



Perry Hall Y

Y of Central Maryland
It's deeper here.®

HEALTH & WELL-BEING

Summer: 6/23/2014 – 8/17/2014

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:45-6:30am Circuit Training 02155 (01)	5:45-6:30am Cycle 02167 (07)	5:45-6:30am Circuit Training 02155 (02)		
						8:00-8:45am Step & Strong 02161(02)
		9:00-10:00am Yoga Level 2 02230(02)		9:00-10:00am Yoga Level 2 02230(04)		8:00-8:45am Cycle 02167(13)
10:15-11:00am Cycle 02167(01)	9:15-10:00am Cycle 02167(14)	9:15-10:00am Cycle 02167(06)		9:15-10:00am Cycle 02167(11)	9:15-10:00am Core Conditioning 02182(02)	9:00-10:00am BODYPUMP 02178(05)
11:15-11:45am Core Conditioning 02182 (01)	10:15-11:00am Core Conditioning 02182 (03)	10:15-11:00am BODYPUMP 02178(02)	10:15-11:00am Cycle 02167(08)	10:15-11:00am Cardio Dance 02185(02)		10:15-11:00am Pilates 02236(02)
		11:00-11:30am CXWorX 02158(02)				
	5:15-6:00pm Circuit Training 02155 (03)	5:15-6:15pm BODYPUMP 02178(03)	5:15-6:00pm Body Sculpt 02176(01)	5:15-6:00pm Core Conditioning 02182(03)		
	5:15-6:00pm Cycle 02167(03)	6:15-7:00pm Cycle 02167(05)	5:15-6:00pm Cycle 02167(09)	6:15-7:15pm BODYPUMP 02178(04)		
	6:15-7:00pm Cardio Kickboxing 02166(01)	6:15-7:00pm Zumba 02189(01)	6:15-7:00pm Step & Strong 02161 (01)	7:15-8:00pm Zumba 02189(02)	Cycle, BODYPUMP, Zumba classes will use a ticket system for registration each class. Participants should sign up at the member service desk no sooner than 30-minutes prior to the start of class to receive a ticket. Instructors will collect tickets at the beginning of each class.	
	6:15-7:00pm Cycle 02167(04)	7:00-8:00pm **Beginner's Clinic	7:00-8:00pm Yoga Level 2 02230(06)	7:45-8:45pm *Women's Self Defense 02133 (01)		
	7:00-8:00pm Yoga Level 2 02230(05)					

*Fee Based Open Programs

Class Code	Program Name	Member	Youth	Open
02133	Women's Self Def (4 weeks)	\$20	\$35	\$40

**Beginner's Clinic

This class is designed to help members become comfortable with the design of our regularly held classes. Instructors will teach proper form, go over class structure, and hold a modified class.

Below is the session schedule:

June 24th: Cycle	July 22nd: Cycle
July 1st: BodyPump	July 29th: BodyPump
July 8th: Cycle	August 5th: Cycle
July 15th: Zumba	August 12th: Cycle



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.

Health & Well-being Classes

BODY PUMP™ (02178)

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 (02176)

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.

Cardio Blast (02151)

A total body workout combining multiple strength and cardio workouts to build strength and burn calories. Classes may use steps, cycles, stability balls, and more to achieve a total body workout.

Cardio Dance (02185)

A choreographed dance class using low to high impact aerobic dance movements to burn calories.

Cardio Kickboxing (02166)

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

Circuit Training (02155)

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

Core Conditioning (02182)

An abdominal workout using body weight, stability balls, bands or other tools to strengthen exercises.

CXWorX (02158)

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 (02167)

Indoor cycling class for a guaranteed cardiovascular workout.

Pilates (02237)

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 (02161)

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

Yoga (02230)

Level 2: A 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 beginners as well as continuing students who will be introduced to the fundamentals of basic Yoga postures and gentle backbends are practiced.

Zumba (02189)

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.

Tour de Y 02167 (08)

This 8-week cycle program will take you through progressive training to mimic the Tour de France. Weekly classes will focus on different elements such as hills, endurance, and intervals. Program includes instruction on the use of heart rate monitors/heart rate zone training, therefore participants will need to have their own heart rate monitor. Due to additional instruction the FIRST CLASS will be 2 hours long as well as the final class including a 1hr 45min ride to simulate a race setting. Participants must be 16 years or older. All levels are welcome! Class will begin on **Monday, June 23rd.**

Y Fitness Challenge 02192 (01)

Next session will start in the Fall.

Women's Self Defense 02133 (01)

Learn self defense techniques, pressure points, and weak points of the body. Discussions on how to avoid danger, dealing with confrontation and how to fight back. This class runs on a 4-week schedule and the first class will start **Thursday, July 3rd.**