

Y GROUP EXERCISE™

We build strong kids, strong families, strong communities.

Group Exercise Schedule

North Boroughs YMCA

All Group Exercise Classes are held at the Church of the Epiphany with the exception of Spinning which is held at the YMCA. These classes are no charge to full facility members.

Session I—January 4, 2010

Session II—February 22, 2010

Session III—April 2, 2010

Morning Classes

Women on Weights Total body workout that provides great variety for muscles and an overall workout program. The muscular conditioning workout utilizes weights, bands and stability balls and more. All fitness levels welcome.

Instructor—Maureen Newcamp

Tuesday & Thursday 9:00am (second floor)

\$48.00 Program Members

Level I Yoga This class is great for all levels. A slower paced class with more description and commentary on alignment and breath, which accompanies the strengthening and balancing postures. The focus is on the basic understanding of asana (practice), allowing you to form a leaner looking body.

Instructor—Erin Commendatore

Wednesday 9:15—10:15am (second floor)

(Full Facility Members Only)

Saturday Classes

Step and Strength 90 minute workout Cardio intervals and weight training to train your body. You'll burn calories, push yourself to your limits and get leaner and stronger

Saturday 8:45-10:15am (second floor)

\$29 Program Members

Senior Power Safe format that will strengthen your heart. Light weights will be included to form a winning combination.

Instructor—Sarah Vogus, Marsha Lee, Mary Lou Giglio Saturday—10:30-11:30am (first floor) \$28.00 Program Members

Evening Classes

Power Sculpting use of weights, balls and/or bands for muscle strengthening and toning. All co-ed fitness levels welcome.

Instructors—Mary Lou Giglio, Amy Eberhart Monday & Wednesday 6pm (second floor) \$48.00 Program Members

Pilates learn techniques, language and basics of Pilates and how to target your core muscles. All levels are welcome to participate in this core conditioning class.

Instructor—Maureen Klacik Monday & Wednesday 7pm (first floor)

\$71.00 Program Members

Yoga is designed to improve the health, performance, and mental acuity of athletes or individuals interested in improving their level of fitness. The YogaFit style reduces the risk of injury and augments recovery for ailments including stress, lower back pain and tension.

Instructor—Darlene Meadows

Tuesday & Thursday 6pm (first floor)

Full Facility Members Only

Cardio Interval A combination of cardio and strength/toning using weights, bands and stability ball for Core Training, followed by deep relaxing cool down.

Instructor—Mary Lou Giglio Tuesday & Thursday 6:15pm (second floor)

\$71.00 Program Members

Cardio Express a 45 minute cardio class that is just enough time for you to get your heart pumping and calories burning.

Instructor: Mary Lou Giglio Tuesday & Thursday 7:15-8:00pm (first floor)

\$48.00 Program Members

Spinning you will never have as much fun riding a stationary bike as you do in spin class. Class is filled with motivation music, camaraderie and fun! Held at the North Boroughs YMCA. Call the Y after 9:00am for an evening class and the day before for early spins.

M/W/F—6:00am; Sat 7:30am; Mon 7:00pm; Tues 6:15pm; Wed 7:15pm

Full Facility Members Only