






SPRING GROUP EXERCISE SCHEDULE: as of June 21, 2010

Schedule is Also Available at: www.midymca.org

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|--|--|---|---|--|
| | | 6:20-7:20am Rise & Ride* <i>Sherri</i> | 5:30-6:30 Early Ride* <i>Yvonne</i> | 6:20-7:20am Rise & Ride* <i>Yvonne</i> | 6:30 – 7:30am 20/20/20 <i>Lana</i> | |
| | | 8:30-9:15 Circuit Training RTBF Room | 6:30 – 7:15am Yogalates <i>Lana</i> | 9:00-9:45am Circuit Training RTBF Room | | |
| | | | | 9:25-9:45 Pilates Basics** NEW! | | |
| | 9:15-10:15am 20/20/20 <i>Kristin</i> | 9:30-10:15am Zumba <i>Lana</i> | 9:15-10:15am Step & Sculpt <i>Irene</i> | 9:45-10:15 Hard Core Pilates – <i>Mary</i> ★ | 9:15-9:45am Sculpt <i>Mary</i> | 8:30-9:30am Body Sculpt <i>Kerin</i> |
| | | 10:15-11:00am Pilates - <i>Mary</i> | 10:15- 10:45am Bellyfit- <i>Lana</i> | 10:15-11:00am Yoga – <i>Lana</i> | 9:45-10:45am Zumba <i>Marie</i> | |
| | | 11:00-11:30  Yoga Stretch – <i>Mary</i> | 10:45-11:15 Tai Chi - <i>Lana</i> New! | 11:00-11:30  Yoga Stretch – <i>Lana</i> | | |
| | Noon-12:45pm  <i>Kristin</i> | 12:00-1:00PM Complete Cycling* <i>Kristin</i> 1:00-1:20 20 minutes of Zen | Noon-12:45pm  <i>Lana</i> | 12:00-1:00PM Complete Cycling* <i>Kristin</i> 1:00-1:20 20 minutes of Zen | 12:00-12:45pm  <i>Lana</i> | 9:45-10:45am Saturday Cycling <i>Kerin</i> * |
| | 4:00-5:00pm Complete Cycling* <i>Kristin/Wendy</i> | 4:30-5:30pm Intro to Studio Cycling** <i>Lana</i> | 4:00-5:00pm Complete Cycling* <i>Doug</i> (60 minutes) | 5:40-6:20pm 30 +10 Sculpt <i>Jamye</i> | 4:15-5:15pm Complete Cycling* <i>Joe</i> NEW TIME! | |
| | 5:00-5:30pm Intro To Pilates <i>Wendy</i> ** | 5:15-5:45pm 30 Minute Sculpt <i>Sherri</i> | 5:30-6:30pm Pilates <i>Mary</i> | 6:15- 7:15pm Rev It Up* <i>Missy</i> NEW TIME! | | |
| | 5:30-6:30pm Yoga <i>Wendy</i> | 5:45-6:30pm Cardio Kick <i>Sherri</i> | 6:15-7:15pm *Complete Cycling – <i>Sherri</i> | 6:30-7:30pm 20/20/20 <i>Stephanie</i> | 5:30-6:30pm Yoga <i>Brigitta</i> | |
| | 6:15 -7:15pm *Complete Cycling - <i>Robin</i> | 6:35-7:20pm Super Step - <i>Becky</i> | 6:30-7:15pm ZUMBA <i>Marie</i> | | | |
| | 6:35- 7:35pm Step & Sculpt <i>Sherri</i> | 7:30-9:30pm Adult Judo | 7:15-8:00pm Body Sculpt <i>Marie</i> | 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

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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!