

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

## Irving YMCA August 2010

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am	<b>Yoga</b> Theresa	Primetime Svetlana	Pilates Jennifer	Primetime Lynn	Stretch & Abs Lynn		
9:30am						Cycle Maribel/Svetlana	
10:15am	Silver Sneakers Lynn	<b>Silver Sneakers</b> Svetlana	Silver Sneakers Lynn	<b>Silver Sneakers</b> Lynn			
10:30am		*11:15 Water Aerobics Svetlana				Muscle Flex Maribel/Svetlana	
1:15pm						*11:45 Water Aerobics Svetlana	Cycle/Core Svetlana
5:30pm	<b>Cycle</b> Maribel	Step Sarah	<b>Cycle</b> Svetlana	Step Lynn			
6:30pm	<b>Muscle Flex</b> Maribel		<b>Muscle Flex</b> Svetlana				
7:00pm			*Zumba Gloria				

\* Zumba-Specialty Class  
Members-\$5.00 per class  
Non-members-\$7.00 per class

\*The last Tuesday 11:15 Water Aerobics class  
is August 17<sup>th</sup>.

Irving Family YMCA

2200 W Irving Blvd Irving, TX 75061

972-986-8898

[www.irvingymca.org](http://www.irvingymca.org)

Mission Statement: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

# **Class Descriptions**

## **Cycle**

A great cardiovascular workout on specially designed indoor cycling bikes. The class will focus on speed intervals, strength and endurance. Add music and you are on your way! (Please bring water bottle)

## **Muscle Flex**

Men and women will love this class. Fun and challenging strength class utilizing specially made variable weighted barbells. All muscle groups are worked utilizing the barbell with a weight that is specific to your strength level.

## **Primetime**

This is an energizing low-impact aerobics class for active older adults or for someone who might be new to exercising.

## **Silver Sneakers**

The focus of the class is to increase muscular strength, endurance, and range of motion. Functional improvements are made in posture, balance, weight transfer activities, coordination, agility, and body awareness. The level of this class is appropriate for fit individuals as well as for those who are sedentary, unfamiliar with exercise, intimidated by exercise, and/or entering post-rehabilitation programs.

## **Step**

A traditional step class for all levels. Class will include toning and/or abdominal strength.

## **Yoga**

Yoga is an effective way to build strength, stamina, and flexibility while helping us bring harmony to the body, mind and spirit.

## **Cycle/Core**

This is a great all around workout. First ½ hour of intense leg and cardio work on the bikes, spend the last ½ hour strengthening your upper body and core.

## **Zumba**

Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be fun and easy to do.

## **Water Aerobics**

Water Aerobics will burn calories and help build muscles. This is a non-impact workout, so grab your swimsuit and head out to the pool.

## **Stretch & Abs**

A gentle way to increase flexibility and develop lean muscles. Includes abdominal strengthening.

## **Pilates**

Exercises that will challenge core strength, balance and stability, encouraging development of good posture and strengthening your lower back, hips and legs.

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