

## Fort Mill & Gold Hill YMCA

# Group Fitness March 1 - April 4, 2010

### Fort Mill YMCA Hours

Mon - Fri 5 am - 9:30 pm  
Sat 7:30 am - 6 pm  
Sun 1 pm - 6 pm

803-548-8020

www.upymca.org



### Gold Hill YMCA Hours

Mon - Fri 5 am - 9:30 pm  
Sat 7:30 am - 6 pm  
Sun 1 pm - 6 pm

803-548-9622

www.upymca.org

### Child Watch Hours

#### Fort Mill

Mon. - Thur.  
8 am - 12 noon  
4 pm - 8 pm  
Fri.

8 am - 12 noon  
4 pm - 7 pm

Sat.  
8 am - 12 noon

#### Gold Hill

Mon. - Thur.  
8 am - 12 noon  
4 pm - 8 pm  
Fri.

8 am - 12 noon  
Sat.

8 am - 12 noon



### A special note to beginners:

**WELCOME!** We are excited that you decided to invest in your health by participating in our Group Fitness Program. As you begin, please attend a class labeled 1-2 and/or is highlighted in a bold box in order to learn proper technique and the "lingo" associated with each class. When you are ready for more of a challenge, you may progress to any of the higher level classes. In order to accommodate your workout, you will need to use lighter or no weights, less impact, and a lower intensity level. Plan to come to class a few minutes early so that you can ask the instructor any questions you may have. Have fun, hang in there and remember **PERSERVERENCE PAYS!**

### Weight Watchers meets at the Fort Mill YMCA.

Every Wednesday morning beginning at 9:30 am. Weigh-in and registration are first and the meeting begins at 10 am. Come and watch yourself change. Bring a friend. There is an additional fee to join this program.

### Middle School Mania

Saturday March. 6, 7 - 10 pm. \$5 admission fee.

### Lunch-n-Learn

Join us on the 3<sup>rd</sup> Thursday of each month at 12:30 pm at the Fort Mill branch. Guest speakers will discuss Health and Wellness topics. Silver Sneakers and anyone 40 years and older may attend. Bring your own lunch. Light refreshments are supplied.

### Summer Day Camp

The Fort Mill YMCA will host SUMMER DAY CAMP June 7 - Aug. 13, 2010 for children ages 5 - 14 years. Camp Little Feet (5 - 7 years) and Camp Quest (8 - 10 years) will meet at Riverview Elementary School. Adventure Club (ages 11 and up) will meet at the Fort Mill YMCA. See the Front Desk for more details

### Easter Sunday

The Fort Mill YMCA will be **CLOSED** on **Sunday April 4, 2010** in celebration of our Risen Lord and Savior, Jesus Christ.

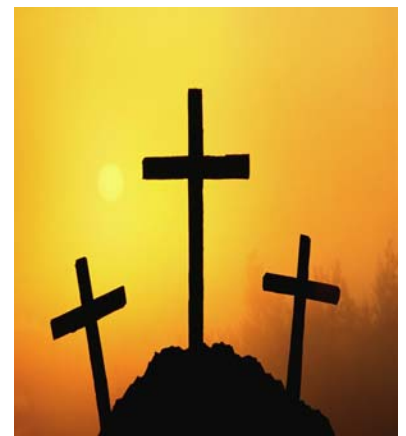
*"It is true! The Lord has risen and has appeared to Simon." Luke 24:34*

## Zumba Update...

After 11 months of hard work, brain-storming and team work, the Fort Mill/Gold Hill Zumba Team is finally to the point of making some positive changes in the Zumba/Cardio Dance program which will benefit EVERYONE!

- 4 new, highly trained, highly recommended instructors
- 4 classes in the Fort Mill Gym (Mon 4:15 pm, Thurs 6:30 pm, Fri 10:15 am & Sat 10 am)
- New class on Sunday at 2 pm at Gold Hill

Thank you so much for your patience with us as we worked toward this goal. We sincerely hope you are as excited as we are and look forward to hearing your feedback.



# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

## Fort Mill Group Fitness March 1 - April 4, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 - 5:30 am Abs Lab w/L	5:15 - 5:30 Abs Lab w/Lori	5:15 - 5:30 Abs Lab w/Lori	5:15 - 5:30 Abs Lab w/Beth	5:15 - 5:30 Abs Lab w/Lori		
5:30 - 6:15 am Athletic Conditioning w/ Lori		5:30 - 6:30 am Interval Challenge w/ Lori	5:30 - 6:30 am Boot Camp w/Beth			
8:00 - 8:55 am Cardio/Sculpt Level 2 & 3 w/ Lori	8 - 8:55 am Cardio/Abs Lab w/Terri	8:00 - 8:55 am Custom Cuts w/ Silvia	8:10 - 9:05 am Zumba* w/S	8:00 - 8:55 am Custom Cuts w/ Cindy		
9:15 - 10:10 am Boot Camp Circuit w/ Silvia	9:15 - 10:10 am Sweatshop w/Janet	9:15 - 10:10 am Cardio Challenge w/Dinah	9:15 - 10:10 am Kettlebell K w/Terri	9:15 - 10:10 am Athletic Conditioning w/Janet		
10:15 - 11: 25 am Beginner Yoga Linda	10:15 - 11:15 am Shape & Flex w/Shelia	10:15 - 11: 25 am Beginner Yoga Janice	10:15 - 11:15 am Shape & Flex w/Amanda	10:15 - 11:10 am Cardio Dance w/Julie <b>INSTRUCTOR Meets in Basketball COURT B</b>	10 - 11 am Zumba Rotation Class Meets in Basketball GYM on COURT B	<b>ZUMBA ROTATION</b> March 6 Sibylle March 13 Irina March 20 Kara March 27 Sandy 3 Sibylle
11:30 am -12:25 pm Silver Sneakers w/ Heidi	11:30 am -12:25 pm Silver Sneakers Cardio Circuit Shelia	11:30 am -12:25 pm Silver Sneakers w/ Heidi	11:30 am -12:25 pm Silver Sneakers Cardio Circuit Shelia	10:30 - 11:45 am Beginner Yoga w/Pam G.	10 - 11:30 am Power Yoga Mixed Levels w/Sara	
12:30 - 1 pm Kettlebell Pun w/Terri		12:30 - 1 pm Power Sculpt w/Bethany				4:00 - 5:15 pm Yoga Mixed Levels w/ TBA
4:15-5:15 pm Zumba w/Dominique <b>Meets in Basketball COURT B</b>		4:30 - 5:15 Athletic Conditioning w/Kristi				
5:20 - 5:55 pm Core Challenge w/Karen	5:30 - 6:25 Custom Cuts w/ Trish	5:20 - 5:55 pm Core Challenge w/Pam	5:30 - 6:25 Custom Cuts w/ Coretta	6:15 - 7:00 pm Cardio Funk/Zumba* w/K		
6:00 - 6:45 pm Upper Body Blast & Box w/Ki	6:30 - 7:15 pm w/Karen	6:00 - 6 :55 pm Cardio Challenge level II, III w/P	6:30 - 7:25 pm Zumba w/Karen <b>Meets in Basketball COURT B</b>			
7:00 - 8:00 pm Cardio Challenge w/Pam						

**\*Ticket may be required for this class. Tickets available from Fitness Staff 45 minutes prior to class start time**

## **Group Fitness Class Descriptions**

**Classes with (\*) next to them may require a ticket may for participation.**

**Tickets available from Fitness Staff 45 minutes prior to class start time**

**Athletic Conditioning:** A total body workout for the intermediate to advanced exerciser. This class is a combination of high energy, fast-paced cardio sports drills and interval training incorporating upper and lower body conditioning, using weights, bands, body bars and stability balls. Training for a race? This is the class for you! (2-3).

**Boot Camp & Boot Camp Circuits:** A combination of equipment is used to keep your heart rate elevated as you rotate through a variety of cardio and strength circuits. (2-3)

**Cardio Challenge:** A power-packed workout that incorporates step, hi/lo, kickboxing and athletic conditioning. This class may include some strength training. (2-3)

**\*Cycle:** Come ready for an intense workout. Bring your water bottle and towel with you too! You'll definitely sweat. See your instructor if you have questions about the format and length of the class. It is all about having FUN. (1-3)

**Power Cycle:** 30 minutes of intense cycle drills designed to get the heart rate up and burn some serious calories. (2-3)

**Sweatshop:** Intervals of step, sculpting and high intensity floor work. This is a great workout for increasing cardio endurance.

**Step:** The time will fly by as you are challenged in this class with more choreography and power moves that work you into a sweat! (2-3)

**\*Zumba:** Shake it up and sweat it out in this fun, high energy class that includes various dance and cultural influences. (1-3)

**Budokon:** A fusion of yoga, martial arts and meditation. This combination of basic yoga postures, kicking, punching and martial arts and ground fighting techniques offer the student an intense and exciting workout. (1-3)

**Interval Challenge:** A well rounded workout that challenges the major muscle groups while allowing for a strong cardio session; moving from cardio to strength including plyometric moves to keep the heart rate from dropping during the strength portions of the class. (2-3)

**\*Cardio Funk:** A cardiovascular workout filled with fun dance moves and non-stop action. Bring your attitude and have some "funk". (1-3)

**Maximum Intervals:** This power-packed class will give you maximum interval intensity with short rest breaks for optimum cardiovascular conditioning. Burn tons of calories with athletic drills, boot-camp training and sculpting - but no weights needed for this class - it's all body weight, plyometrics and core conditioning. If you are looking for a new challenge for the New Year, you found it! (2-3)

**Kettlebell Kick:** A combination of Kettlebell class and kickboxing.

**Kettlebell Pump:** Ideal for anyone who wants to: burn fat, increase flexibility and build strength. This 30 minute sculpting class provides unique multi-joint movements that exercise all the large muscle groups while simultaneously providing a high level of cardiovascular training. (2-3)

**Abs Lab:** If you want firmer abs and stronger back, this is the class for you. (1-3)

**Custom Cuts:** Learn the secret to permanent fat loss – strength training. Designed not only to boost your caloric expenditure but to redefine, reshape and strengthen the body you were born with. May include short cardio "sprints" to increase overall endurance. (1-3)

**Shape & Flex:** A 55 minute vigorous class designed to challenge you to achieve stronger, leaner muscles and a stable core through the use of primarily free weights and the step bench as a weight platform. The last 15 minutes of class is dedicated specifically for stretching and flexibility. This class is designated a 1-2 level due to the less complicated compound movements, longer transition time between sets, and limited use of nontraditional weight training equipment.

**Power Sculpt:** Sculpt and tone your body utilizing tubing, weights, body resistance and power moves in only 30 minutes! (1-3)

**Core Challenge:** Abs PLUS total lower body shaping. (1-3)

**Upper Body Blast:** Sculpting the upper body with the use of free weights and body weight. (1-3)

**Beginner Yoga:** Learn the basics of yoga along with how to breathe and relax (1-2)

**Pilates:** Learn skills to achieve balance and flexibility while lengthening and strengthening through mat work developed by Joseph Pilates. (1-3)

**Power Yoga:** This yoga class focuses on using the power of the mind, body and breath to build strength and endurance while practicing yoga postures. The class will integrate vinyasa flows with "power" holds of yoga postures that allow the student time to breath, sink into, and explore his/her mind, body and spirit while in a particular yoga asana. (2-3)

**Yin Yoga:** Targets the connective tissue of the hips, pelvis and lower spine. Yin postures are held 3 to 5 minutes at a time. This practice helps joints stay moist and supple. Yin Yoga is a great compliment to the more muscular style of yoga and other muscular forms of exercise.

**Wee Fit & Wee Yoga:** Fitness class for the preschool child that uses gross motor skills and burns off some energy. Sign up for class in Child Watch.

**Kid's Boot Camp:** All children invited. A FUN workout for grades k-5.

**Silver Sneakers:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, a SilverSneakers ball are offered for resistance, and a chair is used for seated and/or standing support.

**Silver Sneakers Cardio Circuit:** Have fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

## Fort Mill Indoor Cycle Schedule March 1 - April 4, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 am - 6 am Eileen	5:30 - 6:30 am Lori	5:15 am - 6 am Eileen		5:30 - 6:30 am Lori		<b>Saturday Rotation Schedule</b>
8:00 - 8:55 am Cheryl	8:00 - 8:45 am Jan	8:00 - 8:55 am Rebecca	8:00 - 8:55 am Kristi		8:00 - 8:55 am Rotation*	3/6 Eileen 3/13 Jan 3/20 Kim 3/27 Lori 4/3 Jan
9:30 - 10:25 am Barb		9:30 - 10:25 am Cheryl G.		9:30 - 10:30 am Marion	9:30 - 10:25 am Rotation*	3/6 Karen 3/13 Rebecca Eileen Leonard 4/3 Leonard
			4:30 - 5:15 pm Susan L			2:00 - 3:00 pm Barb <b>OR</b> Eileen
6:00 - 7:00 pm Leonard*				5:30 - 6:25 pm Barb		
7 - 7:30 am POWER CYCLE w/Leonard*	6:30 - 7:30 pm Leonard*		6:30 - 7:30 pm Leonard*			

## Fort Mill Flexibility & Strength Schedule March 1 - April 4, 2010

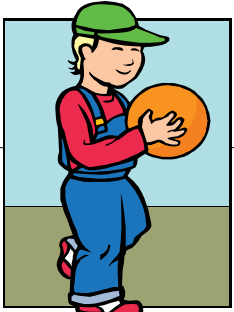
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30-6:15 am Yoga w/Lisa C.			5:30-6:15 am Yoga w/Lisa C. <b>NEW CLASS</b>		
	8:30-9:25 am Yin Yoga w/Lisa C.		8:15 - 9:15 am Yoga Mixed Level w/Tina			
9:15 - 10:15 am Pilates w/Lisa P.	9:30 - 10:25 am Power Yoga w/Nadeene	9:00 - 9:45 am Pilates Levels II,III w/Rebecca		9:00 - 10:15 am Yoga Mixed Levels w/Lisa P		
10:15 - 11:25 am Beginner Yoga w/Linda Large Fitness Room	10:30 - 11:30 am Yoga Mixed Levels w/Terri C	10:15 - 11:25 am Beginner Yoga w/Janice Large Fitness Room	10:30 - 11:30 am Yoga Mixed Levels w/Terri C	10:30 - 11:45 am Beginner Yoga w/Pam G Large Fitness Room	10 - 11:30 am Power Yoga w/Sara Large Fitness room	
6:30 - 7:30 pm Pilates Mixed Levels w/Barbie	5:30 - 6:25 pm Yoga Pilates Fusion w/Karen	5:30 - 6:30 pm Yin Yoga w/Lisa C.	6 - 7 pm Yoga Mixed Levels w/Nadeene			4:00 - 5:15 pm Yoga Mixed Levels w/TBA Large Fitness room

**\*Ticket may be required for this class. Tickets available from Fitness Staff 45 minutes prior to class start time**

# YOUTH™

We build strong kids, strong families, strong communities.

## Youth Fitness Schedule Winter 2010

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 - 10 am <b>ee Fit</b> w/Donna (x 10 kids)	9:30 - 10 am <b>ee Fit</b> w/Donna (x 10 kids)	8 - 8:30 am <b>ee Fit</b> w/Donna (x 10 kids)	9 - 9:30 am <b>ee Fit</b> w/Donna (x 10 kids)	
10 - 10:30 am <b>ee Fit</b> w/Donna (x 10 kids)	10 - 10:30 am <b>ee Fit</b> w/Donna (x 10 kids)	9:30 - 10 am <b>ee Fit</b> w/Donna (x 10 kids)	9:30 - 10 am <b>ee Fit</b> w/Donna (x 10 kids)	9:30 - 10 am <b>ee Yoga</b> w/ Donna (x 10 kids)
		4 - 4:30 pm <b>l's Boot Camp</b> (ages k-2) w/Donna		10 - 10:30 am <b>ee Yoga</b> w/ Donna (x 10 kids)
		4:30 - 5 pm <b>d's Boot Camp</b> (ages 3-5) w/Donna		