

HARRY & JEANETTE WEINBERG FAMILY CENTER Y

HEALTH & WELL-BEING

Spring II: 6/23/14 - 8/17/14

(7 week session with 8th week reserved for make-ups, if needed)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45-6:30am Cycle - CS	5:45-6:45am BodyPump - S	5:45-6:30am Cycle - CS	5:45-6:45am BodyPump - S	5:45-6:30am Cycle - CS	7:00-7:45am Cycle- CS
	6:30-7:30am Tai Chi -S	5:45-6:45am Bootcamp - G	6:30-7:30am Tai Chi -S	5:45-6:45am Bootcamp - G	6:30-7:30am Tai Chi -S	8:00-8:45 Cycle - CS
		8:15-9:00am SilverSneakers Classic -S		8:15-9:00am SilverSneakers Classic -S		9:00-9:45am Boot Camp - G
9:30-10:15am Cycle - CS	9:00-9:45am SilverSneakers Classic -S	9:15-9:45am SilverSneakers Classic -S		9:15-9:45am SilverSneakers Classic -S	9:00-9:45am SilverSneakers Circuit -S	9:00-10:10am Yoga lvl 2 -S
10:00-11:00am Tai Chi—MP	10:00-10:45am Core Conditioning -S	10:00-11:00am Step & Strong -S	10:00-10:45am Core Conditioning - S	10am-11am Urban Line Dancing - S	10:00-11:00am BodyPump - S	10:00-11:00am Zumba -S
10:30-11:30am BodyPump - S		11:00am-12:00pm Bootcamp - G	11:00am-12:00pm Step & Strong -S	11:00am-12:00pm Step & Strong -S	11:15-11:45am CXWorks -S	10:00 - 11:00am Meditation - MP
11:45am-12:15pm Core Conditioning - S	12:00-1:00pm Urban Line Dancing - S	12:00-1:00pm Yoga lvl 1 - S		12:00-1:00pm Yoga lvl 1 - S		
		5:30-6pm Core Conditioning - S	5:30-6:15pm Yoga lvl 3 - S	5:30-6pm Core Conditioning - S	5:30-6:15p m Yoga lvl 4 -S	
	6:00-6:45pm Core Conditioning - S	6:00-7:00pm Small Group Personal Training* - MP	6:15-7:00 pm Step & Strong - S	6:15-7:00pm Zumba - S	6:30-7:15pm Body Scuplt - S	CS = Cycle Studio G= Gymnasium MP = Multi-Purpose room S= Studio
	7:15-8:00pm Cycle - CS	6:15-7:00pm Zumba - S	7:15-8:00pm Cycle - CS	7:00-8:00pm Bootcamp - G		
	8:00-9:00pm BodyPump - S	7:00-8:00pm Bootcamp - G				

Health & well-being Program Fees

MEMBER ONLY—FREE CLASSES

Class Name	Prg. No.	Class Name
02178 BodyPump	02182	Core Conditioning
02176 Body Sculpt	02244	Meditation
02152 Boot Camp	02135	Tai Chi
02375 Silver Sneakers Cardio Circuit	02161	Step & Strong
02182 Core Conditioning	02187	Urban Line Dancing
02167 Cycle	02231	Yoga
02158 CXWorX	02371	Silver Sneakers Classic
02370 Senior Core Conditioning	02189	Zumba

Fee Based Open Programs*

Prg. No.	Class Name	Member Rate	Youth Rate	Open Rate
	Small Group PT (7 weeks)	\$70	n/a	\$140
	Small Group PT (per class)	\$20		\$40

Free programs are reserved for members only. If you would like to participate in these programs, please inquire about our membership options.

Register online at ymaryland.org

HARRY & JEANETTE WEINBERG FAMILY CENTER Y

HEALTH & WELL-BEING

Summer: 6/23/14 - 8/17/14

(7 week session with 8th week reserved for make-ups, if needed)

Health & Well-being Descriptions

FitLinxx®

One Free session to learn the use of Fitlinxx system and orientation of equipment. Fitlinxx is a computerized training partner that remembers the user's personal settings, weights, reps and sets. The digital system coaches user's on proper speed and range of motion. It will record your workout and keep track of your progress.

Personal Training

Training sessions are led by a Certified Personal Trainer who will develop a fitness routine tailored to help you reach your specific needs. Training will include one-on-one sessions with trainer incorporating the use of cardio machines, strength machines, free weights and stretching techniques.

Health & Well-being Classes

BODY PUMP™

is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – fast!

Body Sculpt

A conditioning class that sculpts your muscles and increases muscular strength and muscular endurance. Classes may use dumbbells, bands, body bars, stability balls, or other tools to sculpt your muscles.

Bootcamp

This is a results based program where we motivate, coach, encourage and educate Women and Men of every shape, size and fitness level through a non-intimidating, yet intense fitness program that will change your mind and body forever. In this program you will experience weight training, calisthenics, circuit training, obstacle course, core training, running and much more.

Cardio Kickboxing

High intensity cardiovascular workout that combines martial arts, boxing, and aerobics.

Core Conditioning

An abdominal workout using body weight, stability balls, bands or other tools to strengthen the abs, low back, and hip areas – your "core" muscles.

CXWORX

Looking for a short, sharp workout that'll inspire you to the next level of fitness, while strengthening and toning your body? CXWORX™ is for you! CXWORX™ really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

Cycle/Cycle Express

Indoor cycling class for a guaranteed cardiovascular workout.

Karate I

Education Karate program for youth and adults ages 6+ years

Meditation

This class will offer a relaxing end to your stressful work day. Learn techniques to help focus your breathing and relax your mind.

SilverSneakers®* Circuit Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

SilverSneakers®* Classic

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 SilverSneakers ball are alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

Step & Strong

A cardio workout using traditional and innovative step choreography. Some classes may include multiple steps or a strength training component.

Tai Chi

Fluid movements to help settle and focus the mind, relax the body, and coordinate strength.

Urban Line Dancing

Learn the latest dance steps and exercise at the same time.

Zumba®

A fusion of body sculpting movements with easy to follow dance steps to the tune of Latin and International music. Featuring aerobic/fitness interval training, instructed by a Zumba certified instructor.

Yoga

Level 1

This is a unique Yoga style that adapts Yoga positions and poses through creative use of a chair, wall and other props. The student is able to warm up the body safely and perform Yoga poses with more support and stability. Poses are done seated on the chair or the chair is used for support during standing poses, forward bends, side extensions, balancing, and leg and arm stretches. This therapeutic class is for those who have difficulty getting to and from the floor. Focus is on wellness and breath work. Level 1 Yoga is suitable for all ages.

Yoga

Level 2

Yoga class for those who desire a slower-paced class. Combines warm-up, gentler postures and breath awareness to increase movement and vitality and reduce stress. You must be able to get up and down from the floor. A class for beginning as well as continuing students who will be introduced to the fundamentals of basic Yoga postures with attention to both body and breathe awareness. Sitting, standing, basic twisting postures and gentle backbends are practiced.

Level 3/4

A class for those who are ready to move to the next level of Yoga practice. Building endurance and introducing more variations of poses. Further refinement of the principles of alignment is practiced to build more strength. Linking breath and movement with flowing sequences; taking a cardio ride with Yoga.

Personal Training

This program is led by a certified Personal Trainer. Personal training is designed around your needs and your schedule. Must purchase in packages.

Pkg	Hour Rate	30 Minute Rate
1 Session	\$65	
3 Sessions	\$189	\$117
6 Sessions	\$366	\$227
12 Sessions	\$708	\$442
18 Sessions	\$1026	\$645
25 Sessions	\$1,375	\$870

Small Group Personal Training

Small group training is ideal for those who prefer a group exercise environment but still want the individualized attention they need to meet and exceed their specific fitness goals. You don't have to form your own small group to exercise, just sign up for one of ours! All programs are led by certified personal trainers.

	7 Weeks	Drop-in
Member	\$70	\$20
Open Rate	\$140	\$40