

YMCA MASSEY GROUP EXERCISE PROGRAMME

SUMMER 2017

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM							
6:45AM							
8:00AM						Box & Burn (Bruce)	
8:45AM	Muscle Sculpt (Gym Instructor)			Hip Hop Spin (Fran)			
9:00AM						Spinning® (Sarah)	Spinning® (Matt / Sarah)
9:30AM	Zumba® (Fran)	Muscle Sculpt (Gym Instructor)	Zumba® (Fran)	Muscle Sculpt (Gym Instructor)	Power Play (Gym Instructor)	Yoga (Kathy)	
10:00AM		Pilates (Asho)				Abs Blast (Gym Instructor)	Abs Blast (Gym Instructor)
10:30AM		Never 2 Old (Fran)		Never 2 Old (Fran)	Zumba Gold® (Grace)	Power Play (Gym Instructor)	Muscle Sculpt (Gym Instructor)
4:00PM			Youth Burn (Gym Instructor)				
5:00PM	Box & Burn (Bruce)						
5:15PM				Core Power (Bruce)			
5:30PM		Core Power (Bruce)	Pilates (Jenny)				
5:45PM				Yoga (Kathy)			
6:00PM	Pilates (Jenny) Spinning® (Matt)	Spinning® (Sarah)		Spinning® (Matt)	Muscle Sculpt (Gym Instructor)		
6:15PM		Power Play (Gym Instructor)	Box & Burn (Bruce)				
7:00PM	Yoga level 1 (Kathy)	Abs Blast (Gym Instructor)		Abs Blast (Gym Instructor)			
7:30PM			Zumba® (Fran)				

BOX & BURN(55 min)

With a focus on boxing technique and strength drills this workout is great for anyone wanting to change the body without worrying about coordination. No choreography involved – just pure boxing and strength/cardio. Sparring with gloves and pads is included as well as core strengthening components.

SPINNING® (60 min)

The original and best indoor cycling experience! Top notch instructors and music 0318 that motivates you and takes you out of the studio and into your imagination on the ultimate fitness journey.

ZUMBA GOLD® (60 min)

Perfect for Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

PILATES (55 min)

With total focus on core stability, muscle balancing, joint release and breathing techniques, Pilates teaches you a higher level of body awareness to create a stronger body posture and an energized mind.

YOGA (60 min)

Bring balance to your body, mind and spirit through the development of strength and flexibility combined with breath control and relaxation methods. Yoga has the power to calm the mind, increase concentration, improve well-being and can be a powerful antidote to the stress of modern life.

YOGA level 1 (75 min)

A beginner level form of yoga - bring balance to your body, mind and spirit through the development of strength and flexibility combined with breath control and relaxation methods.

Muscle Sculpt (30 min)

Muscle Sculpt is a high energy class where participants use weights, balance balls, cardio equipment, battle ropes and your own body weight to tone and sculpt various muscle groups. Muscle Sculpt is a circuit base class where you work between 30 to 40 seconds at each station before moving on.

Abs Blast (15 min)

This is a short workout that focuses on your core muscles to improve strength. All classes are 15mins long and are a great compliment to your regular workout.

Power Play(30 min)

A circuit or boot-camp style class that incorporates fun and games into a workout that will have you sweating and smiling. Improve fitness, strength and power as you participate in challenging exercises, tasks and games. Our instructors delight in thinking outside the square, so be prepared for anything. And you will have fun!

CORE POWER (30 min)

A great way to challenge your core muscles and improve balance. This class incorporates Pilates and yoga with new and traditional core training techniques. Focus on muscles in the low back, abdominals, glutes and more. Great for people of ages and abilities

YOUTH BURN: (60 min)

Free youth structured workout on Wednesday at 4pm for ages 13-18 year old, limited spaces available.

ZUMBAHIIT (45 min)

JOIN THE PARTY! Zumba HIIT Latin rhythms and easy to follow moves with high intensity interval training. You will want to work out, you will love working out and you will be hooked!

ZUMBA® (60 min)

JOIN THE PARTY! Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. You will want to work out, you will love working out and you will be hooked!