



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Downtown YMCA Wellness Center Class Descriptions

FALL I 2017 Sept. 5th - Oct. 22nd

AWESOME ABS - Challenging ½ hour designed to tone and strengthen your entire core. Monday & Wednesday 5:00pm-5:30pm Meets in Studio A, Instructed by Ashley & Will, **Member Free Classes**, Prospective Member \$29

BUILD W/BODYWEIGHT - Relying primarily on participants' own bodyweight, this individualized training program will help develop muscle strength and mass. Monday 6:00-7:00pm Member \$47, Prospective Member \$51 or Thursday Noon – 1:00pm YMCA Member \$54, Prospective Member \$59, Meets in Fitness Center, Instructed by JT, and Alexandria

CORE & TABATA –Core work for the first half, then transition into a high intensity interval workout. Tuesday 12:15- 1:00pm, Meets in Studio A, Instructed by Megan, **Member Free Class**, Prospective Member \$29

GROUP CYCLING – Various cycling drills designed for all fitness levels. Monday 5:45-6:45pm, Tuesday 5:30-6:30PM, Thursday 5:45AM –6:30AM, Thursday 12:10-1:00p, Meets in Studio B, Various Instructors, YMCA Member \$25, Prospective Member \$70

HIIE - This new High Intensity Intermittent Exercise class will burn more fat in less time as you improve endurance and build strength! Overall, you'll be challenged with many short, intense intervals with brief periods of rest. Cardio, strength and ab intervals are used in each workout and will be changed each week to keep challenging your body. Each muscle group is worked to fatigue using a circuit format that incorporates cardiovascular segments to keep the heart rate elevated. Weight can be adjusted for various fitness levels and modifications will be shown for cardiovascular segments. Join Will on Monday, Wednesday, and Friday from 12:15-1:00pm on the Fitness Floor YMCA Member \$81, Prospective Member \$89 or Tuesday & Thursday 6:15-7pm. YMCA Member \$54, Prospective Member \$59

Pilates Mat Work- Based on the systematic approach to exercise of Joseph Pilates, this class is designed to develop and execute and physically challenge you with a powerful system of mat exercises that target the core. Overall improving dynamic postural balance and engraining proper movement patterns. Tuesday 12:15pm-1:00pm, Thursday 12:15-1:00pm, Meets in Studio C, Instructed by Lis, YMCA Member: \$25 Perspective Member: \$70

POUND - a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, Isometric movements and poses, and plyometric into a 45-minute series. Wednesday 6-6:45am or 12:15 – 1:00pm, Meets in Studio A, Instructed by Jocelyn and Megan, YMCA Member \$17, Prospective Member \$65

SMALL GROUP TRAINING (SGT) – Get the benefits of personal training while sharing the cost with your family, friends, or coworkers. Class size limited to no more than 5 individuals, flexible times available to work with your schedule. Contact Jon Greene to set up your training today! (D)517.827.9643 (E)jongreene@ymcaoflansing.org



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STEP WITH WEIGHTS – A step aerobics class with strength training built in. Fridays 12:10-1:00pm, meets in Studio C, Instructed by Tane, **Member Free Class**, Prospective Member \$29

STRENGTH & CONDITIONING – Low weights/high rep scheme ensures that heart rate stays elevated while reaping the benefits of a resistance training program. Monday 12:10-1:00pm, Monday 5:30-6:30pm, Wednesday 5:30-6:30pm, meets in Studio A, Instructed by Tane, Ashley & Will, **Member Free Class**, Prospective Member \$29

SUSPENSION TRAINING - Using straps suspended from the ceiling, gravity, and the leverage of your own body weight, this class is designed to give you an intense full body workout, Monday 6:30-7:30am, Tuesday 12:15-1:00pm, Wednesday 6:30-7:15am, Thursday 5:30-6:15pm, Friday 6:30-7:15am, Friday 12:15-1:00pm, Meets in the Fitness Center, Instructed by JT, YMCA Member \$35, Prospective Member \$79

TURNING POINT FITNESS - This supportive class utilizes personal trainers to help decrease stress in a format designed specifically for breast cancer patients and survivors. Monday & Wednesday 5:30-6:30pm, Studio c, Instructed by Brenda & Kathy, Member Fee:\$0, Prospective Member:\$0 –Note: "FREE" for any Breast Cancer Survivor for 1 year.

VINYASA YOGA- Vinyasa yoga is a discipline that utilizes postures and breathing techniques. This class offers a range of health benefits to those who practice it, as it encompasses all areas of mind, body and spirit. The postures are linked together in a series of movements that are synchronized with breathing. The continual movements from one pose to another give an added cardiovascular benefit. Practicing vinyasa can also increase muscle strength, endurance and flexibility, and reduce levels of stress. Instructed by Meena, Wednesday 12:10pm, Studio C, YMCA Member \$25, Prospective Member \$70

Warrior Workout: Come make your fat cells cry defeat. In this small group environment, motivation and encouragement are at the forefront. This workout is 45 minutes of intense exercise designed to help you find your inner warrior. (all moves can be modified for beginners). Instructed by Kalea, Tues and Thurs from 6:15-7am. YMCA Member \$54, Prospective Member \$59

WORKOUTS WITH A PERSONALTRAINER – Small group training at its best. Not confined to studios. Get the benefits of personal training at a group friendly price. Please contact Jon Greene to set up at (D) 517.827.9643 (E) jongreene@ymcaoflansing.org

YOGA – Class is aimed at stretching & strengthening muscles as well as improving posture, balance, and flexibility. Monday with Meena, 12:10-1:00pm, 6:30-7:30am Wednesday, or Friday with Meena 12:10-1:00pm. meets in studio C, YMCA Member \$25, Prospective Member \$70

DOWNTOWN YMCA WELLNESS CENTER

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