
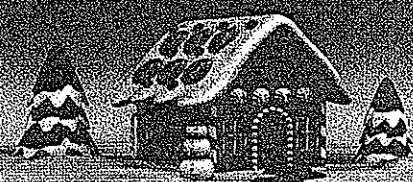
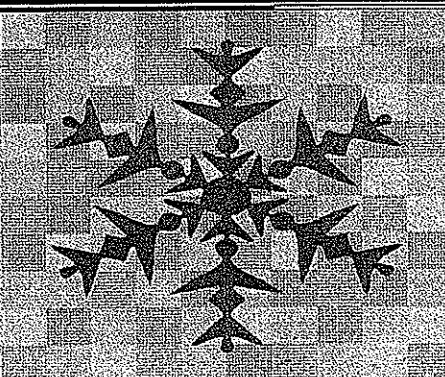



YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

WINTER I Session: January 3rd-February 20th

WINTER II Session: February 21st-April 17th, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
5:35am		Cycling 5:35-6:30 Ann Horn		Cycling 5:35-6:30 Ann Horn							
6:00am	Crosstraining 6:35-7:30 Karri		Cross-training 6:35-7:30 Karri		Crosstraining 6:35-7:30 Karri						
8:00am	Low Impact Aerobics 7:45-8:30 Karri		Low Impact Aerobics 7:45-8:30 Karri	Cycling Crosstraining 8:30-9:25 Jennifer	Low Impact Aerobics 7:45-8:30 Karri	Cycling 7:05-8:30 Ann Horn	Extreme Abs 8:35-9:00 Ann Horn				
9:15am	Cross-training 9:20-10:20 Jackie/GYM	Cycling 9:30-10:25 Geraldine	Step Aerobics 9:20-10:20 Stacey/GYM	Strength & Tone 9:20-10:20 Stacey/GYM	Step Aerobics 9:20-10:20 Annie/GYM	Cycling 9:30-10:25 Jennifer	Cross-training 9:20-10:20 Jackie	Str & Tone 9:20-10:20 Meghan/GYM	*Vinyasa Yoga 9:05-10:05 Stephanie	Total Bdy Sculpt 9:15-10:15 Rot/GYM	
10:30a	Target Workout Core Muscles 10:35-11:30 Geraldine	*Beginner Yoga 10:30-11:25 Stacey C		Target Workout Core Muscles 10:30-11:25 Jackie	*Beginner Yoga 10:30-11:25 Stacey C		Cycling 10:30-11:25 Annette	*Dance Classes 10:30-1:15 AS		*Zumba 10:05-11:00 Christina	
11:30a-5:00pm	SilverSneakers® 11:30-12:25 Karen	SilverSneakers® Yoga 11:30-12:25 Sandy			SilverSneakers® 11:30-12:25 Karen				*Family Yoga 11:05-11:40 Anne O		
5:00pm	Strength and Tone 5:00-5:55 Mary E	Extreme Abs 5:00-5:20 Christina	*Zumba 5:20-6:15 Christina	Target Workout Core Muscles 5:00-5:55 Ger	Strength and Tone 5:00-5:55 Mary E	Strength and Tone 5:00-5:55 Anne O					
6:00pm	DDR 6-6:55 Downstairs	Aerobic Kickboxing 6:15-6:55 Ken	Beginner Step 6:20-7:15 Ken	Aerobic Kickboxing 6:15-6:55 Stephanie	Beginner Cycling 6:00-6:55 Chris Ehli	*Karate 6-7 Steve M MPP					
7:00pm		Cycling 7:20-8:15 Geri	*Yoga/Fusion 7:00-7:55 Stephanie	Total Body Sculpt 7:00-7:55 Maureen							
8:00pm	* PLEASE register for ALL classes each session, On-line or at the Front Desk				* ALL classes must meet the minimum attendance requirement			**For MOST classes the min. req. is 6 persons registered			

Additional cost for all classes with an asterisk (*)

Register @ www.ymcadetroit.org

Please be advised the schedule is subject to change.

Classes are available for all fitness levels, beginner to advance. If this is the first time you have participated please see instructor before class. This will allow for the instructor to provide modifications. Please feel free to come in and try any and all classes.

Beginner Cycling: Requires no special skills; it's as easy as riding a bike! Instructors teach you the basics at your own pace with specially-designed stationary bikes and motivational music.

Beginner Yoga: Great for people with limited mobility, active seniors, or someone getting back into an exercise program. Gentle Yoga offers all the benefits of your usual Yoga class. By modifying poses with yoga blocks, straps, and chairs, you can reduce stress and improve flexibility, balance, posture, strength, and mind-body awareness.

Beginner Step: Very similar to our regular **Step Aerobics** classes, but featuring the step broken down and building up to a routine. This class is great to build coordination while getting an excellent cardio workout.

Crosstraining: Crosstraining involves a set of exercises that mix cardio and muscle-strength for a total workout. You can get your heart rate up and also build strength. An excellent way to add variety to your workout program, crosstraining classes can keep you fresh and challenged.

Cycling: "No-impact" cardio for everyone! You will develop strength and endurance while working on your cardiovascular fitness.

Cycling Crosstraining: These Crosstraining classes combine a cycling workout with strength or other cardio exercises to broaden the impact on the body. High-intensity, cardiovascular intervals will burn calories and strengthen the heart and lungs.

Dance Dance Revolution (DDR): A fun and interactive way to get your body moving. This class combines video games with multiple step movements proving a great workout for any age 8-80. Learn how game consoles can become powerful fitness equipment for the whole family. Great for beginner through advanced players.

Extreme Abs: This 20-25 minute class is an intense addition to your workout.

Family Yoga: This class will help reduce stress and improve flexibility, balance, posture, strength, and mind-body awareness, as well as, encourage health and wellness with your children (ages 3 & up).

Kickboxing: kickboxing and martial art techniques in the fitness arena! You will learn a variety of kicks and punches with various drills and combinations for a great total-body workout.

Low Impact Aerobics: Seniors' exercise class that promotes increased strength, flexibility, balance and coordination. Class design is specific for seniors and those who wish to ease their way into fitness.

SILVERSNEAKERS®: Have fun and move to the music through a variety of exercises to improve strength, range of motion, and daily-living skills. You will use hand-held weights, elastic tubing handles and a ball for resistance, and a chair for seated and/or standing support.

Step Aerobics: Choreographed patterns of movement on a platform box, or "step". Combine cardio and strength in an excellent routine to energize and invigorate you!

Strength and Tone: Weightlifting is for everyone! Learn the basic concepts of strength training and tone the body with slow, repetitive sets using low resistance and varied equipment for a head-to-toe workout.

Target Workout-Core Muscles: A Focus on the functional anatomy of the core muscles of the body: the abdomen and back. It's a great class for those who do cardio on their own and want to strengthen the abs and back.

Total Body Sculpt: You'll work the major muscle groups of your upper body and lower body during this total body workout.

Vinyasa Yoga (flow): A consists of breath-synchronized movements that connect to each other in order to create a flow. In contrast to the more athletic, intense style of Ashtanga, Vinyasa emphasizes the link between body movements, along with the powerful use of the breath.

Yoga Pilates Fusion: Blends of Hatha Yoga and Pilates to give students more rapid and balanced development of their bodies than when either discipline is performed independently. The Fusion program emphasizes strength, balance and harmony through stretching exercises and careful body posturing.

Zumba: Routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba®!