. First come, first served.

### **Silver Cycle**

A cardio workout of simulated road bike riding set to energizing music. Since you are able to adjust your workout to match your fitness level, this class is appropriate for all fitness levels.

### **Feeling Fit**

Exercise can help reduce some of the effects of aging. This total fitness program allows you to work at a pace that is right for you. The workout combines low impact aerobics, strength exercises and flexibility.

### **Feeling Fit Plus**

This class allows you to work at a pace that is right for you. It combines low impact aerobic exercise, strength exercise, interval training and flexibility.

This relaxing program offers slow stretching and strengthening of the body to improve posture and focus the mind. The class will include instruction of proper breathing methods, meditation and relaxation techniques.

### **IM=X Pilates**

In a sequence of exercises designed to optimize physical performance, this class will help you develop superior core muscle power and postural endurance. Joint stabilization, back strength, and hip flexibility are just some of the benefits you will receive from this unique workout.

### **Silver Sneaker Cardio Circuit**

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles and a ball is alternated with non impact aerobic choreography.

### **KEY**

(S)

**STUDIO**

(SA)

**STRETCHING AREA**

(MB)

**MIND/BODY STUDIO**

(FG)

**FAMILY GYM**

**GREEN=**

**CLASS CHANGE**

### **Aqua Fit I**

A basic water fitness program that targets range of motion, core stabilization, balance and flexibility.

### **Aqua Fit II**

An overall body conditioning program to improve cardiorespiratory endurance and muscular strength. Equipment may be used.

### **Aqua Fit III**

A high energy workout, with a focus on cardiorespiratory conditioning. Equipment may be used to improve muscular strength and endurance.

### **"Deep" Water Aquafit**

A cardio class that focuses on core stability and spinal alignment while providing a total body workout in the freedom and support of deep water. Buoyancy belts are provided for support and stability.

Designed for those with arthritis, osteoporosis and other rehabilitation needs, this class uses exercises to increase flexibility and range of motion while decreasing stiffness in joints. The range of motion used is non-stressful and a good way to improve quality of your everyday life.