



FOR YOUTH DEVELOPMENT®  
**FOR HEALTHY LIVING**  
 FOR SOCIAL RESPONSIBILITY

# BE HEALTHY. BE STRONG. BELONG.

## Cumberland Cape Atlantic YMCA Group Exercise Schedule - Winter 2019

Session Dates: January 2-February 23



| MONDAY                                 | TUESDAY                                  | WEDNESDAY  | THURSDAY                                 | FRIDAY                                  | SATURDAY                          |
|--|--|--|--|---|-----------------------------------|
| 5:45-6:30am<br>Group Cycling           | 5:45-6:30am<br>Group Cycling             | 5:45-6:30am<br>Group Cycling                       | 5:45-6:30am<br>Group Cycling             |   |                                   |
|  | 8:05-8:30am<br>Strolling to the Oldies   |  | 8:05-8:30am<br>Strolling to the Oldies   | 8:00-9:00 am<br>Keep it Moving for Life |                                   |
|  | 8:35-9:00am<br>Fit for Life              | 8:30-9:15 am<br>Chair Yoga                         | 8:35-9:00am<br>Fit for Life              |   |                                   |
| 9:15-10:15am<br>Cardio & Strength*     | 9:00-10:00am<br>Strength Train Together* | 9:15-10:15am<br>Cardio & Strength*                 | 9:00-10:00am<br>Strength Train Together* | 9:15-10:15am<br>Cardio & Strength       | 9:00-10:15am<br>Vinyasa Flow Yoga |
|  | 9:15-10:15am<br>Zumba                    |  | 9:15-10:15am<br>Zumba                    |   |                                   |
| 10:30am-11:30am<br>Zumba Gold          | 10:05-11:00am<br>Gentle Yoga             |  | 10:05-11:00am<br>Pilates Fusion          |   | 10:30-11:30am<br>Zumba            |
| 4:00-5:00pm<br>20-20-20                | 4:00-4:45pm<br>Spin                      | 4:00-5:00pm<br>20-20-20                            | 4:00-4:45pm<br>Spin                      |   |                                   |
| 4:30-5:30pm<br>Yoga                    | 5:45-6:30pm<br>Group Cycling             | 5:00-5:30pm<br>SHRED Sanity<br><b>*NEW*</b>        | 5:45-6:30pm<br>Group Cycling             |   |                                   |
| 5:00-5:45pm<br>Power Up*               | 6:00-7:00pm<br>Kickboxing                | 5:30-6:00pm<br>Ab & Booty Bootcamp<br><b>*NEW*</b> | 6:00-7:00pm<br>Kickboxing                |   |                                   |
| 6:00-7:00pm<br>Strength Train Together | 6:45-7:30pm<br>Group Cycling             | 6:00-7:00pm<br>Strength Train Together             | 6:45-7:30pm<br>Group Cycling             |   |                                   |
| 7:00-8:00pm<br>Boot Camp               | 7:00-8:00<br>Strong By Zumba             | 7:15-8:15pm<br>Vinyasa Flow Yoga                   | 7:00-8:00<br>Strong By Zumba             |   |                                   |
| 7:15-8:15pm<br>Zumba                   | 7:05-8:05pm<br>Y Muscle Max              |  | 7:05-8:05pm<br>Y Muscle Max              |   |                                   |

## CLASS DESCRIPTIONS

|  |  |   |
|--|--|---|
| <b>Cardio &amp; Strength Training:</b> | Cardio, strength, and interval training are the focus of this class.   | <b>Riggins Room</b>                                     |
| <b>20-20-20:</b>                       | Total body workout with cardio and strength training to tone and define your entire body! 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of core work and stretching.   | <b>Riggins Room</b>                                     |
| <b>Y Muscle Max:</b>                   | This class will increase your muscle strength and endurance using a variety of resistance equipment and body weight.   | <b>Riggins Room</b>                                     |
| <b>Pilates Fusion:</b>                 | A combination of Pilates, Yoga, and other exercises. This class will work your whole body using mat work and resistance bands, while focusing on strengthening your core.  | <b>Davis Room</b>                                       |
| <b>Zumba Gold:</b>                     | Zumba class for beginners and Active Older Adults who are looking for a modified Zumba Class that recreated the original moves you love at a lower intensity.  | <b>Riggins Room</b>                                     |
| <b>Zumba:</b>                          | A dance and cardio class that leaves you feeling good and sweaty!  | <b>Riggins Room/MPC (Tues/Thurs)</b>                    |
| <b>Kickboxing:</b>                     | Kick, punch, and move your way to a great body with this traditional kickboxing class!   | <b>Davis Room</b>                                       |
| <b>Strong by Zumba:</b>                | A high intensity, full body workout that combines body weight, resistance style, muscle conditioning, cardio and plyometric training movements synced to customized music to give you a challenging yet safe way to increase your fitness level like no other fitness program ever.  | <b>Davis Room</b>                                       |
| <b>Group Cycling:</b>                  | Stationary bike training designed to improve cycling power, endurance, and efficiency. A great workout!  | <b>Rotary Room</b>                                      |
| <b>Vinyasa Flow Yoga:</b>              | Relax, rejuvenate, and refocus through Yoga. Work on your breathing, flexibility, and all over well-being in this class.   | <b>Davis Room</b>                                       |
| <b>Gentle Yoga:</b>                    | Yoga at your own pace! Relax with this soothing and gentle workout!  | <b>Davis Room</b>                                       |
| <b>Boot Camp:</b>                      | Participants will be challenged both individually and through team or partner drills with a variety of cardio, strength training, and core exercises and some basic equipment, such as jump ropes, weights, steppers, resistance bands, etc. in a high intensity circuit.  | <b>Davis Room</b>                                       |
| <b>Strength Train Together:</b>        | Blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best.  | <b>Riggins Room</b>                                     |
| <b>Power Up! (Youth Class):</b>        | For youth ages 11-14 years old. Class will focus on movement, strength, agility, and stretching through games and activities. Class will meet in the Riggins Room but also utilize the Health & Adventure Center.  | <b>Riggins Room &amp; Health &amp; Adventure Center</b> |
| <b>Strolling to the Oldies</b>         | Meet us in the Milam Multipurpose Center for a 25 minute Stroll while listening to the Oldies. This program will help participants develop a walking plan that meets their particular needs, stay motivated, and exercise safely. The only prerequisite for this class is to be willing to have a good time and smile! All mobility levels are welcome.  | <b>Multipurpose Center</b>                              |
| <b>Fit For life</b>                    | Are you looking for a low impact total-body workout that is appropriate for all fitness levels? Then Fit for Life is the class for you. This class is designed to increase flexibility, joint stability, balance, coordination, agility, and muscular strength. You will use a chair, balls, light weights, and resistant bands while listening to the oldies but goodies music. Come out and join us! | <b>Multipurpose Center</b>                              |
| <b>Chair Yoga</b>                      | This class is a gentle form of yoga designed for those who have difficulty getting up and down off the floor. With the help of a chair anyone can practice yoga with the same benefits of increased circulation, balance, flexibility, mobility, and strength. Chair Yoga is recommended for those with arthritis, osteoporosis, and others with limited mobility.                                     | <b>Davis Room</b>                                       |
| <b>Keep It Moving for Life</b>         | Low impact class that is designed to increase flexibility, muscular strength, balance and improve cardio vascular health. The class utilizes chairs, bands, balls, and light weights.  | <b>Multipurpose Center</b>                              |
| <b>SHREDSanity</b>                     | This 30 minute class is designed to boost your cardio health to the max! In just 30 minutes, you will burn calories and shred fat through a burst of cardio intensive moves designed to increase metabolic demand and increase energy usage. Taught by our Healthy Living Director Jose!   | <b>Riggins Room</b>                                     |
| <b>Ab &amp; Booty Bootcamp</b>         | With a focus on core strength this 30 minute class will sculpt and tone your abs, legs, and glutes through a variety of exercises and variations using resistance bands, stability balls, light weights, and more. BYOM (bring your own mat!)  | <b>Riggins Room</b>                                     |

**Winter 2019 session runs January 2 through February 23 (8 week session, unless otherwise noted)**

**ALL Group Exercise classes are included in a Facility Membership**

Ages 15 and up are welcome to participate in any of our group exercise class. Note: classes may be cancelled due to low participation. It is important to register and regularly attend classes. If you are not able to continue in a class, please contact the Instructor or Lannie Winston at 856-691-0030 ext. 114 to be removed from the class.

Group Cycling participants - space is limited, please arrive on time to class. Those who are more than seven (7) minutes late may lose their bike to a member on the waitlist that day.

"BYOM" - bring your own mat! We recommend that you bring your own mat from home for applicable classes. The Y has a limited number to borrow. Mats can be purchased with the Member Service Desk.

\*Power Up is a youth group exercise class, recommended for those ages 11-15 years old

### **Fees:**

**Facility Members:**  
FREE

**Program Members:**

1 day - \$54.00

2 days - \$73.00

3 days - \$84.00