

# Y Health and Wellness

March 2010

## Land Exercise Class Schedule

All classes are held in aerobics room unless indicated otherwise.

\*Indicates great class for beginners and Active Older Adults!

### MONDAY

5:45-6:30am	Y-Spin
6:00-6:45am	Step Aerobics
6:00-6:45am	Yoga (@ Program Room)
8:15-9:00am	Y-Spin
8:30-9:00am	Core Training
9:00-10:00am	Y-Pump
9:15-10:10am	Active Older Yoga (@ Program Room)
10:15-11:00am	Low Impact Aerobics*
10:05-10:35am	Spin Express
11:15-12:00pm	Tai Chi @ Cedars*
12:10-12:50pm	Y-Pump
5:30-6:30pm	Y-Pump
5:30-6:15pm	Y-Spin
5:30-6:15pm	Tai Chi (@ Program Room)
6:15-6:45pm	Core Training (@ Program Room)
6:45-7:30pm	Zumba®

### TUESDAY

5:45-6:30am	Y-Pump
8:15-8:45am	Step Express
8:15-9:00am	Pilates* (@ Program Room)
9:00-10:00am	Muscle Pump (@ Weight Room)
9:00-10:00am	Turbo Kick
10:00-10:45am	SilverSneakers®*
10:00-10:55am	Yoga (@ Program Room)
12:10-12:50pm	Cardio Intervals
12:10-12:50pm	Yoga
4:00-4:30pm	Circuit Training *(@ Program Room)
5:30-6:00pm	Circuit Training *(@ Program Room)
5:30-6:15pm	Boot Camp
7:00-7:45pm	Yoga

### WEDNESDAY

5:45-6:30am	Y-Spin
6:00-6:45am	Low Impact Aerobics*
6:00-6:45am	Yoga (@ Program Room)
8:30-9:00am	Core Training
9:00-10:00am	Y-Pump

### WEDNESDAY continued

9:15-10:10am	Active Older Yoga (@ Program Room)
10:05-10:35am	Spin Express
10:15-11:00am	Low Impact Aerobics*
12:10-12:50pm	Y-Pump
5:30-6:30pm	Y-Spin
5:30-6:30pm	Y-Pump
6:15-6:45pm	Core Training (@ Program Room)
6:45-7:30pm	Zumba®

### THURSDAY

5:45-6:30am	Y-Pump
8:15-8:45am	Step Express
8:15-9:00am	Pilates* (@ Program Room)
9:00-10:00am	Muscle Pump (@ Weight Room)
9:00-10:00am	Turbo Kick
10:00-10:45am	SilverSneakers®*
10:00-10:55am	Yoga (@ Program Room)
11:15-12:00pm	Tai Chi @ Cedars
12:10-12:50pm	Cardio Intervals
12:10-12:50pm	Yoga
4:00-4:30pm	Circuit Training *(@ Program Room)
5:30-6:00pm	Circuit Training *(@ Program Room)
5:30-6:15pm	Boot Camp
7:00-7:45pm	Yoga

### FRIDAY

5:45-6:30am	Y-Spin
6:00-6:45am	Cardio 'n' Weights
8:15-9:00am	Y-Spin
8:30-9:00am	Core Training
9:00-10:00am	Cardio 'n' Weights
12:10-12:50pm	Y-Pump

### SATURDAY

8:00-8:45am	Y-Spin
9:00-9:45am	Pilates (@ Program Room)

### SUNDAY

2:15-3:00pm	Zumba®
3:15-4:00pm	Yoga (@ Program Room)

Class descriptions on reverse side.

**CLASS DESCRIPTIONS**

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**HEALTHSEEKER: If you're just getting started, or trying to get back on track, these classes are for you. Instructors will provide you with personalized help.**

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**ACTIVE OLDER YOGA** - Yoga for those young at heart! Enjoy the benefits of yoga at any age as each pose can be modified to meet your needs. Increase balance, strength, and flexibility while reducing stress.

**CIRCUIT TRAINING** - Perfect class for those looking for a total body workout in a short amount of time! This class includes a series of strength and aerobic exercises set up in stations where you work independently at your own pace. During each timed interval, the instructor keeps track of the time and lets you know when to move on to the next exercise.

**MUSCLE PUMP** - Meet in the weight room for group personal training modified for your fitness level

**PILATES** - A series of core exercises that are designed to strengthen the core, back and improve flexibility.

**SILVERSNEAKERS® MUSCULAR STRENGTH & RANGE OF MOVEMENT** - This is a land exercise class taught by SilverSneakers® certified instructors. 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.

**TAI CHI** - Tai Chi is a gentle exercise that originates in Ancient China. Tai Chi will increase flexibility, muscular strength and improve balance.

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**MULTI-LEVEL: Classes listed below offer a variety of ways to get toned and in shape. Classes may be predominantly strength and toning or predominantly conditioning, but many contain both!**

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**CARDIO INTERVALS-** Various cardiovascular exercises that are interspersed with more intense bursts. This style of training increases fitness and burns more calories faster.

**CARDIO 'N' WEIGHTS** - A full body weight work-out plus simple cardio movement to keep your heart pumping! May include athletic drills or step.

**CORE TRAINING** - It's all about THE CORE! 30 minutes of ab exercises that are guaranteed to chisel and strengthen your middle! Additional leg and buttocks exercises put the icing on the cake.

**LOW IMPACT AEROBICS-** This class specifically addresses cardiovascular endurance and toning. It's so fun that you don't know that you are exercising!

**STEP AEROBICS** - Invigorating step patterns followed with abs and toning. All levels welcome. (If you need an introduction to step, leave your name at the front desk).

**STEP EXPRESS** - Less time than the Step Aerobics Class with the same invigorating step patterns followed with abs and toning. All levels welcome.

**YOGA** - Improve your muscle tone, flexibility and balance while relieving stress and tension.

**Y-PUMP** - Want to change your body? Join this group weight training session. Pump up your muscles and reshape your body using dumbbells, barbells, bands and balls. All levels welcome, instructors certified.

**Y-SPIN** - Group class takes place downstairs. Bikes can be reserved up to 24 hrs in advance at the front desk. Biking on stationary bicycles, intensity is changed through resistance and speed. A great class for those that are looking for a different way to burn calories.

**ZUMBA®** - Zumba is a very dynamic and exciting class full of latin and exotic international music flavors. The routines feature interval with a combination of fast and slow rhythms that tone and sculpt the body. It targets areas such as glutes, legs, arms, abdominals, and most importantly, the heart. You do not have to know how to dance to do Zumba. Join us!

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**FITNESS ENTHUSIAST: For those looking for an additional challenge in their exercise routine. Classes move at a fast, intense pace!**

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**BOOT CAMP** - Are you ready for a new training routine? Then try our Boot Camp! A YMCA instructor will lead you through a challenging "cardio and abs" workout on Tuesdays and Thursdays.

**TURBO KICK** - Try this fun new choreographed kick boxing and movement class. You may have seen it advertised as Turbo Jam on television. No experience needed! Chisel Your Middle!

**Toddler Time**

*For children crawling through 7 years while parents are at the YMCA.*

**Toddler Time Hours:** Monday-Friday 8am-11am and 4pm-7pm

Visit us on the web at [www.ymca-mrc.com](http://www.ymca-mrc.com) or call 620-241-0363

McPherson Family YMCA ~ 220 North Walnut ~ McPherson, KS 67460

# Y Health and Wellness

March 2010

## Water Exercise Class Schedule

\*Indicates great class for beginners and Active Older Adults !

Shaded box indicates Family Pool

### Monday

8:15-9:00am	Water Walking*
8:15-9:00am	Silver Splash*
8:15-9:00am	Warmcise*
9:15-10:00am	Arthritis*
10:00am-12:00pm	Water Walking*
5:15-6:15pm	Yogilates*
7:00-7:45pm	Water Aerobics

### Tuesday

8:15-10:00am	Water Walking*
8:15-9:00am	Aquarobics*
9:15-10:00am	Powercise
10:00am-12:00pm	Water Walking*
7:00-7:45pm	Deep Water Aerobics

### Wednesday

8:15-9:00am	Water Walking*
8:15-9:00am	Silver Splash*
8:15-9:00am	Warmcise*
9:15-10:00am	Arthritis*
10:00am-12:00pm	Water Walking*
5:15-6:15pm	Yogilates*
7:00-7:45pm	Water Aerobics

### Thursday

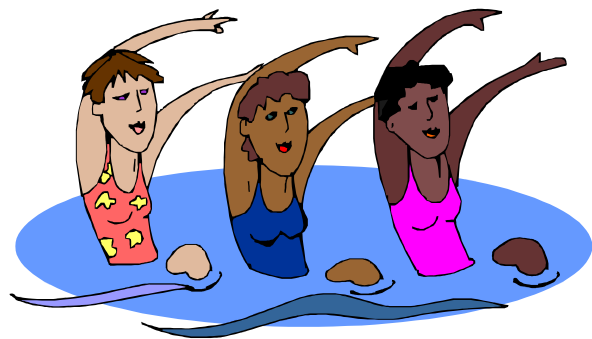
8:15-11:00am	Water Walking*
8:15-9:00am	Aquarobics*
9:15-10:00am	Powercise
10:00am-12:00pm	Water Walking
7:00-7:45pm	Deep Water Aerobics

### Friday

8:15-9:00am	Aquarobics*
9:15am-11:00am	Water Walking*
9:15-10:00am	Water Polo
10:00am-12:00pm	Water Walking*

### Saturday

12:00-1:00pm	Water Walking*
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Class descriptions on reverse side.

*We build strong kids, strong families, strong communities*

## **WATER EXERCISE CLASSES**

Water Exercise is increasing in popularity among the fit and not-so-fit due to its low-impact, yet high resistance nature. Water exercise is a great cardiovascular exercise as well as strengthener and works all parts of the body including the core.

### **CLASS DESCRIPTIONS**

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**HEALTHSEEKER: If you're just getting started, or trying to get back on track, these classes are for you. Instructors will provide you with personalized help.**

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**AQUAROBICS** - A shallow water workout that incorporates aerobic conditioning as well as toning and strengthening exercises. This is a wonderful work-out for all ages that's easy on the body and is appropriate for all fitness levels. No swimming skills required.

**ARTHRITIS** - (Arthritis Foundation YMCA Aquatic Program) A water exercise program designed for persons with arthritis. Water exercise is especially good for people with arthritis since it can help relieve strain on muscles and joints. Co-developed by the Arthritis Foundation and the YMCA. Instructors certified through the Arthritis Foundation.

**SILVER SPLASH®** - This is a water aerobics class taught by Silver Sneakers certified instructors. Silver Sneakers will improve your aerobic endurance, muscular strength and flexibility.

**WARMCISE** - A gentle exercise program which helps relieve arthritis pain and stiffness. Improve flexibility, muscular strength and balance for adults.

**WATER WALKING** - One of the most low-impact, yet resistant form of exercise. Non-instructed, walk at your own pace. (Instruction provided if necessary. Leave your name and phone number at the front desk.)

**YOGILATES** - Yoga and Pilates in shallow water! Explore your mind, body and spirit in a fluid environment. Yogilates can be safely practiced by people with a wide range of fitness levels. It is ideal as a way to de-stress, relax and improve strength and flexibility. The warm water helps loosen muscles and enhances flexibility to makes yoga and pilates postures easier.

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**MULTI-LEVEL: Classes listed below offer a variety of ways to get toned and in shape. Classes may be predominantly strength and toning or predominantly conditioning, but many contain both!**

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**DEEP WATER AEROBICS** - A non-impact cardio workout with decreased pressure on your spine to increase strength and flexibility.

**POWERCISE** - "Power" your way through waters resistance for a challenging total body work-out. This class is designed to push your cardiovascular conditioning and increase your muscle tone. If you want to work, join us!

**WATER POLO** - OK, you really don't have to know how to play water polo or swim - this is a fun way to exercise in a non-impact environment. If you like to play, this one is for you!

**CERTIFIED Water  
Instructors**

