



# Naik Family YMCA

## WELLNESS CLASS SCHEDULE

### FALL TERM II

October 29–December 23 2018

#### **MONDAY:**

6:00-7:00am (WS) Total Body Conditioning w/Jasmine  
 6:30-7:30am (YS) Pilates w/Noreen  
 \* 7:30-8:30am (WS) Cardiac Rehab w/Marion/Nancy  
 8:15-9:30am(YS) Gentle Yoga w/Debbie  
 \*8:30-9:30am (WS) TRX Intervals w/Cheryl  
 8:45-9:30am (CR) Senior Wellness w/Marion  
 9:30-10:30am (WS) Cardio Dance & Tone w/Yolla  
 10:45-11:30am (YS) Stretch & Core w/Yolla  
 11:45-12:45pm (YS) TAI CHI w/Onassis  
 12:30-1:00pm (WS) Dance Break w/Tina  
 \* 5:00-5:55pm (WS) Enhance Fitness w/Noreen  
 5:00-6:00pm (YS) Vinyasa Yoga w/Debbie  
 \*6:00-7:00pm (WS) TRX Intervals w/Cheryl

#### **TUESDAY:**

\*6:30-7:30am (WF) Queenax Training w/Noreen  
 7:45-9:00am (WS) Step w/Marion  
 8:00-9:15am (YS) Flow Yoga w/Janice  
 \*9:05-10:05am (WS) TRX Intervals w/Cheryl  
 9:30-10:30am (YS) Gentle Yoga w/Janice  
 10:30-11:15am (WS) Strength & Cond w/Yolla  
 \*5:00-5:45pm (WF) Queenax Training w/Cheryl  
 5:00-5:55pm (WS) Pound w/Stacey  
 6:00-7:00pm (WS) Body Sculpt w/Stacey

#### **WEDNESDAY:**

6:30-7:30am (YS) Pilates w/Noreen  
 \* 7:30-8:25am (WS) Cardiac Rehab w/Marion/Nancy  
 8:30-9:30am (YS) Vinyasa Flow w/Sarah  
 \*8:30-9:30am (WF) Queenax Training w/Cheryl  
 8:45-9:30am (CR) Senior Wellness w/Marion  
 9:35-10:40am (WS) Anything Goes w/Marion  
 10:00-11:30am (YS) Chair Yoga w/Pamala  
 10:45-11:15am (WS) Abs & Arms w/Dorothy  
 11:45-12:45pm (YS) TAI CHI w/Onassis  
 4:30-5:25pm (WS) Barre w/Stacey  
 5:30-6:30pm (WS) Step w/Kim  
 5:30-6:30pm (YS) Family Yoga w/Jasmine  
 6:45-8:00pm (WS) Limber & Tone w/Jasmine

#### **THURSDAY:**

\*5:00-6:00am (WS) TRX Interval w/Noreen  
 \*6:30-7:30am (WF) Queenax Training w/Noreen  
 7:00-8:00am (WS) NEI KUNG w/Dr. Schwindt  
 8:00-9:20am (YS) Vinyasa Yoga w/Debbie  
 8:15-9:00am (WS) Strength & Cond w/Yolla  
 \*9:05-10:10am (WS) TRX Interval w/Cheryl  
 9:30-10:30am (YS) Strength&Stretch w/Marion/Dorothy  
 \*10:45-11:45am (WS) TRX Level I w/Dorothy  
 10:45-12:00pm (YS) Senior Yoga w/Barbara  
 3:00-3:45pm (YS) Teen Yoga w/Sarah  
 4:00-4:45pm (YS) Youth Yoga w/Sarah  
 \*6:00-6:55pm (YS) Healthy thru the Holidays w/Dorothy  
 5:00-6:00pm (WS) Zumba w/Kelly  
 \*6:00-7:00pm (WF) Queenax Training w/Cheryl  
 6:30-7:30pm (WS) Self Defense w/Tony  
 7:00-8:30pm (YS) Flow Yoga w/Jasmine

#### **FRIDAY:**

6:30-7:30am (YS) Pilates w/Noreen  
 \*7:30-8:30am (WS) Cardiac Rehab w/Laurie  
 8:30-9:30am (YS) Slow Yoga Flow w/Sarah  
 \*8:30-9:20am (WF) Queenax Training w/Cheryl  
 8:45-9:30am (CR) Senior Wellness w/Laurie  
 9:30-10:30am (WS) Zumba w/Jill  
 9:45-10:30am (YS) Stretch & Core w/Yolla  
 10:45-11:30am (WS) Barre w/Yolla  
 \*5:00-6:00pm (WS) Enhance Fitness w/Noreen

#### **SATURDAY:**

\*7:00-9:00am (WF) Tri-Training w/Jen  
 \*9:00-10:00am (WF) Family 5K Training w/Jen  
 8:30-9:30am (WS) Step w/Kim  
 9:15-10:15am (YS) Vinyasa Yoga w/Debbie/Sarah  
 \*12:00-3:00pm (YS) Yoga Workshop(1/month) w/Various

#### **SUNDAY:**

7:00-8:30am (YS) Meditative Yoga Flow w/Jasmine  
 10:00-11:30am (YS) Basic Yoga & Gentle Movement w/Pamala  
 11:45-12:30am (YS) Guided Meditation w/Pamala  
 8:30-9:30am (WS) Zumba w/Kelly  
 10:00-11:00am (WS) Barre w/Tina

**WS** =Wellness Studio

**WF** =Wellness Floor

**YS** =Yoga Studio

**CR** =Community Room

\* Indicates a Registered or Advanced Sign Up class

Updated 11/9/2018 Schedule is subject to change

# CLASS DESCRIPTIONS

## LOWER INTENSITY

**TAI CHI:** Slow balanced movements concentrated on developing internal power; increased circulation and overall harmony of the body.

**NEI KUNG:** A system of Qi Gong formalized by Grandmaster C.K. Chu, is an hour long exercise that is meditative. Participants can expect to have increased energy and focus after this class.

**Enhance Fitness:** Evidence based 16-week program focuses on increasing cardiovascular endurance, strength, balance and flexibility to help reduce arthritis symptoms. Registration required

**Senior Wellness** Total body conditioning class using a chair for seated and standing support. Class builds muscle, strength, range of motion, balance and flexibility. A workout to assist with activities of daily living.

**Stretch & Core:** Combine core strengthening, muscle toning and flexibility with a healthy dose of fellowship and fun!

**Basic Yoga & Gentle Movement/Gentle Yoga/Flow Yoga/Chair Yoga/**

**Guided Meditation/:** Our Yoga classes are taught by a variety of very skilled, caring instructors. The routine practice of yoga can increase muscle strength, endurance and flexibility, and reduce levels of stress while creating body awareness.

**Senior Yoga:** Help improve balance and flexibility, with the aim of increasing overall health benefits

**Cardiac Rehab:** This is an ongoing (maintenance) exercise program for the high-risk cardiac population. The program uses various exercise modalities, including treadmills, stationary bikes, walking, ellipticals, aerobic exercise, and weight training. Registration required

**Family Yoga:** Practice breathing techniques as a family to calm, energize, and balance the nervous system, practice flowing sequences, and group poses

**Youth/TEEN YOGA:** Yoga classes designed to improve flexibility and increase strength while freeing the mind from worries and stress. Students can expect to practice yoga-based movements and stretches to uplifting music, and learn breathing techniques to help with focus and relaxation. This non-competitive, relaxed atmosphere welcomes teens of all experience levels.

## MODERATE INTENSITY

**ABS & ARMS:** The core is the strongest part of the body, so treat it right with 30 minutes of pure core strengthening exercise!

**Total Body Conditioning:** Incorporating the balance of strength and flexibility exercises using weights, balls, bands and cardio movements to increase power and performance in a vocally guided and safe environment to promote safety and longevity as you balance the body, ending with a deep stretch and 5 min meditation

**Body Sculpt:** A total Body Conditioning using Weights, Tubing, Body Bars etc. We work both upper & lower body together to give you a great Cardio workout

**Dance Break:** Take a mid-day break and move your body to up beat music with easy to follow dance moves

**Barre:** This workout is a series of movements that strengthen the entire body and insures that no muscle is overlooked. With a combination of functional strength, the core conditioning of Pilates and the flexibility of Yoga.

**Pilates:** Based on the methods of Joseph Pilates, this class focuses on building core strength and creating a more flexible and balanced body through non-impact exercises.

**POUND:** Channel your inner rock star with this full-body cardio-jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums.

**SELF DEFENSE:** A class designed to successfully enable someone to resist and survive violent attacks. While providing psychological awareness and verbal skills.

**Vinyasa Yoga:** Our hour of Power yoga will appeal to people who are already quite fit, enjoy exercising, and want to work hard and work up a sweat. The focus is on building strength, becoming more flexible and balanced.

**Step :** Cross training class combining strength workouts with a heart pumping aerobics routines! Great for a variety of fitness levels!

**Zumba:** Come Join the party! Zumba fuses Latin rhythm with easy to follow dance moves to create a dynamic fitness program that will blow you away!

**Strength & Conditioning:** A full body muscle workout focused on functional strength, core conditioning, and flexibility

**Meditative Yoga Flow:** Consciously using breath to move through yoga positions in gentle yet strong focused flow to release stress and increase muscle alertness. Class will be taught so that all levels will enjoy the benefits. Last 20 minutes of class includes deep relaxation and then final meditation.

**Cardio Dance & Tone:** Easy to follow dance fitness moving to a mix of different music genres.

**Limber & Tone:** A combination of gentle but effective toning exercises with complete full range movements and form, using balls, tubes, bands and natural body balancing exercises, delivering an experience within, that releases tension and the feeling of length, completing the class with a tranquil meditation.

**Strength& Stretch:** Working both upper & lower body together focusing on muscle toning and stretching while improving flexibility

**TRX LEVEL I:** A beginner class that offers an introduction to the TRX Suspension Trainer. This is a workout system that leverages gravity and your body weight to perform hundreds of exercises while building lean muscle and endurance. Registration required

**Family 5K Training:** A new class is designed to help families prepare and train for a 5K. Registration required

**Healthy thru the Holidays:** With the holidays rapidly approaching our stress levels can be high. Let us learn how to better handle stress and care for our bodies. Several topics will be discussed during this 8-week course: goal setting/maintaining, nutrition, exercise, sleep and self-care. Registration required

## HIGHER INTENSITY

**TRX INTERVAL:** The TRX Suspension Trainer is a workout system that leverages gravity and your body weight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise. training and cardio! You will build lean muscle and endurance! Registration required

**TRI-TRAINING:** Swim, bike and run: whether you are training for your first triathlon, a seasoned triathlete or just looking for a good balanced group workout this is the class to join! Registration required

**Anything Goes:** A total Body Conditioning using Weights, Tubing, Body Bars etc. We work both upper & lower body together to give you a great Cardio workout

### SMALL GROUP TRAINING

Personal Training is taken to a new level with the group option! Gather two or three of your friends for a cost effective method to personal training!

### QueenAx TRAINING

Multi-purpose training system that uses functional movement based exercises to provide an individualized workout