



Carl and Linda Grubb Family YMCA

# Group Exercise

## FEBRUARY 2012

FOR YOUTH DEVELOPMENT  
SOCIAL RESPONSIBILITY  
HEALTHY LIVING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1 A.M. 8:30 Yoga/ LT 8:30 Gentle Fitness/Gym/ MM 10:00 SilverSneakers/ MM</p> <p>P.M. 4:30 Kettlebell/ KB 5:30 Cardio Kickboxing/ MM 6:15 15 Minute Abs/ MM 6:40 Flex-n- Pump/ MM</p>	<p>2 A.M. 8:30 Zumba Gold/ PT 10:00 SilverSneakers/ PT</p> <p>P.M. 3:45-4:15 ZumbaAtomic/ PT 4:30 Pi/Yo/ MM 5:30 Power Step/ CN-MM 6:20 Circuit Training 7:15 Yoga/ PN</p>	<p>3 A.M. 10:00 SilverSneakers/ PN</p>	<p>4 A.M. 9:00 Bootcamp/MM 10:00 Zumba/ EK</p>
<p>6 A.M. 8:30 Gentle Fitness/Gym/ MM 10:00 SilverSneakers/ MM</p> <p>P.M. 3:45-4:30 Fit Kids Club/ CC 4:35 Flex-n- Pump/ MM 5:30 Zumba/ PT 6:30 Butts &amp; Guts/ MM 7:30 Women Self-Defense Class (18 &amp; up)</p>	<p>7 A.M. 8:30 Zumba Gold/ PT 10:00 SilverSneakers/ MM</p> <p>P.M. 4:30 Butts &amp; Guts/ MM 5:30 Kettlebell/ MM 6:30 Zumba/ EK 7:10 Yoga/ PN</p>	<p>8 A.M. 8:30 Yoga/ LT 8:30 Gentle Fitness/Gym/ MM 10:00 SilverSneakers/ MM</p> <p>P.M. 4:30 Kettlebell/ KB 5:30 Cardio Kickboxing/ JG 6:15 15 Minute Abs/ JG 6:40 Flex-n- Pump/ MM</p>	<p>9 A.M. 8:30 Zumba Gold/ PT 10:00 SilverSneakers/ PT <b>11:00-1:00 Dominos</b></p> <p>P.M. 3:45-4:15 ZumbaAtomic/ PT 4:30 Pi/Yo/ MM 5:30 Power Step/ CN-MM 6:20 Circuit Training 7:15 Yoga/ PN</p>	<p>10 A.M. 10:00 SilverSneakers/ PN</p>	<p>11 A.M. 9:00 Bootcamp/ JG 10:00 Yoga/ PN</p> <p><b>Bring a friend to try the Y FREE day!</b></p> <p><b>Try our Classes, Gym, Wellness Center!</b></p>
<p>13 A.M. 8:30 Gentle Fitness/Gym/ MM 10:00 SilverSneakers/ MM</p> <p>P.M. 3:45-4:30 Fit Kids Club/ CC 4:35 Flex-n- Pump/ MM 5:30 Zumba/ PT 6:30 Butts &amp; Guts/ JG 7:30 Women Self-Defense Class (18 &amp; up)</p>	<p>14 A.M. 8:30 Zumba Gold/ PT 10:00 SilverSneakers/ MM</p> <p>P.M. 4:30 Butts &amp; Guts/ MM 5:30 Kettlebell/ MM 6:30 Zumba/ EK 7:10 Yoga/PN</p>	<p>15 A.M. 8:30 Yoga/ LT 8:30 Gentle Fitness/Gym/ MM 10:00 SilverSneakers/ MM</p> <p>P.M. 4:30 Kettlebell/ MM 5:30 Cardio Kickboxing/ JG 6:15 15 Minute Abs/ JG 6:40 Flex - n- Pump/ MM</p>	<p>16 A.M. 8:30 Zumba Gold/ PT 10:00 SilverSneakers/ PT</p> <p>P.M. 3:45-4:15 ZumbaAtomic/ PT 4:30 Pi/Yo/ MM 5:30 Power Step/ CN-MM 6:20 Circuit Training 7:15 Yoga/ PN</p>	<p>17 A.M. 10:00 SilverSneakers/ PN</p>	<p>18 A.M. 8:00 Bootcamp/JG 10:00 Yoga/ PN</p>
<p>20 A.M. 8:30 Gentle Fitness/Gym/ MM 10:00 SilverSneakers/ MM</p> <p>P.M. 3:45-4:30 Fit Kids Club/ CC 4:35 Flex-n- Pump/ MM 5:30 Zumba/ PT 6:30 Butts &amp; Guts/ JG 7:30 Women Self-Defense Class (18 &amp; up)</p>	<p>21 A.M. 8:30 Zumba Gold/ PT 10:00 SilverSneakers/ MM <b>11:00 Senior Luncheon</b></p> <p>P.M. 4:30 Butts &amp; Guts/ MM 5:30 Kettlebell/ MM 6:30 Zumba/ EK 7:10 Yoga/PN</p>	<p>22 A.M. 8:30 Yoga/ LT 8:30 Gentle Fitness/Gym/ MM 10:00 SilverSneakers/ MM</p> <p>P.M. 4:30 Kettlebell/ KB 5:30 Cardio Kickboxing/ JG 6:15 15 Minute Abs/ JG 6:40 Flex-n- Pump/ MM</p>	<p>23 A.M. 8:30 Zumba Gold/ PT 8:30 Gentle Fitness/Gym/ MM 10:00 SilverSneakers/ PT <b>11:00-1:00 Dominos</b></p> <p>P.M. 3:45-4:15 ZumbaAtomic/ PT 4:30 Pi/Yo/ MM 5:30 Power Step/ CN-MM 6:20 Circuit Training/ AM 7:10 Yoga/ PN</p>	<p>24 A.M. 10:00 SilverSneakers/ PN</p>	<p>25 A.M. 9:00 Kettlebell/ KB 10:00 Zumba/ PT</p>
<p>27 A.M. 8:30 Gentle Fitness/Gym/ MM 10:00 SilverSneakers/ MM</p> <p>P.M. 3:45-4:30 Fit Kids Club/ CC 4:35 Flex-n- Pump/ MM 5:30 Zumba/ PT 6:30 Butts &amp; Guts/ JG 7:30 Women Self-Defense Class (18 &amp; up)</p>	<p>28 A.M. 8:30 Zumba Gold/ PT 10:00 SilverSneakers/ MM</p> <p>P.M. 4:30 Butts &amp; Guts/ MM 5:30 Kettlebell/ MM 6:30 Zumba/ EK 7:10 Yoga/PN</p>	<p>29 A.M. 8:30 Yoga/ LT 8:30 Gentle Fitness/Gym/ MM 10:00 SilverSneakers/ MM</p> <p>P.M. 4:30 Kettlebell/ KB 5:30 Cardio Kickboxing/ JG 6:15 15 Minute Abs/ JG 6:40 Flex-n- Pump/ MM</p>	<p><b>Come to the Y at 11:00am the 2nd and 4th Thursday of the month and show your Domino skills as we play <u>TRAIN DOMINOS</u>! If you don't know how to play we'll teach you!</b></p> <p><b>Pack a sandwich and snack for lunch incase you get hungry!</b></p> 		

[www.grubbfamilyymca.org](http://www.grubbfamilyymca.org)  
336-861-7788



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**BOOTCAMP** - Boost your metabolism with an energizing 45 minute workout through dynamic cardio movement patterns and total body strength exercises.

**Butts & Guts** - This 45 minute strength class targets the rear, hips, thighs, abdominals all while having a blast! With hi and low energy movements for all levels, choose your stepping stones and start your climb towards your goals!

**Circuit Training** - Check out this 30 minute total body circuit class. Strengthen your muscles to different combinations!

**Flex-n-Pump** - This is a one-hour strength training class that utilizes a weighted barbell to train every major muscle group in the body. Participants from beginner to advance will love and benefit from this class.

**Gentle Fitness** - This class is for seniors who are ready to increase the intensity of their workouts. This 45 minute class will meet in the Gym and will consist of walking the perimeter of the gymnasium and meeting together to do light strength exercises with dumbbells, and thera-bands. We will finish class with a good stretch to increase flexibility and a prayer for the soul.

**Kettlebell** - Sweat your tail off in this 45 minute rear kicking, kettlebell swinging class, sure to burn a few calories!

**Cardio Kickboxing** - Kick your way into shape! Repetitive, powerful kicks and punches while keeping your heart rate elevated for a great cardiovascular workout.

**Pi/Yo** - Combines classic Pilates moves with traditional yoga moves. Pilates focuses on your core to strengthen your back and abdominals. Yoga will increase your flexibility, balance and strength through isometric exercises.

**Power Step** - Stepping up to the rhythm, moving your feet to different patterns gives your heart and body the workout it needs!

**SilverSneakers** - (MSROM) This senior class is 45 minutes of chair exercises and fun working on your strength, flexibility, range of motion balance and cardio. All classes are free to members. This class is challenge by choice.

**YOGA** - From mind, to body, to spirit, this hour strong class is a blend of physical movement to increase flexibility, balance, coordination, and strength while it lengthens and tones the muscles of the body.

**Zumba®** - Zumba combines high energy and motivational music with unique moves and combinations themes creating a dynamic, exciting, effective class. (Level 1-2)

**Zumba Gold** - With this slower paced but spicy class you are sure to get your groove thing on and break a sweat in this one hour class.

## Kids Check It Out!



### **ZumbaAtomic®**

Kids love to crank up the music, shake, wiggle and have a blast with their friends. So why not get fit while they're at it? This class is for kids ages 4-12. Kids will have a party learning these modified Zumba moves and dance out the door!



**Fit Kids Club** - This is a 45 minute supervised, educational activity class for ages 6 to 11 focusing on age appropriate awesome games your kids will love.

## Instructors

Amy Morris= AM  
Cindy Clodfelter= CC  
Corron Norton= CN

Emily Key= EK  
Joel Goodson= JG  
Kirstin Blanchard= KB

Lesley Theriault=LT  
Meredith Morgan=MM  
Pam Newby=PN  
Patty Torres=PT