




YGROUP EXERCISE™




STARTING IN 2010



We build strong kids, strong families, strong communities.



RICHARDSON FAMILY YMCA GROUP EXERCISE SCHEDULE



Bold Classes held in Gym *OFFSITE Class* *Italics* – Youth Fitness Room

MONDAY		
Time	Class	Instructor
5:45	Express Strength	Anita
8:30	Pilates	Michele S.
9:15	Zumba 	Ashley
9:30	SilverSneakers I (45) 	Christy
10:00	Prime Time	Michele S.
10:30	SilverSneakers II (45) 	Christy
5:45	Cardio Combo/Core	Stephany
7:00	Yoga	Audry

WEDNESDAY		
Time	Class	Instructor
5:45	Express Strength	Anita
8:30	Pilates	Michele S.
9:15	Zumba 	Ashley
9:30	SilverSneakers I (45) 	Michele W
10:00	Prime Time	Michele S
10:30	SilverSneakers II (45) 	Michele W
5:45	Step Sculpt	April
6:30	Core	Jim
7:00	Yoga	Kelly

FRIDAY		
Time	Class	Instructor
8:30	Pilates	Michele S.
9:00	Buff & Tuff	Michelle S
9:30	SilverSneakers I (45) 	Christy
10:00	Prime Time	Michele
10:30	SilverSneakers II (45) 	Christy
5:30	Youth Power Hour	Jessie

TUESDAY		
Time	Class	Instructor
9:00	Buff & Tuff	Jessie
9:00	Fit for Life (FUMC)	Michele W
9:30	YogaStretch I (45) 	Audry
10:00	Fit for Life Yoga (FUMC)	Michelle W.
10:00	Yoga (75)	Aleda
12:30	Prime Time Strength	Aleda
5:35	Zumba 	Ashley
6:30	Tough Bodies	Jim

THURSDAY		
Time	Class	Instructor
9:00	Fit for Life (FUMC)	Martha
9:15	Kickboxing	Jessie
9:30	YogaStretch I (45) 	Audry
10:00	Fit for Life Yoga (FUMC)	Martha
10:00	Yoga (75)	Aleda
12:30	Prime Time Strength	Martha
5:35	Zumba 	Ashley
6:30	Tough Bodies	Jim

SATURDAY		
Time	Class	Instructor
8:45	Super Saturday (90)	Jim/Michele
10:15	Power Yoga	Michele S.
8:30	SilverSneakers I (45) 	Christy
11:30	Zumba 	Ashley

All Classes are FREE with your membership!

All Youth ages 6 -11 must complete a **Fitness Orientation** before using Youth Equipment
Register for Youth Orientation
At the Welcome Center

**Your Friends can "Try the Y"
Details at the Welcome Center**

*Classes are subject to cancellation due to poor attendance
Updated December 2009*

Description of Exercise Classes

ALL LEVELS ARE WELCOME – Please introduce yourself to the Instructor if this is your FIRST CLASS

BUFF & TUFF – Maximize your efforts; this strength class will target muscles you didn't know you had! Using barbells, dumbbells, and resistance equipment, this class will sculpt the new you.

CARDIO COMBO – Challenge your routine in this dynamic class. Elevate your heart rate with low impact movement and tone up with light strength work. (Follow with the 30 minute CORE class for a total body workout).

CORE - 30 minutes of full body exercises designed to increase strength and provides great toning.

EXPRESS STRENGTH – Start your day off strong! Work through a total body strength routine in 45 minutes, utilizing a variety of resistance equipment.

FIT OF LIFE AEROBICS - This Senior class will challenge your usual routine by adding strength workout to music. This is a great way to increase strength and improve your bone health. All levels welcome.

FIT FOR LIFE YOGA - Senior Yoga class involving stretching and relaxation exercises.

KIDS KICK/YOUTH POWER HOUR – Instructor-led Fitness programs that are designed for kids to have fun while exercising.

KICKBOXING – Learn some basic boxing moves set to music. Just plain kicking fun.

LOW IMPACT CARDIO – Get your heart healthy without the wear and tear on your joints – this is a fun class for all fitness levels

PILATES MAT– A series of exercises focusing on the core of the body (abdominal, lower back, quads, and hamstrings). Using breathing techniques and extremely slow rhythmic movements, this age old exercise is proven to increase your strength and flexibility.

PRIME TIME STRENGTH/CARDIO/BALANCE/CORE - This **Active Older Adult** class will challenge your usual routine by adding a dynamic strength workout to music. This is a great way to increase strength and improve your bone health. All levels welcome.

POWER YOGA - This Yoga format is designed to challenge you and improve your flexibility, endurance and strength. Some Yoga experience is recommended for this class.

SILVER SNEAKERS I & II – 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. We'll use weights, bands and ball. A chair is used for seated and/or standing support. All levels welcome.

SILVER SNEAKERS YOGA STRETCH - Senior Yoga class involving stretching and relaxation exercises.

STEP/ SCULPT - Not your mothers step class. This dynamic format will challenge your total body-utilizing choreographed step, in combination with strength training drills.

SUPER SATURDAY - 90 minutes of instructor chosen madness!

TAI CHI – This ancient form of martial arts is highly therapeutic. Improve your balance, coordination, lymphatic system, and much more. This is a great alternative for participants requiring gentle movement.

TOUGH BODIES – Wonder if you've got what it takes? To get the definition you desire, trainers will tell you the secret is to work the muscle from different angles. Utilizing weights, bands, bars, and balls this format will introduce you to a whole new you!

YOGA - This yoga format is perfect for anyone new to yoga or with specific range of motion concerns. Learn adaptive movements, to increase your flexibility and your overall health. Come for a class stay for a lifetime.

Y- WALK – ½ Hour walk for fun and fitness. 3 minimum sign-up walking outside around park, bring visors and sunglasses. Walk will be held in Gym during inclement weather.

ZUMBA - Don't tell anyone but this is exercise! Exciting new dance based cardio workout sweeping the nation. - Join a fun dynamic class incorporating low impact dance moves that increase any fitness level! **Great for all levels- Come ready to MOVE!**

A Few Notes from your fitness staff:

- Class formats can be adapted to your fitness ability however, if you are new to exercise or returning to a regular exercise routine- we recommend you start with one of our "All Level" classes.
- Classes can only be taught if there are two or more participants.
- Classes with average attendance of **6** or less will be subject to cancellation.
- Children 12 and up, are allowed to participate in group exercise class with a guardian or with instructor approval

Fit For Life Aerobics Fit and For Life Yoga held at First United Methodist Church

REMEMBER TO INVITE YOUR FRIENDS TO VISIT THE YMCA - ASK THE WELCOME CENTER FOR DETAILS

Richardson Family YMCA * 821 Custer Rd Richardson, TX 75080 * 972-231-3424 *
YMCA Mission: To put Christian values into practice through programs that build healthy spirit, mind and body for all