



**WINTER GROUP EXERCISE SCHEDULE: as of February 8th, 2010**

Schedule is Also Available at: [www.midymca.org](http://www.midymca.org)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:20-7:20am Rise & Ride* Sherri	5:30-6:30 Early Ride* Yvonne	6:20-7:20am Rise & Ride* Yvonne	6:30 – 7:15am Cardio Core Lana	
		8:30-9:15 Circuit Training RTBF Room	6:30 – 7:15am Yogalates Lana	9:00-9:45am Circuit Training RTBF Room		
				9:25-9:45 Pilates Basics** <b>NEW!</b>		
	9:15-10:15am 20/20/20 Kristin	9:30-10:15am Zumba Lana	9:15-10:15am Step & Sculpt Irene	9:45-10:15 Hard Core Pilates – Mary ★	9:15-9:45am Sculpt Mary	8:30-9:30am Body Sculpt Kerin
		10:15-11:00am Pilates - Mary	10:15- 10:45am Bellyfit- Lana	10:15-11:00am Yoga – Lana	9:45-10:45am Zumba Marie	
		11:00-11:30  Yoga Stretch – Mary	10:45-11:15 Tai Chi - Lana <b>New!</b>	11:00-11:30  Yoga Stretch –Lana		
1:30- 3:00 Sunday Ride* Wendy	Noon-12:45pm  Kristin	<b>12:00-1:00PM</b> Complete Cycling* Kristin <b>1:00-1:20</b> 20 minutes of Zen	Noon-12:45pm  Lana	<b>12:00-1:00PM</b> Complete Cycling* Kristin <b>1:00-1:20</b> 20 minutes of Zen	12:00-12:45pm  Lana	9:45-10:45am Saturday Cycling Kerin*
	4:00-5:00pm Gearing Up* Kristin/Wendy	4:30-5:30pm Intro to Studio Cycling** Lana	4:00-5:30pm Century Ride*	5:40-6:20pm 30 +10 Sculpt Jamyne	4:00-5:00pm Complete Cycling* Wendy	
	5:00-5:30pm Intro To Pilates Wendy**	5:15-5:45pm 30 Minute Sculpt Sherri	5:30-6:30pm Pilates Mary	6:15- 7:15pm Rev It Up* Missy <b>NEW TIME!</b>		
	5:30-6:30pm Yoga Wendy	5:45-6:30pm Cardio Kick Sherri	6:15-7:15pm *Complete Cycling – Katie	6:30-7:30pm 20/20/20 Stephanie	5:30-6:30pm Yoga Brigitta	
	6:15 -7:15pm *Complete Cycling - Robin	6:35-7:20pm Super Step - Becky	6:30-7:15pm ZUMBA Marie			
	6:35- 7:35pm Step & Sculpt Sherri	7:30-9:30pm Adult Judo	7:15-8:00pm Body Sculpt Marie	7:30-9:30pm Adult Judo		

\* Denotes classes held in the Cycling Studio

(Class descriptions on reverse side)

\*\* Denotes beginner level classes      ★ Denotes advanced classes

## **Schedule is Also Available at: [www.midymca.org](http://www.midymca.org)**

Beginners, advanced exercisers, men and women of all shapes, sizes and fitness levels are encouraged to join us. Our instructors will demonstrate techniques that utilize varying degrees of difficulty.

**CARDIO KICK-** Kickboxing moves for a body sculpting cardio workout. A great way to add cardio and tone up

**BELLYFIT-** a 30 minute Belly Dancing based workout.

**CARDIO CORE-** Combines dance aerobics with Core training

**STEP** – Using a 4, 6, or 8-inch bench, you will combine foot patterns with various arm movements. Your workout will be challenging regardless of your individual fitness level.

**STEP & SCULPT-** A great workout for both cardiovascular conditioning and muscular conditioning. Combines step workout with intervals of targeted resistance exercise.

**SUPER STEP** - A 45 minute class of choreographed step aerobics

**ZUMBA** – An aerobic class that combines the moves of Latin dance with a fun filled, fast paced cardio workout

**SILVER SNEAKERS-** SilverSneakers® Muscular Strength & Range of Movement

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**SILVER SNEAKERS YOGA STRETCH-** SilverSneakers® -YogaStretch 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 movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

**20/20/20** – 20 minutes of cardiovascular exercise, 20 minutes of strength training, 20 minutes of Yoga or flexibility exercises.

**PILATES** - A series of controlled movements design to provide improved flexibility strength, for overall conditioning as well as mental relaxation

**INTRO TO PILATES** – A beginner level Pilates class.

**PILATE BASICS** - A class for those brand new to Pilates.

**TOTAL HARD CORE** – A Intense Pilates and strengthening class focusing on abdominals and core muscles

**BODY SCULPT** – A toning class, using light weights, and resistance movements for overall muscle conditioning and body shaping

**YOGALATES** – A combination of Yoga and Pilates for overall strength, flexibility, and relaxation

**YOGA** – A blend Yoga for strength, flexibility and relaxation

**20 minutes of Zen** – A 20 minute yoga class geared towards endurance athletes

**TAI CHI** - Achieve stress reduction and improve your balance and flexibility through gentle movements.

**Circuit Training-** A 45 minute interval class held in our Ready to Be Fit Room, combining strength training and a cardiovascular workout.

**GROUP CYCLING** – Indoor stationary cycling at its best. Your instructor will lead you on a journey performed to music.

Cycling Class Descriptions:

INTRO TO STUDIO CYCLING – designed for the beginner

RISE AND RIDE – Is an early morning cycling class, designed to give the complete cycling experience

COMPLETE CYCLING- Is a varied workout and includes all aspects of group cycling

THE CENTURY RIDE- Combines varied speeds and rolling hills

GEARING UP- Focuses on climbing; great for the heart, lungs and the legs

REV IT UP- Is a fast paced intense class.

**All fitness levels are encouraged to participate. If you are new to group cycling, please try to get to class a few minutes early and make the instructor aware that you are a novice.**

Please wear comfortable clothes and stiff soled athletic shoes or cycling shoes, and don't forget your water bottle!