



FOR YOUTH DEVELOPMENT®  
**FOR HEALTHY LIVING**  
 FOR SOCIAL RESPONSIBILITY

## GROUP CLASSES: AEROBICS STUDIO

YMCA OF THE PALMS

<p>Class Schedule:  <b>February 2012</b></p> <p><b>AIM (Adults In Motion) classes are new! Try one!</b></p> <p>Group exercise classes range from the soothing calm of yoga and Pilates to the high intensity of boot camp and Kickboxing! Attending a class with others who are motivated to get fit and have fun will inspire you to keep healthy and try something new every time you come into the Y!</p> <p><b>Helpful Tips:</b></p> <ul style="list-style-type: none"> <li>• Please bring a towel with you to all classes</li> <li>• Please plan to arrive to class ON TIME and plan to stay for the entire class</li> <li>• Supportive athletic shoes are required for your safety in all classes except yoga and Pilates</li> </ul> <p><b>Questions?</b></p> <ul style="list-style-type: none"> <li>• Please ask any Y staff member –whether it's directions to our aerobics studio or class suggestions, just ask!</li> <li>• Send an e-mail to <a href="mailto:fitness@ymcapalms.org">fitness@ymcapalms.org</a></li> <li>• Check out class descriptions on the back of this schedule.</li> <li>• ebClasses scheduled outside will meet in the basketball gym.</li> </ul>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	6:00 am Cardio Mix Kathy	6:00 am Body Sculpting Susan	6:00 am Cardio Mix Kathy	6:00 am Pilates Kathy	6:00 am 20/20/20 Leslie			
	8:30 am Step Cardio Susie *complex (45 min)	8:00 am Body Sculpting Susie	8:00 am Yoga Rosemary	8:00 am Body Sculpting Naomi	8:30 am Step Cardio Susie *complex (45 min)	8:15 am Step Cardio Anne (45 min)		
		9:15 am Boot Camp Heather (outside)		9:15 am Boot Camp Kate (outside)	8:30 Circuit Cindy (gym) (45 min)	9:00 am Body Sculpting Kathy (45 min)		
	9:15 am Aerobics Naomi	9:00 am Zumba Gold Eileen	9:15 am Aerobics Intervals Cindy	9:00 am Balletone Lacie	9:15 am Zumba Gold Mary	9:45 am Aerobics Cardio Kathy (45 min)		
	10:15 am YogaLates Wendy	10:15 am AIM Cardio Deidre	10:15 am Power Yoga Susie	10:15 am AIM Cardio Michele	10:15 am Yoga Lacie (75 min)	10:30 am Pilates Krista		
	11:30 am AIM Strength Shannon		11:30 am AIM Chair Yoga Lacie	11:30 am AIM Strength Deidre	11:45 am AIM Chair Yoga Krista	11:00 Kickboxing Lea (outside)	11:30 Zumba April	
	4:30 pm Zumba Dorothy	4:30 YogaLates Kristy		4:30 pm H.I.I.T. Stacey	4:30 pm Aerobics Kathy (45 min)			3:30 pm Aerobics Kathy (30min)
	4:30 Boot Camp Stacey (outside)							
	5:30 pm Power Yoga Susie	5:30 Power Sculpt Anne	5:30 pm Zumba® Eileen		5:15 pm Body Sculpting Kathy (45 min)			4:00 pm Yoga- Lates Kathy
6:30 pm Pilates Krista	6:30 pm Yoga Kathy (75 min)	6:30 pm Pilates Krista	6:30 pm Yoga Andrea (75 min)					
7:30 Zumba Eileen								

### YMCA OF THE PALMS

5450 YMCA Rd, Naples, FL 34109

P 239 597 3148 F 239 597 8415 W [www.ymcapalms.org](http://www.ymcapalms.org)



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## CLASS DESCRIPTIONS:

**Aerobics** – Traditional fitness dance type class that keeps feet on the floor and impact to a minimum. The focus is on cardiovascular work followed by strength / toning work. **Aerobics Intervals** – Traditional aerobics with bouts of strength work intermixed.

**AIM (Adults in Motion) Cardio** – Fun and fitness combined to increase cardiovascular and muscular endurance with a standing circuit workout. Strength work is alternated with non-impact aerobic choreography.

**AIM (Adults In Motion) Chair Yoga** - complete series of seated and standing yoga poses geared toward older adults or anyone having difficulty getting up and down from the floor. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.

**AIM (Adults In Motion) Strength** - Designed to increase muscular strength, range of movement, and activity for daily living skills in older, active adults. A chair is provided for support.

**Balletone®** – A unique blend of dance, Pilates, and fitness which will develop core strength, muscular endurance, dynamic balance, and flexibility. The barefoot workout is inspired by Ballet, but no dance experience is required.

**Body Sculpting** – Focus is on toning and strengthening muscles throughout the body using weights, tubing, stability balls, body weight, etc.

**Boot Camp** – Calisthenics, jumping jacks, agility drills, and resistance work combined to increase cardiovascular and muscular endurance. **PREREQUISITS:** Must have a base fitness level, ability to do squats and pushups, and ability to get up and down from the floor easily. (Classes scheduled outside will meet in the basketball gym.)

**Cardio Mix** – A fun combination of step, aerobics, and other modes of exercise to make time go quickly!

**Circuit** – Move among strength stations set up for non-stop movement which will elevate the heart rate as well.

**H.I.I.T.** (High Intensity Interval Training) Use plyometric moves to elevate the heart rate, followed by basic strength work done while the heart rate recovers. Come ready to work!

**Kickboxing** – Incorporate martial arts with large movements to raise your heart rate and increase cardiovascular fitness. Punching bags are available to enhance the workout. Plan to arrive early to get hand-wraps and get set up.

**Pilates** – Exercises done to strengthen the core while incorporating breathing techniques and mental awareness. You will improve posture, flexibility, and overall strength.

**Power Sculpting** – Very similar to Body Sculpting but some movements are done faster or in a more advanced way. Several body parts are often working in unison for a very efficient workout.

**Recess** – For those young at heart or for the whole family! Act like a kid again with jump ropes, relay races, and fun drills to keep you moving and sweating while having a great time. (Ages 8-13 welcome with a parent.)

**Step** – Choreographed patterns to keep you moving up and down off the step and make time sail by. The primary goal is cardiovascular conditioning.

**Yoga** – Traditional yoga poses utilizing breathing techniques for muscular endurance, flexibility, and relaxation. Yoga is defined as the “union of breath, body and spirit”. **Power Yoga** – modified to provide a muscular component.

**Zumba®:** Various music styles and dance moves from around the globe combine to create a Latin party atmosphere where the primary objective is fun and a cardiovascular workout too!

**20/20/20** – Divide a great one hour workout into thirds and you’ll get 20 minutes of cardiovascular conditioning, 20 minutes of strength work, and 20 minutes of core and stability work.

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