

**Winter I 2010  
Aerobic Studio Schedule  
January 4th-February 20th**



We build strong kids, strong families, strong communities.

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>5:30-8:00am</b>		6:15-7:00am Group Studio Cycling (Ann J.)		6:15-7:00am Group Studio Cycling (Ann J.)		
<b>8:00-9:00am</b>	8:00-8:45am AOA/Lo 8:45-9:15am Senior Yoga Stretch (Reta)	8:00-9:00am <b>**Zumba**</b> (Becky)	8:00-8:45am AOA/Lo (Sally)	8:00-9:00am <b>**Zumba**</b> (Becky)	8:00-8:45am AOA/Lo 8:45-9:15am Senior Yoga Stretch (Betsy)	8:00-9:00am <b>**Zumba**</b> (Becky)
<b>9:00-10:00am</b>	9:15-10:15am Total Body Sculpt (Jamie)	9:15-10:15am Cross Training (Betsy)	9:15-10:15am Step Strength Circuit (Jamie)	9:30-10:30am Kickboxing (Val)	9:15-10:15am Cross Training (Betsy)	9:15-10:15am Cross Training (Val)
<b>10:00-11:00 am</b>		10:30-11:30am <b>**Tai Chi**</b> (Brandon)		10:30-11:30am Total Body Sculpt (Val)		10:20-11:20am Begin/Intermediate Step Aerobics (Heather)
<b>11:00-12:00 Noon</b>	11:25am-12:25pm AOA (Reta)	12:30-1:30pm Silver Sneakers® MSROM (Reta)	11:25am-12:10pm AOA 12:10-12:40PM Senior Stretch (Izzy)	11:30am-12:30pm Silver Sneakers® MSROM (Reta)	11:25am-12:10pm AOA (Yvette)	
<b>5:00-6:00pm</b>	5:30-6:30pm Step Strength Circuit (Cathy)	5:45-6:45pm Cross Training (Izzy)	5:30-6:30pm Step Strength Circuit (Cathy)	5:30-6:30pm <b>**Drums Alive**</b> (Heather)		
<b>6:00-7:00pm</b>	6:05-6:35pm Express Glutes/Abs- Dojo 6:35-7:35pm <b>**Pilates **</b> (Betsy)		6:05-6:35pm Express Glutes/Abs- Dojo 6:35-7:35pm <b>**Yoga**</b> (Betsy)			
7:00-8:00pm		7:55-8:55pm <b>**Belly Dance**</b> (Lana)	7:35-8:35pm Group Studio Cycling (Betsy)			

**\*\*Denotes Paid Class– Please sign up for class regardless of fee.**

**Program Schedule Subject to Change**

Macomb Family YMCA, 10 North River Rd., Mt. Clemens, MI 48043 (586) 468-1411

*Financial assistance helps ensure everyone belongs at the YMCA. Ask for details at the courtesy counter.*

## Health and Fitness Class Descriptions

**AOA (Active Older Adult):** A body functional, low impact 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. Class combines exercises using bands, balls and weights.

**Cross Training:** 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, cross training classes can keep you fresh and challenged.

**Drums Alive:** Workout your entire body, mind and spirit combining the dynamic movements of aerobic dance with the pulsating rhythms of the drum to work your body and free your spirit. Ball and drumsticks provided.

**Eastern Belly Dancing:** Concentrate on the basics of Eastern Dance. Class emphasis will be on low impact fitness, developing strength and flexibility in nearly all parts of the body. Mastering the basics will give you the confidence, grace and technique to perform Eastern Dance.

**Group Studio Cycling:** No impact cardio for everyone! On a stationary bike you will receive a class that will develop muscle strength and endurance while working on your cardiovascular fitness.

**Kickboxing:** Traditional kickboxing exercises with high intensity cardiovascular intervals, plyometrics, weights, bag work and speed drills. This class is advanced; gloves can be purchased from the instructor.

**Step Strength Circuit:** This class blends step aerobics with weight training and core muscle strengthening for a thorough body workout. In between step aerobic activity, participants will be lead through resistance and weight training exercises to build strength and endurance. Participants will also work the core-the muscles that stabilize the spine, pelvis and shoulder. A strong core protects the back. Designed for intermediate to advanced levels.

**Pilates:** Tone and develop muscles, improve posture, strengthen the back, flatten the stomach, increase flexibility and endurance. This class is designed different from your basic core strengthening classes by implementing holding and breathing techniques that are unique to pilates.

**Step Aerobics:** Choreographed patterns of movement onto a platform box. Cardio and strength are combined in a routine that is sure to be energetic and a great workout!

**Stretch Class:** When do I stretch before or after my workout? Following a warm up is the best time to flex the muscles. It is the component of exercise that is the most important and the most forgot about. Forget no more; learn new stretches and how to stretch for maximum flexibility.

**Tai Chi:** Come and enjoy the art of Tai Chi Chuan. This slow paced art emphasizes the utilization and building of internal energy. It's pace and tempo are perfect for adults of all ages. Tai Chi is great for physical health and mental growth. The instructor, Brandon Slicker, has been studying for nearly a decade and is certified through Romanelli's International Martial Arts.

**Total Body Sculpt:** You'll work the major muscle groups of you upper body and lower body during this total body workout-plus enjoy abdominal work stabilize and strengthen the core muscle group. The instructor will lead the class in a variety of exercises using resistance equipment, body weight, stability balls, free weights, and more to keep participants engaged and challenged.

**Silver Sneakers-Muscular Strength Range of Movement:** Seniors exercise class that works with an individuals own strength, range of motion and flexibility. Class combines chair exercises using bands, balls and weights.

**Yoga:** Spirit, Mind and Body connection to breath and concentration. Enhance core strength, flexibility and muscle tone through postural holds and movement.

**Express Classes:** Target a specific goal within a short time commitment in an Express Class-group classes lasting 30 minutes or less that focus on one component of fitness or training a specific part of the body (e.g. core stabilization, upper-body strength, balance and agility, aerobic training/fat burning.)

**Zumba:** The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. It is a mixture of body sculpting movements with easy to follow dance steps.

**Please register for all classes at the courtesy counter or online, regardless of the fees, member benefit classes included.**

**Personal Training:** Meet with a Nationally certified personal trainer to help develop your own personal workout program, helping you meet your fitness goals faster and safer. Trainers are available for one on one or small group consultation. Contact Christina today to set you up with a personal trainer at 586-468-1411 x223.