

LIONVILLE COMMUNITY YMCA

Lionville -Eagleview Facilities

FLEX-FIT

Summer 2010



START 6.21.10

EAGLEVIEW:

MONDAY:

6:00-7:00AM Corporate Fit
 7:00-8:00AM Lift It
 8:00-8:55AM Step It Up
 9:00-10:30AM Strength, Step & Sculpt
 10:45-11:45AM Basic Training
 11:55-12:40PM Yoga Strength **NEW**
 12:45-1:45PM Cardio, Core & More
 5:30-6:15PM Pilates
 6:15-7:15PM Zumba
 7:30-8:30PM Step N Sculpt

TUESDAY:

5:30-6:30AM Step **NEW**
 6:45-8:00AM Zumba Fit **NEW**
 8:00-9:00AM Lift It **NEW**
 9:15-10:30AM CardioFit
 10:30-11:15AM Pilates
 11:45-12:30AM Lift It
 12:45-1:30PM Lift It
 5:45-7:00PM Interval Training
 7:00-8:00PM Zumba

WEDNESDAY:

6:00-7:00AM Corporate Fit
 7:00-8:00AM Lift It
 8:00-8:55AM Stepn'Abs
 9:00-10:30AM Interval Step Training
 10:45-11:45AM Basic Training
 11:55-12:40PM Yoga Strength **NEW**
 12:45-1:45PM Cardio, Core & More
 5:30-6:15PM Pilates
 6:15-7:15PM Zumba
 7:30-8:30PM Step N Sculpt

THURSDAY:

5:30-6:30AM Step **NEW**
 7:00-8:00AM Zumba **NEW**
 8:00-9:00PM Lift It **NEW**
 9:15-10:30AM Cardio Fit
 10:30-11:15AM Pilates
 11:45-12:30AM Lift It
 12:45-1:30PM Lift It
 5:45-7:00PM Interval Training
 7:00-8:00PM Classical Yoga

FRIDAY:

6:00-7:00AM Corporate Fit
 8:00-8:55AM Stepn'Abs
 9:00-10:30AM Strength, Step & Sculpt
 10:45-11:45AM Basic Training
 11:55-12:40PM Yoga Strength **NEW**
 12:45-1:45PM Lift It

SATURDAY:

7:45-9:00AM Interval Challenge
 9:00-10:00AM Step It Up
 10:05-11:05AM Lift It Starts **NEW**

SUNDAY

10:00-11:00AM Boot Camp

LIONVILLE

MONDAY:

5:30-6:30AM Yoga Strength **NEW**
 5:30-6:30AM Boot Camp
 5:30-6:30AM Spin
 7:30-8:30AM Tai Chi
 9:00-9:45AM Spin
 9:50-10:40AM Pilates
 10:45-11:45AM Body Pump
 12:30-1:30PM Silver Sneaker Gym B
 6:00-7:00PM Spin
 7:00-8:00PM Classical Yoga **NEW**

TUESDAY:

5:45-6:45AM Body Pump
 7:00-8:00AM Spin
 8:00-9:00AM Body Pump
 9:15-10:30AM Kick n Step
 9:30-10:30AM Silver Sneaker Gym B
 10:30-11:30AM BODYVIVE **NEW**
 10:35-11:45AM Basic Training Gym B
 1:00-2:00PM Body Pump
 4:45-5:45PM Tai Chi **NEW**
 6:00-7:00PM Body Pump
 7:00-8:00PM Pilates

WEDNESDAY:

5:30-6:30AM Gentle Yoga
 5:30-6:30AM Yoga Strength **NEW**
 5:30-6:30AM Boot Camp
 7:30-8:30AM Tai Chi **NEW**
 9:00-9:45AM Spin
 9:50-10:40AM Classical Yoga
 10:45-11:45AM Body Pump
 6:00-7:00PM Spin
 7:00-8:00PM Classical Yoga

THURSDAY:

5:45-6:45AM Body Pump
 7:00-8:00AM Spin
 8:00-9:00AM Body Pump
 9:15-10:30AM Kick n Step
 9:30-10:30AM Silver Sneaker **NEW**
 10:30-11:30AM BODYVIVE
 10:35-11:45AM Basic Training
 12:30-1:30PM Silver Sneaker **NEW**
 1:00-2:00PM Body Pump
 4:45-5:45PM Tai Chi **NEW**
 6:00-7:00PM Body Pump
 7:10-7:55PM Pilates

Arts and Humanities

FRIDAY:

5:30-6:30AM Gentle Yoga **NEW**
 5:30-6:30AM Yoga Strength **NEW** Arts & Hum
 5:30-6:30AM Boot Camp
 7:30-8:30AM Tai Chi
 9:00-9:45AM Spin
 9:50-10:40AM Pilates
 10:45-11:45AM Body Pump

SATURDAY

7:45-8:45AM Spin
 9:00-10:00AM Body Pump

Sunday

8:45-9:45AM Body Pump
 10:00-11:00AM Classical Yoga

Arts & Humanities

**All FlexFit Classes/Full Members
 non-members can purchase
 a flexfit card for 120.00 for 22 classes**

Gym B

Gym B

Gym B

6,17,10

FLEX-FIT CLASS DESCRIPTIONS

Basic Training: a 60-minutes class using basic moves at a high intensity level.

Body Pump: a 60-minutes class working all major muscle groups using barbells and adjustable weighted plates-A fun active packed hour!

Boot Camp : A 60 minute workout that is appropriate for all fitness levels from beginner on up using interval training, lifting and stretching.

BodyVive: 60 minutes class combining high-low cardio with resistance training work with bands. Excellent workout for all age groups and fitness levels.

Cardio Fit: a 60-minutes class - aerobics and dance moves to make a fun and exciting cardiovascular workout! This class is excellent for people of all fitness levels.

Cardio, Core & More: a 60-minutes class – a variety of cardiovascular exercises and an intense core workout.

Corporate Fit: a 60-minutes class - an eye opening aerobic class to get your day started! Combines high impact and step moves to make for an exhilarating class. Abdominal work to finish the class.

Interval Challenge: a great combination of high intensity cardio and challenging lifting sets based on time sets of 5 to 10 minutes long. This would be medium to intense. Challenging!

Kick n' Step- a 75-minutes class using aerobic Kick-boxing and step sprints for a great workout!

Lift It: a sculpting class designated to work all the major muscle group using a variety of equipment. Everything from free weights to tubing and more! This class is designed for participants for all fitness levels.

Spin: an indoor bike class that increases endurance. Abs are at the end for most classes.

Step It Up:55 minutes of step with intermediate to advance moves and speed. Cardio only with cool down.

Step & Sculpt: a 60-minutes class - a low impact class with basic to medium step moves and finishing with floor work.

Strength, Step and Sculpt: a 90-minutes class- a combination class of arm work, high low step and floor work.

Zumba: a fun and energizing aerobic class using classic and contemporary Latin dance moves!

Zumbafit: Zumba class with the addition of core work or strength training at the end.

Gentle Yoga: Using the Hatha Yoga philosophy of physical well being through postures held in gentle stretches using breath control and mental awareness. Excellent for anyone beginning yoga.

Classical Yoga: multi-level class using a variety of poses, deep breathing methods with an emphasis on techniques, proper alignment and timing. Perfect for all fitness levels

Tai Chi: class is for increasing flexibility and agility. Using flowing and connected movements to improve focus and balance. Great for all fitness levels.

Classical Yoga: multi-level class using a variety of poses, deep breathing methods with an emphasis on techniques, proper alignment and timing. Perfect for all fitness levels

Yoga Strength: Class designed to build strength, balance and flexibility using a series of dynamic, flowing postures for al overall mind-body workout. This is a medium to advanced level.

Silver Sneakers:

MSROM-Muscular Strength, Range of Motion

Classes designed to increase strength and balance and range of motion. Using chairs, bands and balls. A great one hour workout!