



Y of Central Maryland  
It's deeper here.®

# Parkville Family Center Y

## HEALTH & WELL-BEING SUMMER:6/23/14 - 8/17/14

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45-6:45am Body Pump A		5:45-6:30am Circuit Training A	5:45-6:30am Cycle C	5:45-6:45am Body Pump A	
9:15-10:00am Step & Strong A		9:15-10:00am Cardio Kickboxing A	9:15-10:00am Step & Strong A	9:15-10:00am Cycle C	9:15-10:00am Cycle C	8:00-8:45am Cycle C
10:15-11:00am Body Sculpt A			10:00-10:45am Cardio Dance B	10:15-10:45am CX Worx A	9:30-10:15am Yoga B	9:00-10:00am Body Pump A
<i>All free classes will use a ticket system for registration. Participants should see the front desk to receive a ticket no sooner than 30 minutes prior to the start of class. After receiving a ticket, participants should sign in at the Fitlinxx Studio Partner kiosk. Instructors will then collect tickets at the beginning of each class.</i>	10:15-11:15am Body Pump A	10:15-11:15am Cycle C	10:15-11:00am Body Sculpt A		10:15-11:15am Body Sculpt A	9:30-10:30am Yogalates B
			11:15-12:00pm Everfit A		11:15-11:45am Small Group Training A *Strength Builder***	10:15-10:45am CX Worx A
						<b>Stay &amp; Play</b>  <b>Mon-Sat</b>  <b>9:00am-1:00pm</b>  <b>Mon-Fri</b>  <b>5:00-8:00pm</b>  <b>NEW Sunday Hours!</b>  <b>10:00-1:00pm</b>
			5:15-6:00pm Body Sculpt A			
	6:15-7:00pm Cycle C	6:00-6:45pm Cardio Kickboxing A	6:00-6:45pm Cycle C	5:15-6:00pm Cardio Dance B	5:30-6:15pm Cycle C	
	6:15-7:00pm Cardio Blast A	6:15-7:00pm Cycle C	6:00-6:45pm Cardio Blast A	6:15-7:15pm Body Pump A		
	6:45-7:45pm Yoga B	6:30-7:30pm Yoga B	6:00-7:00pm Yoga B	6:15-7:00pm Cycle C		
<b>Room Key</b> A- Studio A B-Studio B C- Cycle Room AR- Activity Room	7:15-8:00 Core Conditioning A	7:00-8:00pm Body Pump A	7:00-7:45pm Step & Strong A	6:30-7:30pm Yoga B		
	7:45-8:15pm Pilates B		7:00-7:30pm Small Group Training B *Total Body Burn***			** - Fee based program

## Health & Well-being Program Fees

Program Code	Class Name	Member Rate
02184	Balletone	Free
02178	Body Pump	Free
02176	Body Sculpt	Free
02151	Cardio Blast	Free
02185	Cardio Dance	Free
02166	Cardio Kickboxing	Free
02182	Core Conditioning	Free
02190	Core Hoop	Free
02158	CxWorX	Free
02167	Cycle	Free
02372	Everfit	Free
02245	Flexibility	Free
02403	Pilates	Free
02285	"Strength Builder" Small Group PT	Fee-Based
02361	Step and Strong	Free
02288	"Total Body Burn" Small Group PT	Fee-Based
02133	Women's Self Defense	Fee-Based
02231	Yoga	Free
02229	Yogalates	Free

### "TOTAL BODY BURN" Small Group PT

Strength Supersets with a cardio interval kick up the intensity and increase the calorie burn. Build strength and power in muscles in this small group PT program!

\$70- Members and Youth Members

\$140- Non Members

Contact fitness director, [Andy Corbett](#) for details, andrew-corbett@ymaryland.org

### Also, new this session... "Women's Self Defense"

This new program will run for a 4 week mini session. 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!

June 24th-July 15th

Tuesdays 7-8pm

\$20 members/\$35 youth/\$40 non-members

Contact fitness director, [Andy Corbett](#) for details.

Register online at [ymaryland.org](#)

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## HEALTH & WELL-BEING SUMMER: 6/23/14 - 8/17/14

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### Health & Well-being Descriptions

#### Health & Well-being Classes

##### **Balletone (02184)**

Balletone is designed specifically for the non-dancer, blending training techniques from dance, Pilates and fitness. This fun, invigorating workout develops core strength, increases muscular endurance, and improves balance and flexibility without the use of equipment or props. For all fitness levels.

##### **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.

##### **Core Conditioning (02182)**

An abdominal workout using body weight, stability balls, bands or other tools to strengthen the abs, low back, and hips area– your “core” muscles.

##### **Core Hoop (02190)**

A fun cardio dance that incorporates the use of weighted hoops while increasing endurance and strengthening your core. No experience needed, equipment included.

##### **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.

#### Health & Well-being Classes

##### **Cycle (02167)**

Indoor cycling class for a guaranteed cardiovascular workout.

##### **Everfit (02372)**

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

##### **Flexibility (02245)**

A 45 minute session including warm up and static flexing of major muscle groups increasing range of motion while releasing muscular stress.

##### **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.

##### **“Strength Builder” Small group PT (02285)**

This small group personal training program will build strength and power and burn calories by alternating muscle groups and strength movements. All fitness levels WELCOME!!

\$70– Members and Youth Members

\$140– Non Members

##### **Tai Chi (02135)**

Movements & Meditations. Enhanced breathing, pliable warm-ups, and soft movements. Yang Style Form, Burmese Bando Monk System, Min Zin and Meditation. Learn the gentle art of Tai Chi proven by time to be an excellent way to relax, relieve stress and improve the quality of life. Taught by Sayaji Douglas Lake. All ages welcome!

##### **Yoga (02230)**

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

##### **Yogalates (02229)**

A unique method of body conditioning that combines Yoga and Pilates. The concept of working all the muscles simultaneously – but continually switching movements – is the most efficient way to build stamina, and strengthen the core while eliciting the meditational and flexibility benefits of yoga. Learn to embrace the power of your mind with the movement of your body and increase your sense of wellbeing and balance. Yogalates is a great option for people who enjoy both yoga and Pilates but don't have the time to take both classes a week.

#### **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. 30 minute sessions available!

1 Hour Rates		30 Minute Rates	
# sessions	Total cost	# sessions	Total cost
1	\$65		
3	\$189	3	\$117
6	\$366	6	\$227
12	\$708	12	\$442
18	\$1,026	18	\$645
25	\$1,375	25	\$870

#### **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.