

LIONVILLE COMMUNITY YMCA • FLEXFIT SCHEDULE

Spring 2012

March 27, 2012

MONDAY

5:30 AM	Yoga Strength	A&H	60 min
5:30 AM	Spin		55 min
7:30 AM	Tai Chi	NEW!	60 min
9:00 AM	Spin		45 min
9:10 AM	Yoga Strength	ComRm	45 min
9:15 AM	Zumba Sculpt	Gym	90 min
10:00AM	Pilates		45 min
10:45 AM	Body Pump		60 min
11:30 AM	SilverSneakers	A&H	60 min
12:00 PM	Body Pump		60 min
12:30 PM	SilverSneakers Yoga		25 min
1:00 PM	Body Vive		60min
6:00 PM	Spin		60 min
7:00 PM	Yoga		60 min

TUESDAY

5:30 AM	Body Pump & Cardio		90 min
5:45 AM	TRX*	NEW!	60 min
7:00 AM	Spin		45 min
8:00 AM	Body Pump		60 min
8:00 AM	TRX*		60 min
9:00 AM	TRX*		60 min
9:15 AM	Step Interval	NEW!	75 min
9:30 AM	SilverSneakers	A&H	60 min
10:00 AM	Basic Training	Gym	75 min
11:00 AM	SilverSneakers	A&H	60 min
12:00 PM	Power Pilates	A&H	45 min
1:00 PM	Body Pump		60 min
6:00 PM	Body Pump		60 min
7:10 PM	Pilates		60 min

WEDNESDAY

5:30 AM	Yoga Strength	A&H	60 min
5:30 AM	Spin		60 min
7:30 AM	Tai Chi	NEW!	60 min
9:00 AM	Spin		45 min
9:10 AM	Yogapilates Comm.	NEW!	45 min
9:15 AM	Zumba	Gym	60 min
10:00 AM	Yoga		45 min
10:50 AM	Body Pump		60 min
1:00 PM	Body Vive		60min
6:00 PM	Spin		60 min
7:00 PM	Yoga		60 min

THURSDAY

5:30 AM	Body Pump	NEW!	60 min
5:45 AM	TRX*	NEW!	60 min
7:00 AM	Spin		45 min
8:00 AM	Body Pump		60 min
8:00 AM	TRX*		60 min
9:00 AM	TRX*		60 min
9:15 AM	Step Interval	NEW!	75 min
9:30 AM	SilverSneakers	A&H	60min
10:15 AM	Basic Training	Gym	60min
11:00	Silver Sneakers	A&H	60min
12:00 PM	SilverSneakers Yoga		25 min
12:30 PM	Power Pilates	A&H	60 min
1:00 PM	Body Pump		60 min
6:00 PM	Body Pump		60 min
7:10 PM	Pilates		60 min

FRIDAY

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

SATURDAY

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

SUNDAY

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



BASIC TRAINING: Basic moves at high intensity.

BODY PUMP: Work all major muscle groups using adjustable weighted plates.

BODY PUMP & CARDIO: Get your heart pumping in addition to weigh training with the addition of some aerobics.

BODY VIVE: Combo of hi/lo cardio with resistance training using bands and balls. Great for all fitness levels.

INTERVAL TRAINING: A metabolism-boosting class that is a combo of cardio & lifting.

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

PILATES: strengtenen your core and build total body strength through poses.

POWER PILATES: A more intense pilates workout.

SILVERSNEAKERS: Increase Muscle Strength Range of Motion (MSROM)

SILVERSNEAKERS YOGA: Find your balance with this easy yoga class.

SPIN: An energetic indoor biking class with great music and movitating instructors.

TAI CHI: Use flow and connected movements to improve focus and balance.

TRX*: Let gravity help give you a great workout. Class costs an additional fee.

YOGA: Multi-level class using a variety of poses and deep breathing methods.

YOGA STRENGTH: Build Strength and flexibility using challenging moves & postures.

ZUMBA: Fun and energizing aerobic class using contemporary Latin dance moves.

ZUMBA SCULPT: Add some muscle toning to your Zumba groove.