



YMCA AT MISSION PARDEE HEALTH CAMPUS

GROUP EXERCISE SCHEDULE

SPRING 2019 March

- ✓ Reservation Required
- ! High Intensity Experienced
- ∞ Kids Class/ Family Friendly
- + New Class or Class Change
- \$ Fee Based Series or Workshop
- # Suitable for Active Agers

- S** Studio **AA** Activity Room A
- CS** Cycle Studio **AB** Activity Room B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00a-8:50a ! P90X Live-S Natalie-mod/hi	5:45a-6:15a ✓ Cycle Xpress-CS Staff-mod/hi	5:45a-6:30a ! Athletic Conditioning -S LK-hi	5:45a-6:15a ✓ Cycle Xpress-CS Ellen-mod/hi	5:45a-6:30a ! Athletic Conditioning-S LK-hi	8:00a-8:45a Group Power-S Grace/Ellen- mod/hi	2:00p-3:00p Vinyasa Yoga-S Anya-mod
9:00a-10:00a ✓ Cycle -CS Linda-mod/hi (age 16+ to ride)	8:00a-8:45a Athletic Conditioning-S Ted-mod/hi	8:00a-8:50a ! Athletic Conditioning- Natalie-mod	8:00a-8:45a HIIT-S Ted- mod/hi	8:00a-8:50a ! P90X Live-S Natalie-mod/hi	9:00a-9:50a Piyo-S Staff Rotation- mod/hi	3:15p-4:00p Strength Fusion-S Ted-mod
9:00a-9:50a ∞ PiYo-S Gena-mod	9:00a-9:50a Group Power-S Emily P.-mod/hi	9:00a-10:00a # Vinyasa Yoga-AB Brittany-mod	9:00a-9:50a ! Strength Fusion-S Emily P.-mod	9:00a-10:00a ✓ Cycle -CS Tara-mod/hi (age 16+ to ride)	8:00a-9:00a ✓ Cycle - CS Tara-mod/hi (age 16+ to ride)	
10:00a-10:45a + # Barre- S Maya-mod	9:00a-10:00a Vinyasa Yoga- AB Natalie -mod	9:00a-10:00a ✓ Cycle -CS Linda-mod/hi	9:00a-10:00a ✓ Cycle- CS Maya-mod/hi	9:00a-9:50a ∞ PiYo Live-S Grace-mod	9:15a-10:15a ✓ Cycle - CS Tara-mod/hi	
11:00a-12:00p ✓ # Pilates- S Linda-low	10:15a-10:45a Senior Functional Fitness-AB Emily P-low	9:00a-9:50a ∞ Group Power-S Gena-mod	10:30a-11:15a # + Interval Circuits- S Maya-mod	10:00a-10:45a ! Bootcamp-S LK/Natalie-hi	10:00a-10:45a ∞ Zumba-S Curtis-mod/hi	
12:15p-12:45p Quick HIIT- AB Staff-mod/hi	12:15p-12:45p Quick HIIT- AB Staff-mod/hi	12:15p-12:45p Quick HIIT- AB Staff-mod/hi	12:15p-12:45p Quick HIIT- AB Staff-mod/hi	12:15p-12:45p Quick HIIT- AB Staff-mod/hi	11:00a-12:00p Vinyasa Yoga-S Mary Kinsey-mod	
12:30p-1:30p # Tai Chi Club Beginner-S Sharon-low	10:30a-11:15a ∞ Zumba - S Kaitlyn-low/mod	11:00a-12:00p ✓ Pilates-S Linda-low	11:15a-12:15p + # Therapeutic Movement-S Emily P-mod	11:00a-12:00p Flow Yoga-S Linda-low/mod		
4:30p-5:15p ∞ Little Ninja Warriors-S Maya-low/mod	11:30a-12:30p # Restorative Yoga-S Rene-low	12:30p-1:30p # Tai Chi Club Adv.- S Sharon-low	4:30p-5:20p Piyo Live-S Emily C-mod	12:30p-1:30p Tai Chi Club Adv.- S Sharon-low		
4:30p-5:00p HIIT-AB Natalie-mod/hi	5:30p-6:30p Vinyasa Yoga-S Brittany-mod	4:30p-5:15p ∞ Kids' Yoga -S Denise-low/mod	5:30p-6:30p ! Vinyasa Yoga-S Anya-mod/hi			
5:30p-6:20p ! P90X Live-S Emily C.-mod/hi	6:30p-7:15p HIIT-S Karen-mod/hi	4:30p-5:00p Athletic Conditioning Express-AB LK- mod/hi	6:30p-7:15p Group Power -S Katie K-mod			
5:30p-6:30p ✓ Cycle -CS Alan mod/hi		5:30p-6:20p ! P90X Live- S Emily C. -mod/hi				
6:30p-7:15p ∞ # POUND-AB Kathy-mod/hi		5:30p-6:30p ✓ Cycle -CS Rene M-mod/hi (age 16+ to ride)				
6:30p-7:30p Group Power-S Grace-mod/hi		6:30p-7:15p • ∞ Zumba-S Kathy-mod/hi				

GROUP EXERCISE CLASS DESCRIPTIONS

CARDIO

Group Cycling & Cycle Xpress class on stationary bikes that includes a variety of techniques & skills to provide a high energy cardio workout. Reservation required. You must be 16 & up to ride.

STRENGTH

PiYo Live Combines core-firming benefits of Pilates with the strength & flexibility of flowing yoga movements for a complete workout.

Strength Fusion Sculpt your entire body using a variety of equipment & exercises with an emphasis on strength & balance.

Group Power: a results driven strength training workout utilizing an adjustable barbell, weight plates, and body weight.

CARDIO / STRENGTH

Interval Circuit Training: This is a dynamic workout that is performed on an interval structure using a variety of equipment

HIIT: a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods.

Athletic Conditioning Cardio, strength, balance, & plyometric drills, plus core work designed to improve performance in athletics & everyday activities.

P90X Live Transform your body with a variety of strength-training moves, cardio, & core work. Tone strong, lean muscles & increase cardio endurance.

POUND combines cardio, strength training & Pilates with drumming to achieve a full-body workout.

Little Ninja Warriors kids ages 4 & up can work on their *ninja skills* with age appropriate exercises, drills, games & challenges that focus on agility, coordination, stamina, flexibility, & fun!

DANCE

Zumba® Latin-inspired dance class that incorporates international & pop music, creating a dynamic, exciting, & effective workout.

Barre Taking the hottest trend in dance-inspired conditioning, ballet barre training, and using "make-sense progression" and the LeBert Equalizer to create a format suitable for every level of exerciser, BARRE is a workout like no other! This format combines Balance, Agility, Resistance, working Recovery and Eloquence into a challenging full body workout. Use the exercises alone or in unique sequencing patterns provided to create an entire BARRE program! No dance experience or pink tights required

MIND/BODY

Vinyasa Yoga Students focus on linking conscious breath with a mindful flow, awakening their strength, energy, & flexibility.

Power Yoga An active yoga style that moves more quickly through poses building heat, strength & flexibility. Poses are linked together with vinyasa. Expect to sweat!

Restorative Yoga work with props to achieve postures that are restful & meditative. Poses are held for longer & movement is slow & intentional. Great for beginners, those seeking relaxation, or participants with joint & mobility issues.

Therapeutic Movement Relax, release and renew your body with this gentle flowing movement class designed to rid you of aches, pains and stiffness.

Pilates Incorporates core training, stretching, & proper breathing techniques for a full body workout. NOTE: Please let your instructor know if you have osteopenia/osteoporosis.

Tai Chi Club ancient Chinese practice of moving meditation that stimulates the body's energy flow while deepening one's innate calm. RSVP Sharon Murnane at smurnane49@gmail.com



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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SPRING 2019 – March

IMPORTANT INFORMATION:

- **FREE Coaching Connections** with your membership. Sign-up for as many as you need to help realize your goals.

• UPCOMING PROGRAMS!

Roll and Release Feb 6-27

4 Weeks of Yin Feb 20– March 8

F.I.T. Feb 5-28 T/TH 6-7pm

Arm Balances/Inversions Feb 23

Intro to Ayurveda March 2 12-2

FACILITY HOURS

Mon-Thurs	5:30am – 9:00pm
Fri	5:30am – 8:00pm
Sat	7:00am – 5:00pm
Sun	1:00pm – 5:00pm

YOUTH DEVELOPMENT HOURS

Mon-Thurs	8:00am – 12:30pm 4:00pm – 7:30pm
Fri and Sat	8:00am – 12:30pm
Sun	1:30pm – 4:30pm

*Sunday hours start March 10!

**YMCA at Mission
Pardee Health Campus
2775 Hendersonville Road
Arden, NC 28704**