




2018 Jan 1 - Apr 30 Dorchester YMCA Group Fitness Schedule

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|---|--|---|
| | The Spin Cycle Addie - Spin Room 5:30-6:15 | *Tracy's Tri Training Camp Pool / Spin Room 5:15 - 6:45 | Circadian Cycles Rebecca - Spin Room 5:15-6:00 | *Tracy's Tri Training Camp Pool/Spin Room 5:15 - 6:45 | Rhythm Cycle Emily - Spin Room 5:15-6:00 | |
| | |  | Core & More Rebecca -Studio II 6:05 - 6:35 | | | Medical Yoga Therapy Mary and Donna - Studio 1 8:30 - 10am |
| | Aqua Zumba Aggie - Pool 8:00-8:45 | | Intermediate Line Dance Julianna - Studio I 8:00-9:00 | Advanced Line Dance Julianna - Studio I 8:00-9:00 | Intermediate Line Dance Julianna - Studio I 8:00-9:00 | Aqua Toning Instructor Rotation - Pool 8:00-8:45 |
| | | | Water Aerobics Barb - Pool 8:00-9:00 | | Aqua Circuit Barb-Pool 8:00-9:00 | |
| | Cycle Dale - Spin Room 8:30-9:30 | Deep Water HIIT Sandi - Pool 8:00 - 9:00am | Cycle Dale - Spin Room 8:30-9:30 | Deep Water HIIT Sandi - Pool 8:00 - 9:00am | Tabata Cycling Sandi - Spin Room 8:45-9:30 | Cycle Rotation - Spin Room 9:00-9:45 |
| | AYAP Barb - Pool 9:00-10:00 | Water Aerobics Barb - Pool 9:00-10:00 | AYAP Barb - Pool 9:00-10:00 | Water Aerobics Barb - Pool 9:00-10:00 | AYAP Barb - Pool 9:00-10:00 | Zumba Rotation - Stage 9:00-10:00 |
| | Zumba Aggie - Stage 9:00-10:00 | | Tai Chi Elizabeth - Studio II 9:00-10:00 | | | |
| | Advanced Line Dance Julianna - Studio I 9:00-10:00 | Fitness Yoga Tracy - Stage 9:15 - 10:15 | Beginning Line Dance Julianna - Studio I 9:00-10:00 | Advanced Line Dance Julianna - Studio I 9:00-10:00 | Beginning Line Dance Julianna - Studio I 9:00-10:00 | |
| | BODYPUMP Dale - Gym 10:00-11:00 | | BODYPUMP Dale - Gym 10:00-11:00 | | BODYPUMP Dale - Gym 10:00-11:00 | |
| | | | Bay Watch Hopefuls Barb - Pool 10:00-11:00 | | Bay Watch Hopefuls Barb - Pool 10:00-11:00 | |
| | Full Body Stretch and Release Donna - Studio I 10:00-11:00 | Low Impact Cardio and Toning Gail - Studio I 10:00-11:00 | Full Body Stretch and Release Donna - Studio I 10:00-11:00 | Low Impact Cardio and Toning Gail - Studio I 10:00-11:00 | | |

AM

*Grey shaded classes - Fee based programs, see flyer
 Please arrive a few minutes early to **BODYPUMP and **ACTIVE TOGETHER** as class requires equipment set up.
Minimum of 2 participants to teach a class.
 Classes with continued low participation may

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Aqua Zumba Gold
 Aggie - Pool
 10:15-10:45

Enhance Fitness
 Jen - Studio II
 10:15-11:15

Enhance Fitness
 Steven - Studio II
 10:15-11:15

Enhance Fitness
 Jen - Studio II
 10:15-11:15

be discontinued.



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|----|---|--|--|---|--|--|
| PM | FIT HAPPENS! Kathy 4:30 - 5:15 | | | **ACTIVE TOGETHER Jenna- Stage 5:00- 6:00 | | *Youth & Adult Karate Sensei Warner - Stage 1:00-3:00 |
| | *Holly's Support Group Holly - Studio II 5:05 - 5:30 | | ZUMBA Aggie - Stage 5:30-6:30 | *Couch to 5k Jessica - meet in lobby 5:00 - 5:45 | | |
| | CYCLE Kathy - Spin Room 5:30-6:15 | CYCLE Shelby- Spin Room 5:30-6:15 | SHALLOW WATER FIT Debbie - Pool 5:30 - 6:15 | CYCLE Angie - Spin Room 5:45 - 6:30 | <p>*Grey shaded classes - Fee based programs, see flyer.</p> <p>**Please arrive a few minutes early to BODYPUMP and ACTIVE TOGETHER as class requires equipment set up.</p> <p>Minimum of 2 participants to teach a class.</p> <p>Classes with continued low participation may be discontinued.</p> <p>^For ZUMBA Intro Class you can come at any time between 5 and 5:30. This is an informal introduction class before the real class starts.</p> | |
| | ZUMBA Becky - Stage 5:15-6:10 | | YOGA CHALLENGE Mary - Studio II 5:30 - 6:15 | | | |
| | DEEP WATER FIT Mel - Pool 5:30 - 6:15 | | Beginner Yoga Mary - Studio II 6:30-7:15 | | | |
| | BODYPUMP Jessica - Stage 6:15-7:15 | **ACTIVE TOGETHER Pam - Stage 6:00 - 7:00 | | BODYPUMP Jessica - Studio II 6:05 - 7:05 | | |
| | | | | | | |
| | *Youth Dance Studio 1 4:30 - 7:45 | *Youth Dance Studio 1 4:30- 7:45 | *Youth Gymnastics Studio 1 5:30-8:00 | *Youth Dance Studio 1 4:30 - 7:45 | | |

LAND FITNESS (Participants encouraged to bring sweat towel and water to class)

PICKLEBALL from 12 - 2 pm MONDAYS, WEDNESDAYS, FRIDAYS IN THE GYM. \$5 FOR NON MEMBERS EACH VISIT.

BodyPump - challenges all major muscle groups with squats, presses, lifts, and curls, among others. Great strength training class for full body workout. This class activates your metabolism in each muscle group from head to toe, making you a calorie burning machine!

Active Together- This is the perfect class for the beginner, for the experienced exerciser and all fitness levels in between. This class will take your heart rate on a rollercoaster ride with 20 minutes of cardiovascular step routine, 20 minutes of strength training, balance work, and flexibility. Be prepared to sweat!

Line Dance (Beginner, Intermediate, Advanced) - low impact workout to keep you moving, improve balance and general fitness, and a perfect challenge to keep the mind sharp and alert. A popular class with our senior population and a great place to make friends.

Pilates Fusion- This class combines pilates and yoga to stretch your muscles while isometrically working them. This means your muscles will hold a contraction using mostly your body weight but there will be no movement. This trains your muscles in different ways and improves elasticity of muscle and joints and neuromuscular efficiency.

Low Impact Cardio and Toning- a great cardiovascular and muscular training class for adult and senior exercisers who are already active and looking to maintain and/or improve their activity level. And it's a lot of fun!

Stretch & Release- Enjoy a relaxing class to improve posture, flexibility, and range of motion. Great compliment for those enjoying our strength training classes.

Enhance Fitness - a proven community - based senior fitness and arthritis management program. It's purpose is to help older adults become more active, energized, and empowered for independent living. Anyone recovering from injury, joint replacement, physical therapy could benefit from this class

ZUMBA- Latin-inspired, dance-fitness program. It is our most popular AND most well-attended class.

Barre - The Pure Barre technique isn't just a ballet class. It's a total-body workout that utilizes a ballet barre to perform small isometric movements set to popular music. The barre serves as a prop, along with exercise balls, resistance bands and light hand weights. Moves include squeezing a ball between the inner thighs while standing on tiptoes, and tiny leg lifts with the back pressed against the wall and hands grasping the barre above.

Fit Happens! - Fit Happens is an early afternoon class that varies each week. This class time is perfect for people who get off work in the early afternoon. Classes will include Active Together, Barre, Pilates, Intro to Spin, Beginner Yoga, and Tabata Bootcamp all lead by Kathy Yorton. There will be no class on 1/15/2018.

CYCLING/SPINNING CLASSES (Participants encouraged to bring towel and water to class)

Tabata Cycling - Tabata Cycling training is one of the most popular forms of high-intensity interval training (HIIT). It consists of eight rounds of ultra-high-intensity exercises in a specific 20-seconds-on, 10-seconds-off interval. It may only take four to six minutes to complete a Tabata circuit, but those four to six minutes may well push your body to its absolute limit. Tabata burns a lot of calories and provides a killer full-body anaerobic and aerobic workout. Tabata training also improves athletic performance, improves glucose metabolism, and acts as an excellent catalyst for fat burning.

Spin - A spin workout great for burning calories and kicking your day off the right way. . Get your morning endorphins flowing with positive and upbeat music. The best way to start your day! Be prepared to sweat!

MIND-BODY FITNESS/YOGA (Mats provided but participants are encouraged to bring their own mat and bottle)

Beginner/Gentle Yoga- introduce the fundamentals of Yoga practice. Designed for those new to Yoga or those who prefer a gentle, non-competitive experience. Introduces basic poses and develops the breath work concepts. Adapted and modified for people who wish to relieve stress, relax, be revitalized and heal.

Yoga Fit - Yoga designed for athletes to heal and prevent injury. Increase mobility and balance stability. Overcome functional challenges with feet knees hips shoulder core and the ultimate ...say no to the ego and reveal your potential.

Tai Chi- gentle fluid movements help strengthen and focus the mind; supports relaxation and coordination.

Yoga Challenge- a challenging practice with many different types of Sun Salutations, as well as variations including the Dancing Warrior series and progressing through inversions, backbends, twists and forward folds as you work the entire body. Breath work will be strong component; this class is a Level 2/3 class.

Yoga Nidra- an amazing way to unwind and relax your mind after a stressful day. Relax as the instructor guides your mind into a relaxed state releasing all the tension and stress accumulating in your body. This class entails very little movement.

Maccherola, Elizabeth North, Juliana Pax, Dale Schrader, Jessica Suggs, Kim Tobat, Kathy Yorton, Holly Gilpin, Veronica Taylor, Kevin Warner, Sandi Whitehurst, Jen Burton, Gail Benjamin, Donna Towers, Jennifer Cristaudo, Steven Stubbs

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