



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FEBRUARY North Brandon Family YMCA Group Exercise Schedule

Classes are 1 HOUR unless otherwise specified.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45am		Karen		Steve		
6:15am		Jen (30 min.)				
8am						Melanie
8:30am	Gentle Yoga Holly	Heather	Yoga Rebecca	Heather	Gentle Yoga Holly	
9am						Karen
9:30am	Sylvia (30 min. each) 	Tina	Eve	Tina/Heather	NEW CLASS! Alicia	
10am				Total Body Tina		Karen
10:30am	Tabi	NEW CLASS! Pilates Sandra	Eve		Jen/Laura	Rotation
11:30am		SilverSneakers CLASSIC Carol	SilverSneakers CIRCUIT Emily/Sharon	SilverSneakers CLASSIC Carol		
4:30pm	Brooke	Kathy	LaMor (30 min. each) 		Cindy	
5:30pm	Cindy	Sylvia	Cindy	Cindy	Sylvia (30 min. each) 	
6:30pm	Chantel	Eve	H.E.A.T. Sheila	Kimmy		
7:30pm	Pilates Barbaree	Eve	Allison	Deanna		

» **NEW!** Enjoy the great fall weather. Meet Vicki in the lobby for a morning walk, Wednesdays at 9:00am and Saturdays at 8am.



WE'RE MOBILE! Download our new YMCA mobile app on your smart phone.



Class Descriptions

BODYCOMBAT – An empowering cardio workout where you are totally unleashed. Inspired by martial arts and draws from a wide variety of disciplines such as karate, boxing, tai chi and muay thai. **L2-3**

BODYFLOW – A mat-based class that combines Yoga, Tai Chi, and Pilates into a full body workout that builds strength and flexibility while leaving you feeling calm and centered. **L2-3**

BODYPUMP – The original barbell workout that strengthens your whole body. Challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts, and curls. Great music, awesome instructors, and your choice of weight. **L2-3**

BODYSTEP – A step workout that makes you feel liberated and alive!! Simple movements, over and around the step to where you get huge motivation to burn calories. **L2-3**

BODYVIVE – A WHOLE body fitness workout that lets you choose how hard you want to work! Functional training at its best! You leave feeling new energy so you take life on each day feeling great! **L2-3**

CXWORX – 30-min program is the ultimate way to get a tight and toned core, honing in on your abs, glutes, back, obliques & “slings”, connecting upper & lower body. This workout will leave you looking good and feeling strong! **L2-3**

Gentle Yoga – A mind and body class focusing on mental and physical strength, flexibility and relaxation. Beginner level— includes a chair option if needed but suitable for all fitness levels. **L1-3**

H.E.A.T. – Anything goes! Drills, lunges, boxing, jump roping, core, sprints. A challenge workout for the high energy members! **L2-3**

Total Body – This class will strengthen and sculpt your entire body. Weights, bands, balls, benches and more are used to improve muscular endurance, cardio fitness and strengthen your core. Formats vary each class by instructor, levels are always offered. **L1-2**

Pilates – A low impact workout that improves the stability, strength and appearance of the core as you strengthen and tone your whole body. **L1-3**

SilverSneakers® CLASSIC: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. **L1-3**

SilverSneakers® CIRCUIT: Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, along with head to toe stretching, and complete relaxation in a comfortable position. **L1-3**

Yoga – Take your mind and body to another level of strength, flexibility and relaxation. Breathing, posture and relieving stress management is a small part of the world of YOGA. **L1-3**

ZUMBA – A great way to dance your way to a NEW you with exciting and unique Latin moves! And it doesn't feel like a workout! Dance the calories away! **L1-3**

Ages 10-12 are welcome to attend with a parent. Youth Orientation required prior to attending. Schedule YO at the Front Desk.
Ages 13-18 years old may attend all group fitness classes. We highly recommendation to complete a Youth Orientation prior to attending your first class. Please schedule your Youth Orientation at the Front Desk. You must be at 15 years of age to attend BODYPUMP.

L1 – No Group Ex experience. All levels welcome.
L2 – Some Group Ex experience helpful.
L13 – For experienced Group Ex participants.
Family Friendly – Children welcome with Parents Present

Childcare Hours: Monday-Thursday PC 8:00am-12:00pm, PC and YAC 4:00-8:30pm;
Friday PC 8:00am-12:00pm, PC and YAC 4:30-7:30pm; **Saturday** PC and YAC 7:50am-12:30pm

Play Center (PC) ages 6 weeks-7 yrs
Youth Activity (YAC) Center ages 5-12 yrs
