

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Irving YMCA March 2010

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

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

Irving Family YMCA

2200 W Irving Blvd Irving, TX 75061

972-986-8898

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.
