



Naik Family YMCA

WELLNESS CLASS SCHEDULE

WINTER TERM I

January 2–February 24 2019

MONDAY:

- 6:00–7:00am (WS) Total Body Conditioning w/Jasmine
- 6:30–7:30am (YS) Pilates w/Noreen
- * 7:30–8:25am (WS) Cardiac Rehab w/Marion
- 8:15–9:30am (YS) Gentle Yoga w/Debbie
- *8:35–9:25am (WS) TRX Intervals w/Cheryl
- 8:45–9:30am (G) Senior Wellness w/Marion
- 9:35–10:30am (WS) Cardio Dance & Tone w/Yolla
- 9:35–10:35am (YS) Basic Yoga w/Rachna
- 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
- *6:05–7:00pm (WS) TRX Interval w/Cheryl
- 6:30–7:45pm (YS) Baptiste Yoga w/Ann

TUESDAY:

- 7:45–9:00am (WS) Step w/Marion
- 8:00–9:15am (YS) Flow Yoga w/Janice
- 8:30–9:30am (G) Cross Conditioning w/Cheryl
- *9:15–10:00am (WS) TRX Level I w/Heather
- 9:30–10:30am (YS) Gentle Yoga w/Janice
- 10:30–11:15am (WS) Strength & Conditioning w/Yolla
- 5:00–5:55pm (YS) Pilates w/Stacey
- 6:00–7:00pm (WS) Body Sculpt w/Stacey
- 6:00–7:00pm (YS) Basic Yoga w/Rachna

WEDNESDAY:

- 6:30–7:30am (YS) Pilates w/Noreen
- *7:30–8:25am (WS) Cardiac Rehab w/Marion
- 8:45–9:30am (G) Senior Wellness w/Marion
- 9:00–9:55am (YS) Vinyasa Flow w/Sarah
- 9:35–10:40am (WS) Anything Goes w/Marion
- 10:05–11:35am (YS) Back Yoga & Gentle Movement w/Pamala
- 10:50–11:15am (WS) Abs & Arms w/Dorothy
- 11:45–12:45pm (YS) Tai Chi w/Onassis
- 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
- 6:05–6:55am (WS) Total Body Conditioning w/Jasmine
- 7:05–8:00am (WS) Nei Kung w/Dr. Schwindt
- 8:00–9:15am (YS) All Levels Yoga w/Debbie
- 8:15–9:00am (WS) Strength & Conditioning w/Yolla
- 8:30–9:30am (G) Cross Conditioning w/Cheryl
- 9:30–10:30am (WS) Strength & Stretch w/Marion/Dorothy
- *10:45–11:45am (WS) TRX Level I w/Dorothy
- 10:45–12:00pm (YS) Senior Yoga w/Barbara
- 4:15–5:00pm (YS) Youth Yoga w/Sarah
- 5:00–6:00pm (WS) Zumba w/Kelly
- 6:30–7:30pm (WS) Self Defense w/Tony
- 7:00–8:30pm (YS) Yoga Flow w/Jasmine

FRIDAY:

- 6:30–7:30am (YS) Pilates w/Noreen
- *7:30–8:25am (WS) Cardiac Rehab w/Laurie
- 8:35–9:15am (WS) Strength w/Cheryl
- 8:45–9:30am (G) Senior Wellness w/Laurie
- 9:00–9:55am (YS) Slow Yoga Flow w/Sarah
- 9:30–10:25am (WS) Zumba w/Jill
- 10:35–11:15am (WS) Barre w/Yolla
- 11:30–12:15am (YS) Gentle Stretch w/Yolla
- *5:00–6:00pm (WS) Enhance Fitness w/Noreen

SATURDAY:

- 7:30–8:45am (YS) Baptiste Yoga w/Ann
- 8:30–9:30am (WS) Step w/Kim
- 9:15–10:15am (YS) Vinyasa Yoga w/Debbie/Sarah
- *12:00–2:00pm (YS) Yoga Workshop(1/month)
Various Instructors

SUNDAY:

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

WS =Wellness Studio

YS =Yoga Studio

G =Gymnasium

* Indicates a Registered or Advanced Sign Up class

Updated 1/3/2019 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 CK. 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 Yoga/Flow Yoga/All Levels/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

Baptiste Yoga: Hot yoga focused on meditation and self-inquiry adaptable to any level of physical ability

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 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.

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

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.

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!

Guided Meditation: 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

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! Registration required