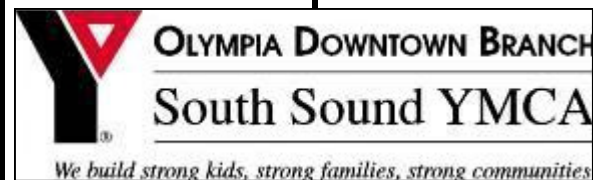


YGROUP EXERCISE

WINTER 2010 CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 am BodyPump —Tami S	5:45 am BodyStep —Tammy O	5:45 am BodyPump —STAFF	5:45 am BodyStep —Jerrie	5:45 am BodyPump —Tami S	8:30 am BodyStep —Christine
9:15 am BodyFlow Tami S—Yoga Studio	7:00 am Vinyasa Yoga Virginia- Yoga Studio	9:15 am BodyFlow Molly—Yoga Studio	7:00 am Vinyasa Yoga Virginia- Yoga Studio	9:15 am BodyFlow Tami S—Yoga Studio	9:00 am T'ai Chi & Kung-Fu John—Fitness Studio
9:30 am Senior Fitness —Michelle	9:00 am Tai Chi Chuan Chris C-Gym	9:30 am Senior Fitness —Tammy H	9:00 am Tai Chi Chuan Chris C- Gym	9:30 am Senior Fitness —Michelle	9:30 am Restorative Yoga Miguel—Yoga Studio
	10:30 am Gentle Yoga Virginia—Yoga Studio		10:30 am Gentle Yoga Gretta—Yoga Studio		9:30 am BodyPump —Jerrie/Tom
12:05 pm Total Body Fitness Beth—Fitness Studio		12:05 pm Total Body Fitness Beth—Fitness Studio	12:00 pm Nordic Walking Debbie- Lobby	12:05 pm Total Body Fitness Beth—Fitness Studio	10:45 am BodyFlow (Jen/Susan/ Vicki)- Yoga Studio
12:05 pm BodyPump —Vicki H	12:05 pm BodyStep —Molly	12:05 pm BodyPump —Molly	12:05 pm BodyStep —Molly	12:05 pm BodyPump —Vicki	<p>LEGEND All classes are held in the GYM unless specified otherwise. All classes are subject to change . ----- For more information about Group Exercise programs, scheduling and training, please call Jerrie Licht, Fitness Coordinator at (360) 918-0253 or email at Lichtj@ssymca.net</p>
12:10 pm Ashtanga Yoga Charlie—Yoga Studio	12:10 pm BodyFlow Jenifer-Fitness Studio	12:10 pm Ashtanga Yoga Virginia—Yoga Studio	12:10 pm BodyFlow Jenifer- Fitness Studio	12:10 pm Ashtanga Yoga Charlie—Yoga Studio	
5:15 pm BodyStep —Tammy	5:15 pm BodyPump —Jerrie	5:15 pm BodyCombat —Jerrie/Kelly	5:15 pm BodyPump —Tammy	5:15 pm BodyStep —Cathy	
5:30 pm BodyFlow Susan-Yoga Studio	5:30 pm Essential Yoga Roy—Yoga Studio	5:30 pm BodyFlow Susan—Yoga Studio	5:30 pm Essential Yoga Roy—Yoga Studio		
	5:30 pm T'ai Chi & Kung-Fu John—Fitness Studio				
6:20 pm BodyPump —Tom	6:20 pm NEW! Zumba- Rachel	6:20 pm BodyPump —Victoria	6:20 pm NEW! Zumba- Rachel		

Updated
2/4/10



We build strong kids, strong families, strong communities

OLYMPIA DOWNTOWN YMCA GROUP FITNESS CLASS DESCRIPTIONS

BODYCOMBAT™ is a non-combat, martial arts-based fitness program with moves drawn from Karate, Tae Kwan Do, Kung Fu, kickboxing, Muay Thai and T'ai Chi. Each 55-minute BODYCOMBAT™ class is choreographed to 10 tracks of the latest music, providing an exhilarating exercise experience that delivers ultra-fast fitness results.

BodyPump is the original barbell class that strengthens your entire body. The 60-minute workout will challenge all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music, awesome instructors, your own choice of weights and you'll see the results come fast.

BodyStep is the energizing step workout that makes you feel liberated and alive. There are cardio blocks that push the fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body. Using awesome music combined with motivating instructors, you will experience a fantastic overall workout!

Total Body Fitness Come get it all! This energizing upbeat class starts with a 5-10 minute warm-up, moves to 30 minutes of cardio, throwing in 5-10 minutes of core strengthening and then ending with 10 minutes of relaxing stretches. The cardio portion on Monday involves floor aerobics, with high and low impact options. The Wednesday class focuses more on strength training and the Friday class utilizes the step. Everyone can work at their own level and socializing is encouraged!

Senior Fitness Floor aerobics class focusing on mobility, balance, strength, core muscle groups and overall flexibility. You can enjoy exercising at your own pace.

Tai Chi Chuan- Tuesday/Thursday– 9:00 am - A series of martial arts movements performed in a slow, graceful, continuous manner. Benefits of this class include improved body awareness, development of coordination, increased flexibility and improved respiratory and circulatory function.

Nordic Walking– Thursdays at 12:00 pm– Meet in the Lobby with appropriate wear for the weather. Poles are available for class. Never fitness walk the old way fashion way again! Nordic Walking uses special poles, burns more calories. Nordic walking offers many physiological benefits including heart and cardiovascular health, weight loss, promotes excellent posture and back health.

BODYFLOW™ Saturday 10:45 am & Mon/Wed 5:30 pm & Tues/Thurs 12:10 pm & Mon/Wed/Fri. 9:15 am – is the Yoga, Tai Chi and Pilates workout that leaves you feeling long, strong, centered and calm. It's your personal time out from the stress and strains of daily life – a 55-minute group exercise-to-music class that enhances your physical and mental well-being.

Essential Yoga – Tuesday/ Thursday- 5:30-6:45 pm- A simple approach to yoga that is comfortable and enjoyable. Yoga postures, breathing, relaxation and awareness. Move away from stress, anxiety and tension and move toward health, well-being and peace.

Gentle Yoga- Tuesday/Thursday- 10:30–11:30 am- A supportive class designed to gently assist students in improving strength and flexibility. Great therapy to aid those recovering from minor injuries or surgeries, seniors or those wanting a very relaxing class. No prior yoga experience necessary.

Restorative Yoga- Saturday- 9:30–10:45 am- This rejuvenating class is a wonderful opportunity to relax and unwind after a busy week. It is suitable for anyone, including seniors, or people suffering from arthritis, chronic pain, chronic fatigue or lower back pain.

Ashtanga Yoga– Monday/Wednesday/Friday– 12:10-1:10 pm– Focuses on flow with breath and movement as well as building structural integrity in the body. We use the Ashtanga yoga system as the foundation of this class. This is for any willing person, with or without experience.

T'ai Chi & Kung-Fu- Tuesday 5:30-8:00 pm/Saturday 9– 11:00 am – This ancient Chinese discipline emphasizes how to develop, manipulate and utilize the body's energy through breath, concentration, and relaxation, which helps increase balance and sensory awareness helping promote health and longevity. Tai Chi improves balance circulation, co-ordination, and helps relax and strengthen the muscular and nervous system.

Vinyasa Yoga– Tuesday/Thursday 7:00 am– 8:00am- Focuses on flow with breath and movement as well as building structural integrity in the body. We use the Ashtanga yoga system as the foundation of this class. This is for any willing person, with or without experience.

NEW! ZUMBA– Tuesday/Thursday 6:20 pm–is inspired by Latin dance and combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. The name Zumba is derived from a Columbian word meaning to move fast and have fun.