



Y of Central Maryland  
It's deeper here.®

# GREATER ANNAPOLIS FAMILY CENTER Y

# HEALTH & WELL-BEING

## SUMMER: 6/23/14 - 8/17/14

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30-6:30am-CS Cycle-Julie L	5:30-6:30am-CS Cycle-Constance	5:30-6:30am-CS Cycle-Danielle	5:30-6:30am-CS Cycle-Smitty	5:30-6:30am-CS Cycle-Anne	
				6:00-7:00am-GX Yoga- Julie S		7:30-8:30am-CS Cycle-Meg
	7:30-8:30am-GX Yoga -Chris	7:30-8:30am-GX Yoga -Becky	7:30-8:30am-GX Yoga -Tracey	7:30-8:30am-GX Core Conditioning- Lynne	7:30-8:30am-GX Yoga -Michele A	7:30-8:30am-GX Yoga -Tracey
8:30-9:30am-GX TMC-Carol/Jessica	8:30-9:30am-GX TMC-Jeanne	8:30-9:30am-GX Pilates Barre Jude B	8:30-9:30am-GX TMC-Ashley	8:30-9:30am-GX Step & Strong Robin	8:30-9:30am-GX TMC-Robin	8:30-9:30am-GX Zumba- TBA
8:30-9:30am-CS Cycle-Julie L	8:30-9:30am-CS Cycle-Kathy	8:30-9:30am-CS Cycle-Gretchen	8:30-9:30am-CS Cycle-Karen	8:30-9:30am-CS Cycle-Gretchen	8:30-9:30am-CS Cycle-Jeanne/Shannon	
	8:30-9:30am-DS Pilates-Marlene	8:30-9:30am-DS Yoga-Jan	8:30-9:30am-DS Pilates-Jude B	8:30-9:30am-DS Yoga-Jan	8:30-9:30am-DS Pilates-Veronica	
9:30-10:30am-GX Pilates-Michele	9:30-10:30am-GX Group Strength-Kelly	9:30-10:30am-GX HIIT & Core-Lynne	9:30-10:30am-GX Zumba-Kelly	9:30-10:30am-GX Group Strength- Kathy	9:30-10:30am-GX Step & Strong Sue	9:30-10:30am-GX HIIT & Core-TBA
9:30-10:30am-CS Cycle-Carol	9:30-10:30am-CS Cycle-Robin	9:30-10:30am-CS Cycle-Jeanne	9:30-10:30am-CS Cycle-Anne	9:30-10:30am-CS Cycle-Karen	9:30-10:30am-CS Cycle-Robin	9:30-10:30am-CS Cycle-Gayle
	10:30-12n-GX Yoga-Kelly	10:45-11:45-GX Everfit-Katie	10:30-12n-GX Yoga-Kelly	10:45-11:45-GX Everfit-Katie	10:30-12n-GX Yoga-Chris/Becky R	
	12n-1pm-GX Zumba- Judy W		12n-1pm-GX Circuit Training Linda			
					<b>Room Key</b> GX-LARGE GROUP X ROOM CS- CYCLING ROOM DS- Dance Studio (Area to the right of the Rock wall) MP- MULTIPURPOSE ROOM - orange room	
4:00-5:00pm-GX Yoga-Jan	4:30-5:30pm-GX Step & Strong- Marsha	4:30-5:30pm-GX Group Strength- Jeanine	4:30-5:30pm-GX Zumba -Lynne	4:30-5:30pm-GX Pilates Nikki		
	5:30-6:30pm-CS Cycling- Lee		5:30-6:30pm-CS Cycling-Smitty			
	5:30-6:30pm-GX Group Strength-GX Darlene	5:30-6:30pm-GX Step & Strong Sue	5:30-6:30pm-GX Insanity Workout Darlene	5:30-6:30pm-GX HIIT & Core -Becky	5:30-6:30pm-GX Step & Strong -Nikki	
		6:15-7:15pm-MP Yoga-Art	5:00-6:00pm-MP Yoga- Stacey	6:15-7:15pm-MP Yoga-Art	6:30-7:30pm-MP Yoga- Stacey	
	6:30-7:30pm-CS Cycling-Stacey	6:30-7:30pm-CS Cycling-Meg	6:30-7:30pm-CS Cycling-Meg	6:30-7:30pm-CS Cycling-Jenn		
	6:30-7:30pm-GX Zumba-Lynne	6:30-7:30pm-GX Zumba-Sherri	6:30-7:30pm-GX Boot Camp-Victor	6:30-7:30pm-GX Zumba-Sherri	6:30-7:30pm-GX Zumba-Sherri	
	7:30-8:30pm-GX Yoga & Bar-Marlene	7:30-8:30pm-GX Pilates -Marlene	7:30-8:30pm-GX Zumba & Core Marlene	7:30-8:30pm-GX Zumba- Claudia		
					Register online at ymaryland.org	

## Health & Well-being Descriptions

### Health & Well-being Classes

#### HIIT, Core & More

HIIT stands for High Intensity Interval Training. This class is set up in 4 min Cardio (Tabata) bouts and 6 min Strength/Core bouts to take your cardio endurance to the next level. You will use basic calisthenics, power moves and agility work to boost your training. Dumbbells, power tubing, gliding discs & balls may be used.

#### Yoga

A relaxing but invigorating workout that burns calories, sculpts your body, increases flexibility and promotes a sense of inner calmness.

#### 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

#### TMC

Total Muscle Conditioning -Designed for all fitness levels and abilities, this class 60 min class strengthens your total body with resistance training using Body Bars, dumbbells, gliding discs, stability ball and the step as a prop.

#### Pilates

Activate deep muscles, tone, streamline and improve posture with Pilates. Class focuses on total body conditioning with an emphasis on core muscle training and flexibility.

#### Step & Strong

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

#### Everfit

Suited for the active older adult; a low impact class with emphasis on stretching, strengthening, joint mobility, flexibility, and balance.

#### Insanity Workout

As seen on TV, this is High Intensity Interval Training at it's best. Basic calisthenic exercises, combined with strength and agility training to boost your strength & cardio endurance to the next level.

#### 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.

#### Group Strength

This is a 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!

#### Group Strength Intervals

This is the same type of barbell class as described above but with Intervals of Cardio training and Tabata bouts

#### Boot Camp

This is a results based program designed for those seeking an intense boost to a regular workout routine. This class will help you develop strength, stamina and agility through weight training, calisthenics, obstacle course, core training, running, and much more

#### Cardio Kickboxing

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

#### Circuit Training

Circuit training is designed to boost metabolism and burn calories by alternating between quick intervals of cardio and strength exercises.

#### Cycle

Indoor cycling class for a guaranteed cardiovascular workout

#### Zumbatomic ages 6-11yrs

Is a fun/dance fitness program uniquely designed to introduce children to international music and culture and to build a positive self image through a healthy lifestyle. Zumbatomic is similar to the adult Zumba program using Latin and International music and fitness choreography. The songs games and dance steps are age appropriate and encourage enthusiastic participation. Wear athletic shoes that tie and bring a water bottle.

#### FEE: 8 week session

Saturday 10:30-11:15am DS—\$30

#### Pilates Barre

Combines the best of Pilates, dance, toning and functional training to develop a lean figure, strengthen core muscles and balance the whole body.

#### 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.

### New to Group X classes? Check out these Monthly Beginner Clinics:

*You will learn the basic moves, proper form, and correct Terminology for the different types of classes offered.*

#### Beginner clinics:

#### 2nd Saturday of the month

8:30am Yoga-MP  
9:30am Pilates-MP  
8:30am Zumba- DS

#### 3rd Saturday of the month

8:30am Cycling—CS  
8:30am Step—DS

#### Room Key

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MP- MULTIPURPOSE ROOM—orange room