



# YMCA of Cecil County Winter Fitness Schedule Jan. 2 2018 Subject to Change

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:35am	S.H.R.E.D. (Cheyenne)		S.H.R.E.D. (Phil)		S.H.R.E.D. (Phil)	
6am	Group Cycling (Lynsey)		Group Cycling (Tracy)		Group Cycling (Lynsey)	
7am		Group Cycling (Jimmy)				
7:30am	Group Cycling (Danielle)					Group Cycling (Danielle)
8am	TNT (Phil)	Core 45 (Phil)	TNT (Phil)	Core 45 (Phil)		
8:30am	Bootcamp in Gym 3 Danielle					Str. & Cond. Kikboxing Danielle
8:30am						SHINE Heike Dance Room
9am						YOGA 1 & 2 (Marille)
9:15am	Body Blast (Kristin)	Barre "Lean Out" (Brynn)	Body Blast (Kristin)	Barre "Lean Out" (Lisa)	Barre "Lean Out" (Brynn/Lisa)	
9:30am	ZUMBA (Danielle) Dance room					ZUMBA (Danielle)
10:20am	Group Cycling (Tara)				Group Cycling (Tara)	
10:30am	Power/Vinyasa YOGA (MarieRose)				Power/Vinyasa YOGA (MarieRose)	Core 45 (Phil)
11:15	Beginner Cycling Tara (1/2 Hr.)				Beginner Cycling Tara (1/2 Hr.)	
Noon	Cycle/ & Strength (Nicole/Tara)	Group Cycling (Tara)	Cyc/YOGA Tara/Brynn)	Group Cycling (Tara)	Cycle/ & Strength (Nicole/Tara)	ZUMBATOMICS ZUMBA FOR KIDS TINA
4:00pm		Ballet Barre Danielle	Strgth & Conditioning Danielle			
4:30pm	Group Cycling (Tracy)		Group Cycling (Tracy)		Cycle & Weights (Tracy)	
5:00pm		Core 45 (Phil) Group Cycling (Danielle)	Ballet Barre Danielle	Core 45 (Phil)		
5:30pm	Body Flow Tracy					
6:15pm	Tabata With Tracy		Barre "Lean Out" (Lisa)			
6:pm		Strgth & Conditioning Danielle	Group Cycling (Danielle)	Group Cycling (Susan)		
6:30pm	Group Cycling Tony	Group Cycling Cathy		TAI CHI (Tom-)		
6:45pm			Group Cycling Tony			



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### CARDIO & STRENGTH

**S.H.R.E.D.** STRENGTH-HEALTH-ROWDY-ENERGY-DETERMINATION. Bring it all with you for the best wake up class you have ever attended. Circuits, drills, old school standbys along with cutting edge training methods will be your best reason for getting out of bed-think BOOT CAMP X 2. Challenge yourself, amass your energy, intensify your focus and own your day.

**Body Blast**: A full body workout that will "blast" calories and tone muscles with a mix of 30 sec. cardio "blasts" and strength training.

**Shape it UP**: A great work out designed to work your butt/gut/ arms. This sculpting class focuses on the core muscles including abdominal muscles, gluteal, hip flexors and extensors & help you sculpt your arms. Class for all fitness levels.

**Tabata With Tracy**: A brutal circuit of 20 seconds on and 10 second rests, maybe. This is not your everyday ordinary intervals of cardiovascular, strength and power for the ultimate workout, but one that will continue the burn the rest of the week.

**Strgth & Conditioning**: This class is a program for everyone regardless of age and fitness level. This workout will strengthen and shape your entire body using proven strength and conditioning training methods

**SHINE**: is a dance fitness class rooted in traditional dance such as JAZZ, HIP HOP, and BALLET. We take those foundational moves and create dance routines that are easy enough for beginners yet challenging enough for the more seasoned dancer. The simplicity of the routines allows you keep moving and do less thinking. The class is for women of all ages and abilities. **(no class 2nd Saturday of each month)**

**BALLET Barre Fitness**: If you are staying on top of fitness trends you know that "barre workouts," which are designed to give you a long, lean dancer-like physique, are all the rage these days. Barre studios are popping up in every major city across the globe, along with a variety of DVDs you can do at home. While all barre workouts differ slightly in structure, most methods incorporate exercises done at a ballet barre combined with elements of ballet, Pilates, and yoga. Barre exercises rely mainly upon one's bodyweight for resistance, and the moves challenge your core stability and balance.

**Core 45**: Over 25 exercises to learn on the staball for your Core. Phil will make your abs burn, guaranteed!

**Barre "Lean Out" Fitness**: This is an invigorating workout that will change your body!! Barre based workouts have been toning and shaping celebrity bodies for over 50 years, and now Barre Fitness is here and the first of its kind by a Certified Barre Fitness Instructor at the YMCA of Cecil County. Open to all levels.

**TNT**: More than just a gut buster, it includes strength and cardio utilizing weights, medicine balls, slam balls and more!..

**Les Mills Body FLOW**: Sretch thru a series of yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered. Happy.

### YOGA

**POWER/VINYASA YOGA**: Consists of a dynamic, constantly flowing sequence of postures (asanas), linked together utilizing deep, yogic(ujjayi)breathing. The class, although physically challenging, is designed for all levels. Strength and flexibility!

**YOGA 1 & 2**: Experience Yoga routines that nourishes your body, relaxes your mind and uplifts you. Beginners and continuing students welcome.

**Inspirational YOGA**: A class focused on getting rid of all that tightness that builds up in your muscles from work or exercise using inspirational verses to connect all aspects of Life and exercise and music to soothe the soul. Spirit/Soul/Body.

**TAI CHI**: Yang style Tai Chi movements are low impact, gentle and put minimal stress on your muscles and joints.

### ZUMBA

**ZUMBA**: This class fuses Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. You could burn 600 to 1,000 calories per class!

**Zumbatomic for Kids**. **ZUMBATOMIC** is a fun, healthy program for children using the ZUMBA Fitness concept. It's a dance-fitness class specially adapted for kids ...

### CYCLING

**Group CYCLING**: This is any indoor cycling journey. This is a guaranteed cardiovascular workout. Appropriate for everyone who wants to build stamina and all around fitness. Instructors are all Spinning®certified.

**Cycle & Weights**: Combination of weights and cycling designed to strengthen and tone. An off and on ride to keep the heart rate going and body pumped!

**Cycle & Strength** A great change of pace to add STRENGTH training to a cycling class! This combo class of cycling and STRENGHT will burn the calories and give you the stamina you have been looking for. Adding Wednesday gives you a great opportunity to get a Yoga ending.

**Cycle & Abs**: A great combination to help sculpt the legs and core while burning fat!