

# QUINCY FAMILY YMCA AEROBIC SCHEDULE Spring I Session February 27-April 22

## Gymnasium/Outside or Multipurpose Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00		5:30-6:15am ROW-LATES	5:30 - 6:00 am Indo-Row	5:30-6:15am ROW-LATES	5:30 - 6:30 am Row and Ride		
		6:15-7:00am ROW-LATES		6:15-7:00am ROW-LATES			
		7:25 - 8:30 am C.A.T w/ ROW		7:25 - 8:30 am C.A.T w/ ROW			
10:00	8:30 - 9:00 am Indo-Row	8:30 - 9:00 am Abdominals - Gym		8:30 - 9:00 am Abdominals - Gym		8:30 - 9:00 am Indo-Row	
	9:00-9:30am Indo-Row	9:00 - 10:00 am Cardio Sculpt Gym	9:00-9:30am Indo-Row	9:00 - 10:00 am Cardio Sculpt Gym	9:00-9:30am Indo-Row	9:00-9:45am Youth RowLATES	
12:15		10:00-10:30am Indo-Row		10:00-10:30am Indo-Row		<b>All Classes subject to change</b>	10:30-11:00am Indo-Row
		12:15-12:45pm Indo-Row		12:15-12:45pm Indo-Row			
4:30	4:30-5:00pm Indo-Row	4:30-5:00pm Indo-Row	4:30-5:30 Row/Cycle/Core	4:30-5:00pm Indo-Row	5:00-6:00 Row/Cycle/Core		2:30-3:15pm Family Row
		5:00-5:30pm BOSU Pump				5:00-5:30pm BOSU Pump	
5:30	5:30-6:00pm Indo-Row	5:30 - 6:30 pm Evening Yoga	5:30-6:00pm Indo-Row	5:30 - 6:30 pm Evening Yoga			
	6:00-6:30pm Indo-Row		6:00-6:30pm Indo-Row				

**C.A.T w/ ROW** - class begins in aerobic room with 30 minutes of high intensity cross-training; rope jumping, sports moves, basic cardio drills and muscle conditioning for a total body workout **followed by 30 minutes of Indo-Row.**

**Ride and Tone** - 60 minute class designed to get your morning started right. 45 minutes of cycling followed by 15 minutes of toning exercises.

**Row/Cycle/Core** - Class begins in the multi-purpose room with 20 minutes on the rowers then moves to the cycling room for 20 minutes on the bikes and ends with 10 minutes of core training. Participants pick up a **row pass** for this class to ensure they have a boat/rower.

**RowLATES** - This class is 30 minutes of high intensity and low impact Indo-Row followed by 15 minutes of strengthening and core-powered Pilates.

## CYCLING - GROUP FITNESS ROOM OFF WEST END OF GYM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30	5:30 - 6:30am PowerCycling Jen	5:30 - 6:30am Ride and Tone Lois	5:30 - 6:30am PowerCycling Jen	5:30 - 6:30am Ride and Tone Lois	5:30 - 6:30 am Row and Ride Julie B.		
	8:30 - 9:30am PowerCycling Jen		8:30 - 9:30am PowerCycling Jen		8:30-8:55 Group Cycling	8:30 - 9:30am Weekend Wheels Judy	<b>All Classes subject to change</b>
12:00	12:10-1:00 Noon Cycling Judy		12:10-1:00 Noon Cycling Judy		12:10-1:00 Noon Cycling Judy		1:00-2:00pm PowerCycling Jen
	4:30 - 5:25pm Group Cycling Judy	4:30 - 5:25pm Group Cycling Judy	4:30-5:30 Row/Cycle/Core Julie B.		5:00-6:00pm Row/Cycle/Core Julie B.		
5:30	5:30 - 6:30pm Cycle N Strength Joanne	5:35 - 6:25pm Interval Cycling	5:30 - 6:30pm Interval Cycling Joanne	5:35 - 6:25pm Interval Cycling Roger			
6:30		6:35-7:30pm PowerCycling Jen		6:35-7:30pm PowerCycling Jen	ATHLETIC SHOES ARE REQUIRED.		

# QUINCY FAMILY YMCA AEROBIC SCHEDULE Spring I Session February 27-April 22

## AEROBICS ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:45	5:45 - 7:00 am Morning Yoga Sarah/Cathy	5:45-6:15 am CardioBlast Camille 😊	5:45 - 7:00 am Morning Yoga Sarah/Cathy	5:45-6:15 am CardioBlast Camille 😊	5:45 - 7:00 am Morning Yoga Sarah/Cathy	<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"><b>All Classes subject to change</b></div>			
8:30	8:30 - 9:30 am Step & Muscle Mary	7:25 - 8:30 am C.A.T w/ ROW Mary	8:30 - 9:20 am <b>Pilates</b>	7:25 - 8:30 am C.A.T w/ ROW Mary	8:30 - 9:30 am Step & Muscle Mary			7:45 - 9:00am Saturday Yoga Sarah/Cathy	
9:30	9:30-10:30am Muscle Madness Beth H.	8:30 - 9:30 am Fit Beginnings Johanna	9:30 - 10:30 am Zumba	8:30-9:30am Fit Beginnings Johanna	9:30-10:30am Muscle Madness Johanna			9:00 - 10:00 am Turbo Kick Kim 😊	
								10:00 - 11:00 am <b>Karate Class</b>	
12:15	12:15-12:45pm <b>Kettelbell Pump</b>	12:15 - 12:45 pm Muscle Cond. Sherri	12:15-12:45pm <b>Kettelbell Pump</b>	12:15 - 12:45 pm Muscle Cond. Sherri	<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">                     Shaded area marks a speciality class. All speciality classes require registration and a separate fee.                 </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <b>ZUMBA is FREE for members. Non-members may purchase 8 punches for \$48 at the welcome desk.</b> </div>		12:30 - 1:00pm Swingin' Lori		
4:30	3:30-4:20 <b>Youth Fit Line Dance</b>		3:30-4:20 <b>Youth Fit Line Dance</b>					4:30 - 5:00pm Swingin' Lori	1:00-1:30pm Foam Roller Lori
	4:30 - 5:25 pm Step & Muscle Lori		4:30-5:00pm Swingin' Lori					5:00-5:30pm Foam Roller Lori	
	5:15-6:15pm <b>Boot Camp starts March 26th</b>	5:00-5:30pm Cross Train	5:15-6:15pm <b>Boot Camp starts March 28th</b>	5:00-5:30pm Cross Train					
5:30	5:30 - 6:25 pm Body Blast Lisa	5:30-6:30pm <b>Zumba</b>	5:30 - 6:25 pm Body Blast Lisa	<del>6:00 - 7:00 Zumba</del>	Classes that are 'X' out are temporarily on hold as we look to hire and train new instructors. We will post on our website, facebook page and around the building when new instructor is in place and when class(es) will resume. We are sorry for the inconvenience.				
6:30	6:30 - 7:30 pm Turbo Kick Kim 😊	7:00 - 8:30 pm <b>Karate Class</b>		7:00 - 8:30 pm <b>Karate Class</b>					



**Picks for the Session. Sign in when you take this class and get entered into a drawing to win YMCA apparel. Each session "picks for the session" will change.**

**Boot Camp** – An intense conditioning class that integrates cardio exercises with muscle conditioning exercises. Class is held off site. Begins Monday, March 26th

**Cardio Blast** - This high-energy, fat-burning, early morning workout uses high impact exercises to get your heart rate up quickly! Come boost your metabolism for the day. You will get a blast of cardio to help you keep your energy levels up all day long!

**CrossTrain** - a 30 minute workout packed with all those exercises you never do on your own. On nice days be sure to wear layers as class may go outside.

**Fit Beginnings** - Ideal for someone just starting an exercise program or for the active older adult. Low impact cardio exercises and muscle conditioning

**Youth Fit Line Dance** - A fitness class that incorporates both fitness moves and choreography to popular line dances. Participants will learn dances like the Macarena, Cha Cha Slide, Electric Slide and Chicken Dance while also being challenged with push-ups, squats, jumping jacks, ect.