



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fall 2011 FLEXFIT SCHEDULE

The Y at LIONVILLE

9.26.11

MONDAY

5:30am	Yoga Strength A &H	60min
5:30am	Spin NEW	60min
5:30am	Boot Camp	60min
6:30am	Tai Chi 1 NEW	60min
7:00am	Yoga A&H NEW	60min
7:30am	Tai Chi 2 NEW	60min
9:00am	Spin	45min
9:15am	ZumbaSculpt GYM NEW	90min
9:10am	YogaStrengthComRm NEW	50min
9:50am	Pilates	50min
10:45am	Body Pump	60min
11:30am	Silver Sneakers A&H	60min
12:00pm	Body Pump NEW TIME	60 min
12:30pm	Silver Sneakers Stretch	25min
1:00pm	Bodyvive NEW	60min
6:00pm	Spin	60min
7:00pm	Yoga	60min

TUESDAY

5:30am	Body Pump	60min
6:30am	Cardiomix NEW	30min
7:00am	Spin	45min
8:00am	Body Pump	60min
9:15am	Interval Training NEW	75min
9:30am	Silver Sneakers A&H	60min
10:00am	Basic Training Gym	75min
10:30am	Kick Boxing NEW	60min
11:00am	Silver Sneakers A&H NEW	60min
12:00pm	Power Pilates A&H	60min
1:00pm	Body Pump	60min
5:00pm	BodyCombat NEW	60min
6:00pm	Body Pump	60min
7:10pm	Pilates	45min

WEDNESDAY

5:30am	Yoga Strength A&H	60min
5:30am	Boot Camp GYM	60min
5:30am	Spin	60min
6:30am	Tai Chi 1 NEW	60min
7:00am	Yoga A&H	60min
7:30am	Tai Chi 2 NEW	60min
9:00am	Spin	45min
9:15am	Zumba GYM NEW	60min
9:50am	Yoga	50min
10:45am	Body Pump	60min
1:00pm	Body Vive NEW	60min
6:00pm	Spin	60min
7:00pm	Yoga	60min

THURSDAY

5:30am	Lift It NEW	60min
7:00am	Spin	45min
8:00am	Body Pump	60min
9:15am	Interval Training NEW	75min
9:30am	Silver Sneakers A&H	60min
10:00am	Basic Training	75min
10:30am	KickBoxing NEW	55min
12:00pm	Power Pilates NEW	60min
11:00pm	Silver Sneakers A&H	60min
12:30pm	Senior Core/Stretch	25min
1:00pm	Body Pump	60min
5:00pm	Body Combat NEW	60min
6:00pm	Body Pump	60min
7:10pm	Pilates	45min

FRIDAY

5:30am	Yoga Strength A&H	60min
7:00am	Yoga A&H NEW	60min
7:30am	Tai Chi	60min
9:15am	Zumba Sculpt Gym NEW	90min
9:10am	Yoga Strength ComRm	50min
9:00am	Spin	45min
9:50am	Pilates	50min
10:45am	Body Pump	60min
1:00pm	Body Vive NEW	60min
5:00pm	Spin NEW	60min

SATURDAY

7:45am	Spin	60min
9:00am	Body Pump	60min
10:15am	Zumba NEW	60min

SUNDAY

8:45am	Body Pump	60min
10:00am	Yoga	60min

Classes are FREE to Full Members. Flex-Fit cards are available to program Members for \$126.00 for 22 classes.

CLASS DESCRIPTIONS

Basic Training: Basic moves at a high intensity.

Body Combat: High Level Cardio Kick boxing!

Body Pump: Work all major muscle groups using adjustable weighted plates.

Body Vive: Combo of hi-low cardio with resistance training using bands & balls.

Boot Camp: Appropriate for all fitness levels using a variety of lifting techniques.

Interval Training: A metabolism-boosting class that is a combo of cardio and lifting.

Lift It: Sculpting class designed to work all major muscle groups using a variety of equipment.

Spin: An energetic indoor biking class with great music and motivating instructors.

Zumba: Fun and energizing aerobic class using contemporary Latin dance moves!

Yoga: Multi-level class using a variety of poses, and deep breathing methods. All fitness levels welcome.

Yoga Strength: Build strength and flexibility using challenging moves and postures.

Tai Chi 1: Increase flexibility and agility using flowing and connected movements to improve focus and balance.

Tai Chi2: More advanced mores to 1.

Pilates-traditional pilates for core strengthening and over all body strengthening.

Silver Sneakers: Muscle Strength Range of Motion (MSROM), increase strength, balance and range of motion.

TRX FREE DEMO- Two classes a week free. Please call front desk 24 hours ahead to make a reservation. Class size is limited. Ends Oct. 6. Week of October 8. Punch cards for purchase October 1

Fall 2011 FLEXFIT SCHEDULE

The Y at EAGLEVIEW

9.26.11

MONDAY

6:00am	Corporate Fit	60min
8:00am	Step Challenge	55min
9:00am	Strength& Step	60min
10:00am	Butts and Abs	30min
10:30am	Basic Training	60min
11:55am	Yoga Strength NEW	45min
12:45pm	Cardio, Core &More	60min
5:30pm	Step Challenge NEW	45min
6:15pm	Zumba	60min
7:15pm	Step n' Sculpt	60min
8:15pm	Zumba NEW	60min

TUESDAY

8:00am	Lift It NEW	60min
9:15am	CardioFit	75min
10:30am	Pilates	45min
11:45am	Lift It	45min
12:45pm	Lift It	45min
4:45pm	Tai Chi NEW	55min
5:45pm	Interval Training	75min
7:00pm	Body Vive	60min
8:00pm	Yoga	60min

WEDNESDAY

6:00am	Corporate Fit	60min
8:00am	Step Challenge	55min
9:00am	Interval Step Training	90min
10:30am	Basic Training	60min
11:55am	Yoga Strength NEW	45min
12:45pm	Cardio, Core &More	60min
5:30pm	Step Challenge NEW	45min
6:15pm	Zumba	60min
7:15pm	Step n' Sculpt	60min
8:15pm	Zumba NEW	60min

Classes are FREE to Full Members.
 Flex-Fit cards are available to program
 Members for \$126.00 for 22 classes.

THURSDAY

8:00am	Lift It NEW	60min
9:15am	CardioFit	75min
10:30am	Pilates	45min
11:45am	Lift It	45min
12:45pm	Lift It	45min
4:45pm	Tai Chi NEW	55min
5:45pm	Interval Training	75min
7:00pm	Yoga	60min

FRIDAY

6:00am	Corporate Fit	60min
8:00am	Step n' Abs	55min
9:00am	Strength& Step	60min
10:00am	Butts and Abs	30min
10:30am	Basic Training	60min
11:55am	Yoga Strength NEW	55min
12:45pm	Lift It	60min

SATURDAY

7:45am	Interval Training	75min
9:00am	Step Challenge	60min
10:05am	Lift It	60min
11:05	Zumba NEW	60min

SUNDAY

9:00am	Yoga Strength	60min
10:00am	Boot Camp	60min
11:00am	Pilates	60min



Basic Training: Basic moves at a high intensity.

Body Vive: Combo of hi-low cardio with resistance training using bands and balls. Great for all fitness levels.

Boot Camp: Appropriate for all fitness levels using a variety of lifting techniques.

Cardiofit: For all levels, 75 minutes of aerobics and dance moves followed by toning.

Cardio, Core & More: Cardiovascular exercises with an intense core workout.

Corporate Fit: Combines high impact and low aerobics to make a start to your day.

Interval Training: A metabolism-boosting class that is a combo of cardio and lifting.

Lift It: Sculpting class designed to work all major muscle groups using a variety of equipment.

Step Challenge: Step class using fun and challenging moves to get your heart rate up. This is an intermediate to high level.

Step n' Sculpt: 60 minutes of low impact step moves followed by sculpting moves.

Strength, Step : Tone arms , then 45 minutes of step cardio.

Zumba: Fun and energizing aerobic

Yoga Strength: Build strength and flexibility using challenging moves and postures.

Pilates-traditional pilates for core strengthening and over all body strengthen

Yoga: Multi-level class using a variety of poses, and deep breathing methods. All fitness levels welcome.