

W. WASHINGTON GROUP EXERCISE

FREE DROP-IN CLASSES FOR MEMBERS AGES 14 AND UP SPACE IS LIMITED: FIRST COME, FIRST SERVED BASIS

The Y reserves the right to add or cancel classes based on member need and participation.

FINAL - WINTER 1 SESSION 2012

THIS IS THE FINAL VERSION OF THE SESSION. IF YOU HAVE A DRAFT OF CURRENT VERSION OF THE WINTER 1 SCHEDULE PLEASE RECYCLE IT AND CHECK OUR WEBSITE OR ON THE WALLS FOR THE FINAL SCHEDULE.



AQUATIC EXERCISE

DAYS OFFERED: M, W, F

Shallow water calisthenics and aerobic exercise make this class a total body workout.

BOOTCAMP

DAYS OFFERED: M

Incorporating strength drills, cardiovascular intervals, calisthenics, and other techniques.

CORE CONDITIONING

DAYS OFFERED: T, TH, F

A strength workout focusing on the chest, back and abdominal muscles.

CYCLING - LEVEL 1

DAYS OFFERED: T, TH

30-minute cycling class that will teach you the basics of cycling at a beginner level.

CYCLING - LEVEL 2

DAYS OFFERED: M, T, W, TH, F, SA

Group indoor cycling program where you will learn different riding techniques.

EXTREME CORE CONDITIONING

DAYS OFFERED: TH

Challenge your core muscles through extreme exercises.

HYDRO-TONE

DAYS OFFERED: T, TH

A water class geared for those who want to improve balance, stretching and flexibility.

JOINT EFFORT

DAYS OFFERED: M, W, F

Enjoy a shallow water workout for individuals with arthritis, joint and muscular concerns.

KETTLEBELL TRAINING

DAYS OFFERED: T, W

Kettlebell training is a specific type of strength training using kettlebell weights.

KICKBOXING AEROBICS

DAYS OFFERED: SA

Aerobics using martial arts, self defense techniques and hand targets for drill work.

KNOCK OUT CARDIO

DAYS OFFERED: F

A high energy workout with punching, blocking and footwork from boxing using punching bags and focus mitts.

MASTER SWIM

DAYS OFFERED: F

This coach-led class provides workouts for any person who is dedicated to improving their fitness through swimming.

PILATES - LEVEL 1 & 2

DAYS OFFERED: T

This class introduces the foundations of Pilates emphasizing breath and core stability.

PIYO*

DAYS OFFERED: W, F, SU

This program blends Pilates and Yoga for an awesome strength and cardio workout to increase strength, core stability, and agility.

STEP AEROBICS

DAYS OFFERED: T, F

This fitness program uses a step platform for a low impact, cardiovascular workout.

STEP EXPRESS

DAYS OFFERED: M, W

Join us for a low impact cardio class using a step platform.

STRENGTH TRAINING

DAYS OFFERED: M, T, W, TH, SA

Using dumbbells, tubes, bands and more this class will focus on tightening and toning all the major muscle groups.

STRENGTH EXPRESS

DAYS OFFERED: M, W

A 30-minute class using dumbbells, tubes, bands and more this class will focus on tightening and toning all the major muscles.

TABATA

DAYS OFFERED: M, W, TH

This short, but sweet, workout will include high-intensity intervals along with short rests.

YOGA - LEVEL 1

DAYS OFFERED: T

Reconnect with your spirit, mind and body - focus on mindful breathing, relaxation, stretching, and gentle yoga postures, which will leave you feeling refreshed and rejuvenated.

YOGA - LEVEL 2

DAYS OFFERED: M, T, W, TH

Explore mindful breathing, relaxation, yoga, and tai chi postures. We recommend participants bring their own yoga mat.

YOGA - LEVEL 3

DAYS OFFERED: T, TH

Yoga based poses progressing gradually to new and challenging levels. We recommend participants bring their own yoga mat.

WATER SALSA

DAYS OFFERED: T

A water-based workout that integrates the salsa dancing formula and philosophy into traditional aqua fitness disciplines.

WATER JOG

DAYS OFFERED: M, T, W, TH, F

Experience a deep and shallow water workout designed to improve cardiovascular ability, muscular endurance and strength.

ZUMBA®

DAYS OFFERED: M, T, W, TH, F, SA, SU

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.

ZUMBA® TONING®

DAYS OFFERED: T, F

Zumba® Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party.

NEW ! TRIATHLON TRAINING

DAYS OFFERED: F

If you are looking to train for your first triathlon or your hundredth, this class could be for you! It combines the training of group cycling, running, and swimming. Every class will begin in the Kate Hafeman Cycling Studio.

WEST WASHINGTON GROUP EXERCISE SCHEDULE

FINAL WINTER 1 - JANUARY 2 THROUGH FEBRUARY 26, 2012

PROGRAMS ARE HELD IN VARIOUS ROOMS: (L) LOWER STUDIO, (U) UPPER STUDIO,
(K) KATE HAFEMAN CYCLING STUDIO, (T) TRACK GYM, (P) POOL, (M2) MULTI-PURPOSE ROOM #2

MONDAY AM

5:15 - 6:00 Yoga - Level 2 (U)
5:30 - 6:15 Cycling - Level 2 (K)
7:15 - 8:15 Aquatic Exercise (P)
8:00 - 8:30 Tabata (L)
8:45 - 9:45 Strength Training (L)
9:55 - 10:55 Zumba® (L)
11:00 - 12:00 Joint-Effort (P)

MONDAY PM

12:10 - 12:55 Cycling - Level 2 (K)
12:10 - 1:10 Zumba® (L)
1:20 - 2:20 Half Century (L)
2:30 - 3:15 Half Century Water Exercise (P)
4:30 - 5:00 Step Express (L)
5:05 - 5:35 Strength Express (L)
5:35 - 6:35 Zumba® (T)
6:00 - 7:00 Water Jog (P)
6:30 - 7:15 Cycling - Level 2 (K)
6:40 - 7:40 Strength Training (L)
6:45 - 7:45 Bootcamp (U)

TUESDAY AM

5:15 - 6:00 Strength Training (L)
8:30 - 9:15 Pilates - Level 1 & 2 (U)
8:45 - 9:30 Cycling - Level 2 (K)
9:00 - 10:00 Water Jog (P)
9:20 - 10:20 Zumba® Toning (L)
9:35 - 10:05 Cycling - Level 1 (K)
10:00 - 10:45 Yoga - Level 1 & 2 (U)
10:05 - 10:35 Water Salsa (P)
10:30 - 11:15 Step Aerobics (L)
10:40 - 11:45 Hydro-Tone (P)

TUESDAY PM

12:10 - 12:55 Core Conditioning (L)
4:40 - 5:25 Strength Training (L)
5:30 - 6:15 Cycling - Level 2 (K)
5:30 - 6:30 Step Aerobics (L)
6:15 - 6:45 Kettlebell Training (U)
6:30 - 7:00 Cycling - Level 1 (K)
6:35 - 7:35 Zumba® (L)
6:50 - 7:50 Yoga - Level 2 & 3 (U)

WEDNESDAY AM

5:15 - 5:45 Kettlebell Training (U)
5:50 - 6:35 Yoga - Level 2 (U)
7:15 - 8:15 Aquatic Exercise (P)
8:00 - 8:30 Tabata (L)
8:45 - 9:45 Strength Training (L)
8:45 - 9:45 PiYo™ (U)
9:50 - 10:50 Zumba® (L)
11:00 - 12:00 Joint-Effort (P)

WEDNESDAY PM

12:10 - 12:55 Cycling - Level 2 (K)
1:20 - 2:20 Half Century (L)
2:30 - 3:15 Half Century Water Exercise (P)
4:30 - 5:00 Step Express (L)
5:05 - 5:35 Strength Express (L)
5:50 - 6:50 Strength Training (L)
5:50 - 6:50 PiYo™ (M2)
6:00 - 6:45 Cycling - Level 2 (K)
6:00 - 7:00 Water Jog (P)
6:50 - 7:50 Zumba® (T)

THURSDAY AM

5:10 - 5:55 Cycling - Level 2 (K)
6:00 - 6:30 Strength Training (L)
8:30 - 9:15 Cycling - Level 2 (K)
9:00 - 9:55 Yoga - Level 3 (U)
9:00 - 10:00 Water Jog (P)
9:30 - 10:30 Zumba® (L)
9:30 - 10:00 Cycling - Level 1 (K)
10:00 - 10:45 Yoga - Level 2 (U)
10:40 - 11:25 Hydro-Tone (P)

THURSDAY PM

12:10 - 12:55 Core Conditioning (L)
4:50 - 5:20 Tabata (L)
5:30 - 6:15 Cycling - Level 2 (K)
5:30 - 6:30 Zumba® (L)
6:30 - 7:00 Cycling - Level 1 (K)
6:30 - 7:15 Yoga - Level 2 (U)
6:35 - 7:20 Extreme Core Conditioning (L)

FRIDAY AM

5:30 - 6:15 Cycling - Level 2 (K)
7:15 - 8:15 Aquatic Exercise (P)
8:00 - 9:30 Triathlon Training**
8:45 - 9:30 Core Conditioning (L)
9:00 - 10:00 Water Jog (P)
9:35 - 10:20 Knock Out Cardio (U)
9:35 - 10:20 Step Aerobics (L)
10:25 - 11:25 Zumba® (L)
11:00 - 12:00 Joint-Effort (P)

FRIDAY PM

1:20 - 2:20 Half Century (L)
2:30 - 3:15 Half Century Water Exercise (P)
4:55 - 5:55 Master Swim (P) NEW TIME!
5:30 - 6:30 PiYo™ (U)
6:00 - 7:00 Zumba® Toning(L)

SATURDAY AM

6:30 - 7:15 Cycling - Level 2 (K) NEW TIME!
7:15 - 8:00 Strength Training (L)
7:50 - 8:50 Zumba® (T)
9:00 - 10:00 Kickboxing Aerobics (L)

SUNDAY

10:55 - 11:55 PiYo™ (U)
12:00 - 1:30 Zumba® (L)

GROUP EXERCISE RATES:

All classes are FREE for members!

Community Participants may purchase a day pass to attend classes. Guests 18 and older must present a photo ID card. Youth \$7 Adult \$10 Senior \$9 Family \$15

RIVER SHORES GROUP EXERCISE

FREE DROP-IN CLASSES FOR MEMBERS AGES 18 AND UP SPACE IS LIMITED: FIRST COME, FIRST SERVED BASIS

The Y reserves the right to add or cancel classes based on member need and participation.

FINAL – WINTER 1 SESSION 2012

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CARDIO

Classes that work the heart and lungs



FLEXIBILITY

Classes that increase range of motion and lengthen muscle tissue



MIND/BODY

Classes that focus on the connection between mind and body



SCULPT/TONE

Classes that develop muscles and strengthen bones



WATER CLASSES

Classes that are held in the pool



BEGINNER

Classes that are developed for the beginner exerciser

A.B.S.

DAYS OFFERED: T, W

15 minutes of Abdominals, Back and Stretching to finish out your workout.

BOOTCAMP

DAYS OFFERED: TH

Incorporating strength drills, cardiovascular intervals, calisthenics, and other techniques.

CARDIO TRAINING

DAYS OFFERED: M, W, F

Join us for a variety of cardio fun. Each class will offer a different format.

CHAIR STRENGTH TRAINING

DAYS OFFERED: T

Beginners will learn a variety of muscle strengthening moves to tone the body while using a chair.

KICKBOXING AEROBICS

DAYS OFFERED: TU

Aerobics using martial arts, self defense techniques and hand targets for drill work.

PILATES – LEVEL 1

DAYS OFFERED: M, T, W, TH

This class introduces the foundations of Pilates emphasizing breath and core stability.

PILATES – LEVEL 2

DAYS OFFERED: W, TH

This class introduces participants to the intermediate series. Modifications provided as needed.

PILATES – LEVEL 3

DAYS OFFERED: M, T

This class emphasizes tempo, precision, increased range of motion, and balance challenges.

STEP AEROBICS – LEVEL 1

DAYS OFFERED: TH

Join us for a low impact cardio class using a step platform.

STRENGTH TRAINING – LEVEL 1

DAYS OFFERED: M, T, W, TH, F

Using dumbbells, tubes, bands and more this class will focus on tightening and toning all the major muscle groups.

TAI CHI

DAYS OFFERED: W

Enhance your health, increase internal energy awareness, and reduce stress by learning Tai Chi Yang Short form and other flowing forms.

YOGA – LEVEL 1

DAYS OFFERED: M, T, W, TH

Reconnect with your spirit, mind and body –focus on mindful breathing, relaxation, stretching, and gentle yoga postures which will leave you feeling refreshed and rejuvenated.

ZUMBA®

DAYS OFFERED: M, T, W, TH

This class will introduce the basic dance moves of Zumba® through a low-intensity workout.

Y ACTIVE

This health and well-being journey will allow you to experience growth to become a better you! Whether you need motivation to workout, encouragement to change your eating habits, or help becoming part of a community, the Y wants to be there for you and provide the support to make a change! Through this journey you will begin to overcome barriers holding you back and begin to create a stronger foundation for your spirit, mind and body.

RIVER SHORES GROUP EXERCISE SCHEDULE

**FINAL WINTER 1 -
JANUARY 2 THROUGH FEBRUARY 26, 2012**

**PROGRAMS ARE HELD IN VARIOUS ROOMS:
(SMB) SPIRIT, MIND, BODY STUDIO, (WS) WELLNESS STUDIO**

MONDAY AM

8:45 - 9:15	Cardio Training - Level 1 (WS)
8:45 - 9:30	Pilates - Level 1 (SMB)
9:20 - 9:50	Strength Training - Level 1 (WS)
9:55 - 10:40	Yoga - Level 1 (SMB)

MONDAY PM

4:30 - 5:00	Yoga - Level 1 (SMB) NEW LOCATION!
5:15 - 5:45	Zumba® (WS)
5:50 - 6:20	Strength Training - Level 1 (WS)
6:00 - 6:45	Pilates - Level 3 (SMB)
6:30 - 7:15	Yoga - Level 1 & 2 (WS)
7:00 - 7:45	Pilates - Level 1 (SMB)

TUESDAY AM

9:00 - 9:45	Chair Strength Training & A.B.S. (WS)
10:00 - 10:30	Zumba® (WS)
10:35 - 11:05	Strength Training - Level 1 (WS)

TUESDAY PM

5:00 - 5:30	Zumba® (WS)
5:35 - 6:05	Strength Training - Level 1 (WS)
6:00 - 6:45	Pilates - Level 3 (SMB)
6:30 - 7:00	Kickboxing Aerobics (WS)
7:05 - 7:50	Yoga - Level 1 (WS)

WEDNESDAY AM

7:30 - 8:15	Yoga - Level 1 (SMB)
8:20 - 9:05	Pilates - Level 1 & 2 (WS)
9:15 - 10:00	Cardio Training & A.B.S. (WS)
10:05 - 10:35	Tai Chi (WS)

WEDNESDAY PM

5:00 - 5:30	Yoga - Level 1 (SMB) NEW LOCATION!
6:00 - 6:30	Zumba® (WS)
6:35 - 7:05	Strength Training - Level 1 (WS)

THURSDAY AM

8:30 - 9:00	Step Aerobics (WS)
9:05 - 9:35	Strength Training - Level 1 (WS)
9:35 - 10:20	Pilates - Level 1 & 2 (SMB)
10:45 - 11:15	Zumba® (WS)

THURSDAY PM

4:30 - 5:15	Yoga - Level 1 (WS)
5:20 - 5:50	Zumba® (WS)
5:55 - 6:25	Strength Training - Level 1 (WS)
6:30 - 7:00	Boot Camp (WS)
6:35 - 7:05	Yoga - Level 1 (SMB)
7:10 - 7:40	Zumba® (WS)

FRIDAY AM

9:00 - 9:30	Cardio Training (WS)
9:35 - 10:05	Strength Training (WS)

GROUP EXERCISE RATES:

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Youth \$7 Adult \$10 Senior \$9 Family \$15

FINAL
JANUARY 13, 2012 1:10 PM