

March 2010

Group Exercise Studio (4th Floor)

Monday	Tuesday	Wednesday	Thursday	Friday	
	Rep Reebok 6:00-6:45am Julie		Rep Reebok 6:00-6:45am Julie		You can find this schedule and more on our website: www.columbiaymca.org
SilverSneakers 10:30-11:20 Leslie	SilverSneakers 10:30-11:20 Ashley		SilverSneakers 10:30-11:20 Shell Marie		
Cardio Sculpt 12:05-12:55 Nancy & Ramsey	Rep Reebok 12:10-12:50 Ramsey	Body Vibe 12:15-12:45 Ashley	Body Sculpting 12:10-12:50 Donna	Step-n-Sculpt 12:10-12:50 Elizabeth	
Rep Reebok 5:30-6:30 pm Melissa	Totally Step 5:15-6:10pm Jennifer	Fit and Firm 5:30-6:30pm Melissa	Kickboxing 5:30-6:20pm Jennifer	30/20/10 5:30-6:30pm Jennifer	
*AB Blast! 6:25-6:45 pm Carol <i>WOW area</i>	*AB Blast! 6:15-6:35 pm Julie <i>Gp Ex Studio</i>	Step Fusion 6:35-7:20pm Jennifer	*AB Blast! 6:00-6:20pm Julie <i>3rd Floor</i>		
\$\$Boot Camp\$\$ 6:30 -7:30 pm Deb	Body Sculpt 6:40-7:20pm Julie	*AB Blast! 6:35-6:50 Melissa <i>WOW area</i>	Rep Reebok 6:25-7:20pm Julie		

Bootcamp

March 15 – April 9
 Relish the results you'll see from our intense interval-based workouts. Participants gather in the lobby of the Downtown YMCA.
 Mondays (6-7:30pm)
 Wednesdays (5:45-6:45pm)
 Fridays (6-7:30pm)
GET YOUR PUNCH CARDS
Members: \$38
Non Members: \$68

Group Exercise Room (6th Floor)

	Calorie Buster + Abs 12:10-12:50 Nancy	Pilates 12:10-12:50pm Ken	Cardio Calorie Buster 12:10-12:50 Nancy	Kick Boxing 12:10-12:50 Ramsey	*Friday, March 5 th : Kickboxing will be in Woodrow Hall <i>Are you satisfied? Please let us know how you feel by leaving comment cards. This allows us to give you what you want! Thank you!</i>
Dance Cardio 5:30-6:30 pm Lindsey "Hip Hop Hustle"	Zumba 5:30-6:15pm Aften	\$\$Boot Camp\$\$ 5:45-6:45pm Deb	Zumba 5:30-6:15 Aften		
Step/Abs Combo 6:40-7:25 Melissa	\$\$Fencing\$\$ 6:30-7:30pm Jane		\$\$Fencing\$\$ 6:30-7:30pm Jane	\$\$Boot Camp\$\$ 6:00 -7:30pm Deb	

Cycle Studio (2nd Floor)

6-6:55 am BZ		6-6:55 am BZ*		6-6:55 am BZ	*On Wednesday, 3/10 & 3/24 class will begin at 5:30 am and end at 6:55 am
12:10-12:50 pm Carol		12:10-12:50pm Meredith			
5:30-6:15 pm Carol	5:30-6:15pm Carol & Leslie	5:30-6:15pm Leslie			

Woodrow Hall (1st Floor)

Yoga I 12:10-12:50pm Ellen	Yoga I 12:10-12:50pm Barbara		*Yoga II 12:10-12:50pm Barbara		If you have never attended a Yoga or Pilate's class before, or you are new to these exercises, please inform the instructor before class. *We recommend that before you take the Yoga 2 class, you have previously taken several yoga classes and are familiar with yoga postures.
Yoga 5:45-7pm Rick	Pilates 5:30-6:30pm Melissa	Yoga 6-7:15pm Chris	Pilates 6-7pm Gina	Yoga 5:30-6:30pm Chris	

Water Aerobics

Deep W.E. 7:45-8:30 am Jennifer	Deep W.E. 7:45-8:30 am Winifred	Deep W.E. 7:45-8:30 am Robin	Deep W.E. 7:45-8:30 am Jennifer	Deep W.E. 7:45-8:30 am Karen	
Aqua Tone 8:30 – 9:00 am Jennifer	Deep W.E. 3:30- 4:15 pm Pat	Aqua Tone 8:30 – 9:00 am Robin	Deep W.E. 3:30- 4:15 pm Pat	Aqua Tone 8:30-9:00 am Karen	Saturday: DEEP W.E. 9 – 10 am Wendy
Waterworks 5:15-6:15 Connie	Waterworks 5:15-6:15 Connie	Waterworks 5:15-6:15 Connie	Waterworks 5:15-6:15 Connie		

Please show up to classes on time and inform the instructor of any personal or medical issues that might be affected by your participation. Classes must have a minimum of 6 participants to stay on the schedule. Schedule is subject to change at any time. If you have any questions or suggestions about our group exercise programs please contact the group exercise coordinator Ashley Hoffman at 803.799.7159 x25

30/20/10: 30 minutes of cardio and step, 20 minutes of body sculpting, and 10 minutes of core work. Can you handle it?

AB BLAST: Get a blast of ab exercises to help strengthen your mid-section.

BODY SCULPTING: This is a total body workout. This class uses hand weights, tubing, discs, body bar & bands. Although body sculpt offers the same total body benefits as RepReebok, it differs because it is a different routine every time.

BODY VIBE: Take advantage of a full body workout in 30 minutes. This class incorporates cardio and sculpting segments that include the use of stability balls, weights, resistance bands, body bars, steps, disks, and even your own weight.

\$\$BOOT CAMP\$\$: High energy, intense cardio and strength training guaranteed to boost your energy and metabolism to new heights. Easy to follow step moves, plyometric moves, circuit training, jump rope, running drills, abdominal work and push-ups. You'll be encouraged to work hard enough to increase your fitness level. Participants gather in the lobby of the Downtown YMCA. Program meets on Mondays 6:00-7:30 PM, Wednesdays 5:45-6:45 PM and Fridays 6:00-7:30 PM. The costs for the sessions are \$38 for YMCA-members and \$68 for Non-members. Registration is required for this program. Next Boot Camp Session: March 15 – April 9

CALORIE BUSTER + Abs: This interval training class consists of bursts of cardio and high-rep/low-weight strength training exercises and core focus for increased calorie burn and a total body workout.

CARDIO CALORIE BUSTER: Want to burn some serious calories? This class will get you moving with non-stop cardio that will leave you sweating.

CARDIO SCULPT: What do you get when you combine kickboxing and interval training? This new combo workout taught by 2 instructors that will leave you sweating, toned, and coming back for more!

CYCLE: Each instructor takes you on a calorie burning ride. Using music the instructor guides you through climbs, sprints and perhaps a race. Any level can attend. Please arrive early for assistance in getting fit for the bike.

DANCE CARDIO: HIP HOP HUSTLE!!! If you like to dance and you need to exercise, then this will be just for you! Learn a variety of dance routines from hip hop to modern dance, etc. Classes are lead by a professional dancer and have a different theme each month.

FENCING: Have fun learning the fundamental footwork and blade actions of this dynamic Olympic sport. Great sport for exercise, mental focus, tactical thinking, and personal growth. Class is led by former US World Team member. Beginners are welcome in this class. Contact Jane Littmann for more info. 781-0056.

FIT AND FIRM: Step and strength intervals are fused together for a total body workout.

KICK BOXING: Experience various martial art disciplines combined together to create an exhilarating and challenging fitness class. It provides muscle-conditioning, offers improvements in cardiovascular fitness and flexibility.

PILATES: Pilates exercises are intended to strengthen your "core" muscles as well as improve posture, all-over strength and flexibility. Effective Pilates practice requires concentration and precision. Each class, the instructor will review some of the basic principles and fundamental movements of Pilates as well as lead you in practicing the basic and intermediate mat exercises developed by Joseph Pilates. Props may be used, including balls and bands.

REP REEBOK: A fast paced, pre-choreographed, total body workout! Allow your body to become familiar with the workout & gain muscle tone along with strength! As you increase your strength, you'll also increase your every day metabolism. In turn, you'll burn more calories all the time.

SILVERSNEAKERS@: Exercise and wellness program for seniors. We offer **SilverSneakers@- Muscular Strength and Range of Motion** classes on Mondays, Tuesdays and Thursdays from 10:30-11:15 AM. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance; and a chair is used for seated and/or standing support. Call the Senior Advisor, Ashley Hoffman for more info. 799-7159, extension 25.

STEP FUSION: Step, cardio, and strength intervals are fused together for a total body workout. This class is a calorie burner!

STEP-n-SCULPT: Get that last workout in before the weekend! You can do it! This class incorporates step aerobics as well as sculpting exercises that will leave you ready for the weekend!

TOTALLY STEP: Burn some major calories with this upbeat cardio step aerobics class. It is a total body workout that will leave you sweating.

YOGA 1: Restore equilibrium to your body with moderate yoga postures. Discover things about your body that you may have never noticed before and gently work on improving your strength, flexibility and balance. Your body and mind will thank you for coming to this class.

YOGA 2: Students will build on the foundations of yoga and work to improve their flexibility, strength and balance. Previous yoga experience is suggested.

ZUMBA: The latin dance craze that is sweeping the nation. This class combines energy and motivating music with unique moves and easy to follow combinations that allows the Zumba participants to dance away their worries.