



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

Effective: April 2019

LEBANON FAMILY YMCA



	MONDAY	TUESDAY		WEDNESDAY	THURSDAY		FRIDAY
8:30-9:30 am	AQUAFIT Pool	DEEP WATER AQUAFIT Pool		DEEP WATER AQUAFIT Pool	AQUAFIT Pool		YOGA AQUAFIT Pool
9:00-10:00 am		YOGA Group Ex Studio			YOGA Group Ex Studio		
10:00-11:00 am	SILVER SNEAKERS CLASSIC Group Ex Studio	STEP INTERVALS Group Ex Studio	AQUA THERAPY ARTHRITIS (Mercy) Pool	SILVER SNEAKERS CLASSIC Group Ex Studio	STEP INTERVALS Group Ex Studio	AQUA THERAPY ARTHRITIS (Mercy) Pool	SILVER SNEAKERS CLASSIC Group Ex Studio
5:15-6:30 pm	POUND Group Ex Studio	ZUMBA Group Ex Studio		POUND Group Ex Studio	*TOTAL BODY Group Ex Studio		
6:30-7:30 pm	AQUA ZUMBA Pool	TAE KWON DO Group Ex Studio		AQUA ZUMBA Pool	AQUA ZUMBA	TAE KWON DO	

*TOTAL BODY time: 5:15-6:15

CLASS BENEFITS

STRENGTH & WEIGHTS

Strength training builds lean muscles and helps with long-term weight loss, and cardio exercise is great for burning calories and heart health.



CARDIO

These cardio classes keep you moving and having fun, while you use movements and build your muscular endurance.



MIND/BODY

Reduce chance of injury, increase mobility and improve your posture, which helps you look great as well as feel good.



CORE

Core strength is critical for building a strong body to create the best platform for all other exercise.



ACTIVE OLDER ADULTS

Enjoy classes that are specifically designed for mobility and longevity. Great for older adults and those new to a fitness routine.



AQUA

Joints stay happy with the ease of water classes. Great for beginners, active older adults and even the fitness pro who loves to burn calories in the water.



AQUAFIT/AQUACISE/DEEP WATER AQUAFIT/YOGA AQUAFIT

A non-impact fitness class in the water designed to increase strength and flexibility. Some water walking and aerobics is included. This is the perfect workout for individuals just starting a fitness program, working with arthritis or who have few exercise options.

YOGA

Balance, breathe, lengthen and strengthen through gentle yoga movements to increase range of movement. Great for everyone!

POUND

Created by two female drummers, the POUND workout fuses cardio interval training with drumming to provide a challenging, heart-pumping workout.

SILVER SNEAKERS CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

STEP INTERVALS

Step aerobics are moderately intense cardiovascular workouts using an adjustable height platform in the choreography. The emphasis is on having fun while getting fit. Step Interval will alternate between choreography intervals and strength intervals for a full-body workout. This class is for all fitness levels.

TAE KWON DO

Get moving and have fun in this cardio-based class designed to teach focus, concentration, muscle development, balance.

TOTAL BODY

This all-over workout emphasizes cardio, core targeting large and small muscle groups. Burn calories while strengthening and toning.

ZUMBA

Que Caliente! Zumba is a fusion of Latin and international music and dance that creates a dynamic, exciting and effective workout. Interval training is used to tone and sculpt the body. Join the party!