



YMCA at U.S. Steel Tower Group Exercise Schedule Fall 2010

VALID
8/29/10-
11/27/10

	MON	TUES	WED	THURS	FRI	SAT		
6:00 AM	■6:15-7:15 Strength Spin (S)			■6:15-7:00 AM Spin (S)		Open from 8:00 AM to 1:00 PM Come see us!		
11:00 AM	■11:30-12:30 Pilates (M)	■11:30-12:30 Zumba (G)	■11:30-12:30 Pilates (M)	●11:30-12:00 20/10 Cardio (G)	■11:30-12:00 Chisel & Sculpt (G)			
	■11:30-12:15 50/50 Strength/Cardio (G)	●11:45-12:45 Beginner Yoga (M)			■/◆11:45-12:45 Yoga (M)			
12:00 PM	■12:00-12:45 Lunchtime Spin (S)	■12:00-12:45 Lunchtime Spin (S)	■12:00-12:45 Lunchtime Spin (S)	■12:00-12:45 Lunchtime Spin (S)	■12:00-12:45 Lunchtime Spin (S)			
	■12:15-1:15 BOSU Blast (G)	■12:30-1:30 Zumba (G)	■11:45-12:30 Circuit Training (G)	■12:15-1:00 BOSU Blast (G)	■12:00-1:00 Zumba (G)			
	■12:30-1:30 Pilates (M)	◆12:45-1:45 Advanced Yoga (M)	■12:30-1:30 Pilates (M)	■12:00-1:00 Yoga (M)	●12:45-1:15 20/10 Stretch (M)			
	■12:00-12:45 Kinesis Sport (K)	◆12:00-12:45 Kinesis Emerge (K)		◆12:00-1:00 Kinesis Move (K)	●12:00-12:45 Kinesis Intro (K)			
1:00 PM		■1:00-1:45 Afternoon Spin (S)	■12:30-1:00 3-2-1 Get Fit (G)	■1:00-1:45 Afternoon Spin (S)	Studio Key: (G) – Group-X Studio (M) – Spirit, Mind, & Body (S) – Spinning Studio (K) – Kinesis Wall Class Levels: ● - Beginner Class ■ - Intermediate Class ◆ - Advanced Class			
		●1:30-2:00 20/10 Strength (G)						
5:00 PM	■5:30-6:30 PM Spin (S)	■5:00-6:30 Boot Camp + Spin (G/S)	■5:30-6:30 PM Spin (S)	■5:30-7:00 Spin + Boot Camp (S/G)				
		■5:15-6:15 Yoga (M)						
			■5:30-6:30 Pilates (M)	■5:30-6:30 Zumba (G)				

CALL AHEAD AND RESERVE YOUR PLACE! 412-745-YMCA (SAME DAY ONLY)

Classes are subject to change without notice!

**Please direct all questions to Luke Koval, Health & Wellness Director,
by calling 412-745-0704 or emailing lkoval@ymcapgh.org.**

Group Exercise Class Descriptions

20/10 Cardio: 20 minutes of various cardio moves with varying intensity based on class participants, followed by 10 minutes of stretching.

20/10 Strength: 20 minutes of various core & muscle strength exercises using their own body weight or added resistance with hand weights or tubing, followed by 10 minutes of stretching.

20/10 Stretch: 20 minutes of various yoga/pilates stretch exercises followed by 10 minutes of relaxation exercises.

3-2-1 Get Fit: If you are looking for the perfect mix to get up your heart rate and tone and strengthen, this is your class! The class cycles through 3 minutes of cardio, 2 of strength, and 1 minute of abs, circuit style.

50/50 Cardio/Strength: A half class of cardio and a half class of strength put together for a total body workout.

Boot Camp + Spin: This class incorporates upper body strength training to your spin. Alternate spinning and boot camp intervals during this two-sided class.

BOSU Blast: Bosu stands for Both Sides Up! Using this unique piece of equipment (Bosu Balance Trainer), you will tone and strengthen and increase balance and coordination.

Chisel & Sculpt: A muscular conditioning work-out for most fitness levels. This class uses free weights, bands, and body bars to help you get strong and defined.

Circuit Training: A high-intensity class that works the entire body! Stations are set up around the room focusing on different muscle groups, and class participants rotate throughout the circuit until it is complete. Challenging but fun!

Interval Spin: Profiles force big swings in heart-rate and power with varying recovery periods and depths depending on the interval profile for that day. We will use several different movements and heart rates will move up to 90% of your maximum. Beginners should strive to keep their heart rates below 85% as they develop.

Kinesis Intro: A must for anyone interested in taking intermediate or advanced Kinesis classes!

Kinesis Move: Strengthen and tone while improving cardiovascular endurance and burning up to 30% more calories than traditional strength workouts. This class focuses on a total body workout as participants move through the 4 Kinesis modules.

Kinesis Sport: This intermediate class offers a greater challenge for those already familiar with our Kinesis Experience classes. More difficult movements allow for greater gains in strength, flexibility, balance, and coordination.

Kinesis Emerge: This advanced class is the ultimate challenge of balance, coordination, strength, & flexibility. This class is not recommended for those unfamiliar with Experience and Foundation.

Pilates: Focuses on improving flexibility and strength for the overall body, while keeping it long and lean. Consists of a series of controlled movements to engage your body and mind, with a focus on posture.

Spin: This workout is designed to fit your level of fitness. The ultimate in calorie burn, these classes focus on heart rate for cardiovascular training. Designed to simulate outdoor road cycling training, classes incorporate endurance, strength, and recovery at intervals during rides.

Strength Spin: Emphasis on keeping heart-rate up to 85% of your max through continuous effort with no recovery periods. Beginners will focus on form, balance, pedal stroke, & cadence, and gradual increase over time with effort.

Yoga: Begin your day with a cleansing breath, escape your day to relax and lengthen, or end your day with a calm mind. Stretch, strengthen and lengthen your body while also working to relax your mind.

Zumba: A fusion of Latin and international music-dance themes that create a dynamic, exciting, and effective workout. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body and improve coordination. A great class for everyone from beginners to experts!