

HILL FAMILY CENTER Y

HEALTH & WELL-BEING

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

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00 – 6:50am Cycle (02) CS Maggie	5:45-6:45am *BODYPUMP (02) PR Kathleen	6:00-6:50am Cycle (02) CS Christina K.	5:45-6:45am *BODYPUMP (08) PR Kathleen	6:00-6:50am Cycle (02) CS Angela	7:45-8:45am *BODYPUMP (05) PR Kathleen
	8:45-9:45am *Yoga (07) S Level ¾ Kathy D.	6:00-6:50am Body Sculpt (04) S Christina K.		6:00-6:50am Body Sculpt (04) S Pam	9:15-10:15am Cycle (11) CS Krishna	8:00-9:00am *Cycle (09) CS Rotating
	9:00-9:50am Cycle (03) CS Patty	8:30-9:00am Cycle Express (04) CS Lauri	8:00-9:00am Senior Circuit (02) WC Patty		9:15-9:45am Zumba Express (01)S Renee	8:30-9:30am *Yoga (13) S Level 2 Kathy D.
9:30-10:30am *Cycle (12) CS Denise	9:15-10:15am *BODYPUMP (06) PR Tina	9:10-10:10am *Pilates (01) S Lauri	9:00-9:50am Cycle (03) CS Lauri	9:10-10:10am *Pilates (02) S Lauri	9:15-10:15am *BODYPUMP (03) PR Michele	9:40-10:40am *Yoga (09) S Level 2 Kathy D.
9:15-10:45am *Yoga (06) S Level 3/4 Kathy D.	9:55-10:25am Core Conditioning (01) S Patty	9:00-9:30am Core Conditioning (02) PR Patty	9:15-10:15am BODYPUMP(07) PR Krishna	9:00-10:00am Walking Club (02) Brenda	9:55-10:25am Core Conditioning (01) S Renee	9:00-10:00am Cardio Kickboxing (01) PR Kim
11:00-12:00 Tai Chi (01) PR Bruce	10:30-11:20am Body Sculpt(02) PR Patty	9:00-10:00am Walking Club (01) Brenda	9:20-10:20am *Yoga (12) S Level 1 Syeda	9:30-10:15am Cardio Blast (02) PR Armando	10:30-11:15am Cardio Blast (05) PR Armando	11:15-12:15pm Cardio Blast (04)PR Jordan
	10:30-11:20am Cardio Dance (01) S Renee	9:30-10:05am Cardio Blast (01) PR Patty	10:00-10:30am Cycle Express (13) CS Lauri	10:15-11:15am *Yoga (05) S Level 2 Lauri	10:30-11:20am Cardio Dance (01) S Renee	
		10:15-11:15am *Yoga (01) S Level 2 Kathy D.	10:30-11:20am Body Sculpt (02) PR Patty	10:30-11:45am Super Circuit (10) WC Armando		
		10:30-11:45am Super Circuit (10) WC Brenda	10:30-11:20am Cardio Dance (01) S Renee	11:25-12:15pm Everfit (02) S Sue		
		11:25-12:15pm Everfit (01) S Sue			7:10-8:10pm Beginner Belly Dancing (01)S Roberta	
	3:30-4:00pm Cancer Exercise SGT(03)PR Kathy D.		3:30-4:00pm Cancer Exercise SGT (03) PR Tina			
	4:20-5:20pm *Yoga (02) S Level 1 Syeda					
	4:30-5:20pm Body Sculpt (03) PR Kathy H.	4:30-5:15pm Cycle (06) CS Kathy H.	4:30-5:20pm Body Sculpt (03) PR Karen	4:20-5:20pm *Yoga (08) S Level 1 Kathy		
	5:30-6:15pm Cycle (14) CS Laura	5:30-6:30pm Cycle (05) CS Denise	5:30-6:30pm *BODYPUMP (04) PR Krishna	5:30-6:30pm Cycle (10) CS Lauri		
	5:30-6:30pm *BODYPUMP (01) PR Barb	5:30-6:30pm *Yoga (03) S Level 2 Kathy D.	6:00-7:00pm Yoga Level 1 (04) S Gail	5:30-6:30pm *Yoga (10) S Level 2 Gail		
	6:05-7:05pm *Yoga (11) S Level 2 Gail	6:40-7:40pm Zumba (02) PR Cory	6:10-7:00pm Cycle (08) CS Amy	5:40-6:10pm CxWorx (02) PR Marianne		
	6:20-7:20pm Cycle (07) CS Pam	6:40-7:40pm Cardio & Strength Super Sets (SGT) (02) S Kathy	7:05-7:55pm *Pilates (03) S Amy	6:20-7:20pm Zumba (03) PR Michele		
	6:40-7:40pm Step & Strong (01) PR Kim					
	7:50-8:50pm Cardio Blast (02) PR Jordan					

KEY:
Health and Well-being
programs will take
place in one of the
following locations:

S = Studio
PR = Program Room
CS= Cycle Studio
WC = Wellness Center
G = Gymnasium
*= Ticket Required
(Opens 30 min. prior
to class start time)

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Health & Well-being Fees

Program Code	Class Name	Frequency	Member Rate	Youth Member Rate	Open Rate
02192	Beginner Weight Training	1 session 3 sessions 7 sessions	\$35 \$105 \$245		
02356	Beginner Belly Dance	1x/wk	\$30	\$45	\$60
02178	Body Pump		FREE	age 16 and older	
02176	Body Sculpt		FREE		
02139	Cancer Exercise Small Group Training (payment plans & financial aid are available)	1x/wk 2x/wk	\$276 \$312		\$629 \$665
02144	Cardiac Follow-up		\$40		Inquire within
02154	Cardio Blast		FREE		
02185	Cardio Dance		FREE		
02166	Cardio Kickboxing		FREE		
02182	Core Conditioning		FREE		
02167	Cycle		FREE		
02158	CXWorX		FREE		
02372	Everfit		FREE		
02236	Pilates		FREE		
02374	Senior Circuit		FREE		\$35
See Description	Small Group Personal Training		\$70/Drop in \$20/per class	\$140/drop in \$40/per class	
02161	Step & Strong		FREE		
02194	Super Circuit		FREE		
02135	Tai Chi		\$30	\$45	\$60
02170	Walking Club		FREE		
02230	Yoga		FREE		
02189	Zumba/Zumba Express		FREE		

**In order to receive the second-day discount, you must register in person.

Special Programs or Features



Cardio Blast Monday's at 7:50pm, Friday's 10:30am, and Saturday's at 11:15am,

Yoga level 1 Wed. 6:00pm, Cardio Kickboxing is at a new time slot- Saturday's 9:00am!

Now offering Small Group Personal Training!

Each class is kept to a maximum of 6-8 people and is 30 minutes in length. Classes are designed to help you meet your personal goals. Find the class that works best for you.

Strengthbuilder, Power Super Sets, Cardio & Strength Super Sets, and Total Body Burn! (Descriptions are listed under Small Group Personal Training. **Members \$70, Open Rate \$140, Drop-in Rate \$20/class, Drop-in Open Rate \$40/class.**

Cancer Exercise Small Group Personal Training (For Strength, Support, and Self-Esteem)

A community experience aiding in recovery through exercises designed to improve strength & flexibility, reduce pain & fatigue and improve exercise tolerance. Sessions will include lymphedema risk assessments and exercises to help manage lymphedema. Participants choose between attending once or twice a week. Each participant receives 3 45-minute assessment & customized exercise modifications during the 12-week program. For more information email: cancerexerciseprg@ymaryland.org or call 443-322-8085. ****Payment plans and financial aid are available.**

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Personal Training

Cancer Exercise Small Group Personal Training (02139)

For Strength, Support, and Self-Esteem

A community experience aiding in recovery through exercise designed to improve strength & flexibility, reduce pain & fatigue and improve exercise tolerance. Sessions will include lymphedema risk assessments and exercise to help manage lymphedema. *** Payment plans and financial aid are available.*

Cardiac Follow-up (02144)

This program encourages patients released from a cardiac rehabilitation program to continue working towards a healthy, active lifestyle. Meet 1x/wk with a trainer for 8 weeks. Members only.

Beginner Weight Training (02192)

One-hour session for novice or intermediate who want to add change to their Fitlinxx use, or improve their cardio and strength training. Sessions will include the usage of cardio equipment, Cybex Strength equipment, and some mat work. It also may include a Re-introduction to the Fitlinxx use if you have not been using on a regular basis.

Personal Training (02140)

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 a trainer, incorporating the use of cardio machines, strength machines, free weights and stretching techniques.

1 Hour Rates			30 Minute Rates		
# sessions	Total cost	Per session	# sessions	Total cost	Per session
1	\$65	\$65.00			
3	\$189	\$63.00	3	\$117	\$39.00
6	\$366	\$61.00	6	\$227	\$37.91
12	\$708	\$59.00	12	\$442	\$36.85
18	\$1,026	\$57.00	18	\$645	\$35.81
25	\$1,375	\$55.00	25	\$870	\$34.81

Small Group Personal Training

Each class is kept to a maximum of 6-8 people and is 30 minutes in length. Classes are designed to help you meet your personal goals. Find the class that works best for you.

Strengthbuilder (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!

Power Super Sets (02286)

This intermediate to advanced level small group personal training program will incorporate super sets of strength movements to burn calories and build strength and power.

Cardio & Strength Super Sets (02287)

Designed for all fitness levels and abilities, this small group personal training program will burn calories and build strength through specific movement patterns and cardio intervals.

Total Body Burn (02288)

Strength supersets with a cardio interval kick up the intensity and increase the calorie burn and builds strength and power in muscles in this small group personal training program.

30 Minute Rates		
7 Week Session	Member Rate	Open Rate
7 Classes	\$70	\$140
Drop-in Rate	\$20/class	\$40/Class

Health & Well-being Descriptions

Health & Well-Being Classes

FitLinxx®

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

Beginner Belly Dance (02356)

Get a great cardiovascular workout while dancing to exotic sounds and rhythms. Challenge your body to move in ways you never knew possible.

Body Pump (02178) (Age 16 and older)

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 (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.

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.

Everfit (02372)

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

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.

Senior Circuit (02374)

This group training class instructs active, older adults on the proper use of free weights, weight machines and cardio equipment. (Medical clearance is required prior to start.)

Step & Strong (02161)

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

Super Circuit (02194)

This is an INTENSE TRAINING program — NOT FOR BEGINNERS. This one hour circuit training class combines weights and cardio. It is designed to boost metabolism and burn fat. It's pace is brisk and the weights are challenging. Members should have knowledge of FREE WEIGHT usage. (Due to limited space, class size is limited to 7 members.) **Weather permitted, the cardio aspect of Super Circuit will take place outside on walking trail.*

Tai Chi (02135)

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

Health & Well-being Descriptions Con't.

Walking Club (02170)

Weather permitting; enjoy an instructor-led, 45 minute walk on our half-mile course. Walk at your own pace. Walk with a friend or come make new friends.

Yoga (02230)

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.

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 beginning as well as continuing students who will be introduced to the fundamentals of basic Yoga postures with attention to both body and breath 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.

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.