



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CSD COMMUNITY YMCA GROUP FITNESS SCHEDULE - SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	HIIT Circuit 5:15-6:00 Carmen A.		HIIT Circuit 5:15-6:00 Carmen A.		Zumba* 8:30-9:25	Step & Sculpt 1:30-2:30 pm Desiree D.
Kickbox Combo 8:05-8:55 Tracy L.	Athletic Conditioning 8:05-8:55 Lindsay S.	Total Fitness 8:05-8:55 Andrea D.	Athletic Conditioning 8:05-8:55 Lindsay S.	Barbell Blast 8:05-8:55 am Malea	Custom Cuts 9:30-10:30 Desiree D.	
Zumba Toning 9:00 – 9:55 Stacy W.	Express Boot Camp 9:00-9:25 Susan P.	Barbell Blast 9:00-9:55 Malea H.	Express Boot Camp 9:00-9:25 Susan P.	TRX/Kettlebell Pump (QueenAx Room) 8:05-8:55 Tracy L.		
Cardio Funk 10:00-10:55 Dominique R.	Cardio Funk & Toning 9:30-10:25 Sheri S.	Barbell Blast 10:00-10:55 Malea H.	Zumba Toning 9:30-10:25 Stacy W.	Total Fitness 9:00 – 9:55 Andrea D.		
	Tone & Stretch 10:30-11:15 Malea H.		Pound Express 10:30-10:55 Stacy W.		*Saturday Zumba Rotation	
SilverSneakers Classic 11:05-11:55 am Laura	Zumba Gold 11:20-12:00 Malea H.	SilverSneakers Classic 11:05-11:55 am Laura	Zumba Gold Toning 11:00-12:00 Malea H.	Zumba 10:00-10:55 Malea H.	Week 1-Stacy Week 2-Malea Week 3-Sheri Week 4-Jaime Week 5-Sheri	
Step & Sculpt 12:00-12:55 Laura K.	TRX Conditioning (QueenAx Room) 12:00-12:45 pm Tracy L.	Step & Sculpt 12:00-12:55 Laura K.	SilverSneakers Circuit 12:15-1:15 pm Birgitt Z.	Zumba Gold & Gold Toning 11:00-11:55 Malea H.		
Custom Cuts 5:30-6:25 pm Desiree D.	Dance2Fit 5:30-6:25 pm Marcy L.	Step & Sculpt 5:30-6:25 pm Desiree D.	Zumba 6:00-6:55 pm Dominique R.			
Barbell Blast 6:30-7:25 pm Malea H.	Strength Training 6:30-7:15 pm Tiffany	Boot Camp (QueenAx Room) 7:00-7:45 pm Suzy M.				

Hours of Operation:

Monday - Friday – 5:00am - 9:30pm

Saturday – 8:00am – 6:00pm

Sunday – 1:00 pm – 6:00pm

Child Watch Hours

Monday-Friday – 8:00am-Noon, 4pm-8pm

Saturday- 8:00 am-Noon



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CSD COMMUNITY YMCA GROUP CYCLE SCHEDULE – SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Strength 8:05-8:55 Kathy M. Cycle/TRX Conditioning 9:00-9:55 Tracy L. Cycle Strength 10:00-10:45 Lindsay S. Cycle Strength 6:00-6:45 pm Kathy M.	Theme Ride 8:30-9:00 Susan P. Cycle Strength 9:30-10:30 Kathy M. Cycle/Ab Lab (combo) 10:30-11:00 Lea B. Cycle (starts 9/12) 4:30-5:15 Laura K. Cycle 6:30-7:15 pm Suzy M.	Cycle/TRX Conditioning 8:05-8:55 Kathy M. Cycle 9:00-9:45 Lea B. Cycle Party 6:00-6:45 pm Suzy M.	Theme Ride 8:30-9:00 Susan P. Cycle 9:15-10:15 Laura K. Cycle/Ab Lab (combo) 10:30-11:00 Andrea G. Cycle 4:30-5:15 Laura K. Cycle 6:00-6:45 Tammi S.	Cycle Strength 8:05-8:55 Kathy M. Cycle Strength 9:00-9:45 Lindsay S.	Cycle 8:15-9:15 Andrea G.	Cycle 1:30-2:15 pm Suzy M.

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CSD COMMUNITY YMCA MIND AND BODY SCHEDULE – SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Barre Pilates 8:05-8:55 Andrea G. Power Yoga 9:00-10:15 Sandra M. Holy Yoga 10:30-11:30 Kelly H. Pilates 6:00-6:55 pm Birgitt Z.	Athletic Barre 8:30-9:25 Dominique R. Power Yoga 9:30-10:45 Sandra M. Ab Lab 11:05-11:30 Melanie C. Gentle Vinyasa Flow 4:15-5:00 pm Pam J. Fusion Fit 6:00-6:55 pm Kelly W.	Power Yoga 9:00-10:15 Sandra M. Pilates Conditioning 10:30-11:25 Lea B. Back Stability 11:30-12:25 pm Birgitt Z. Athletic Barre 6:00-6:55 pm Dominique R.	Express Barre 7:45-8:25 Andrea G. Barre Conditioning 8:30-9:25 Andrea G. Yoga Conditioning 9:30-10:25 Andrea D. Ab Lab 11:05-11:30 Andrea G. Vinyasa Flow 4:15-5:15 pm Pam J. Power Yoga 6:15-7:30 pm Chuck D.	Yoga Conditioning 8:05-8:55 Andrea D. Barre Conditioning 9:00-9:50 Lori G. Pilates Conditioning 10:00 -10:55 Lea B.	Barre Conditioning 9:30-10:25 Andrea G.	

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Saturday- 8:00 am-Noon



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CSD COMMUNITY YMCA GROUP AQUATICS SCHEDULE - SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Conditioning 8:05-8:50 Lindsay S. Aquatic HIIT 9:30-10:30 Pat C. Water Wellness 11:00-11:50 Pat C. SilverSneakers Splash 12:15-1:00 pm Birgitt Z Aqua Zumba 7:00-7:45 pm Sarah C.	Water Stretch & Strength 8:05-8:50 Jodie C. Oodles of Noodles & More! 11:15-12:05 Bonnie S.	Aqua Conditioning 8:05-8:50 Lindsay S. Aquatic HIIT 9:30-10:30 Pat C. Water Wellness 11:00-11:50 Pat C. Aqua Zumba 7:00-7:45 pm Sarah C.	Oodles of Noodles & More! 8:05-8:50 Bonnie S.	Aqua Conditioning 8:05-8:50 Lindsay S. Water Wellness 11:00-11:50 Pat C.	Aqua Zumba 9:00-9:45 Sarah C. Please Note: There will be weeks where both pools will be closed from 9:15 am-11:00 am and occasionally 12:15 pm-1:00 pm for the CSD fourth grade Kicking with Confidence learn to swim program. Members and staff will be notified monthly of each closure. Thank you for your support of this great program!	

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CSD Community YMCA Group Fitness Class Descriptions

Ab Lab: If you want firmer abs and a stronger back, this is the class for you! This 25 minutes hardcore abdominal workout will focus on toning and defining the abs and strengthen the back. Improve your core strength and posture with express class.

Levels 1-3

Athletic Barre: This class is a fusion of ballet and pilates movement that dynamically improves athleticism, flexibility and overall body control. It's a high intensity workout that increases strength throughout the whole body, especially the core and legs. It also increases range of motion and flexibility. **Levels 1-3**

Athletic Conditioning: Be prepared for anything! This action packed class offers it all. It will combine skills and drills with alternating strength training and cardio circuits. May also include weight training, bosu, plyometrics, sprints, TRX, and calisthenics.

Levels 2-3

Aqua Conditioning: This aqua class will incorporate high level cardio with strength training. Constant movement in the water will burn calories and shape the body. Working against the drag of the water and using various aquatic equipment will help improve strength, definition and endurance. **Levels 1-3**

Aquatic HIIT: Improve your aerobic capacity (high intensity interval training) and muscular strength, utilizing resistance equipment and hydrostatic benefits of training in the water. Not available during the CSD Swim Programs. **Levels 1-3**

Aqua Zumba: This water class is perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. There is minimal impact on your joints so you can really let loose. This pool party you don't want to miss!

Levels 1-3

Back Stability: A class that will focus on stabilizing and strengthening the back, abdominal muscles, pelvis and hips ("core muscles"). It's for everybody who suffers from back pain and muscle tightness and would like to strengthen the spine with functional training. **Levels 1-3**

Barbell Blast: Resistance training using barbells combined with a few blasts of cardio. Enjoy a full-body workout that isolates each muscle group to the beat of the music.

Levels 1-3

Barre Conditioning: A total bodywork out that burns fat and tones the body, using pilates techniques mixed with ballet barre style exercises. **Levels 1-3**

Barre Pilates: A total body workout which is fun and energetic that fuses techniques from barre, pilates and yoga. In this welcoming atmosphere you will strengthen, tone and reshape your body. This class is the perfect combination!

Levels 1-3



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Boot Camp: Build muscle, shred fat, and burn calories with this mixed intensity workout. Exercises include plyometrics, HIIT, Tabata, body weight, weights, bands, kettlebells, Bosu, and slides. **Levels 1-3**

Cardio Funk: Dance that will challenge the novice and experienced dancer by taking you through the land of hip hop, pop, Latin, techno, and reggae, all while having fun and burning calories. A great way to kick start your day! **Levels 1-3**

Cardio Funk & Toning: Cardio Funk dance class with a flair (toning)! Enjoy dancing to hip hop, pop, Latin, techno and reggae and using light weights during part of the class. You don't want to miss this calorie burning, body sculpting, fun class! **Levels 1-3**

Custom Cuts: Designed not only to boost your caloric expenditure but to redefine, reshape and strengthen the body you were born with using weights and body weight exercises. May include short cardio "spurts" to increase overall endurance. **Levels 1-3**

Cycle: Come ready for a fun and intense workout. Bring your water bottle and towel with you, as you will definitely sweat. This class welcomes ALL fitness levels and is all about having FUN! This class can be modified for beginners and intensified for intermediate to advanced participants. It is your ride! Make the most of it! **Levels 1-2**

Cycle Party: You don't want to miss out on this PARTY! This class is fun, energetic and for everyone. Lose yourself in the motivating music while the instructor guides you through different phases of the ride. **Levels 1-3**

Cycle Strength: Start off this class on the spin bike and then be ready for anything in this fast paced and challenging class! This power packed workout may incorporate circuit training, Tabata drills, and HIIT (high intensity interval training) intervals. Use of resistance bands for strength training. **Levels 2-3**

Cycle/TRX Conditioning: Start this workout on the bike and then get ready for TRX conditioning in the QueenAx training room. The TRX suspension training system is a cardio-intensive workout that incorporates plyometric drills with intervals of TRX power, resistance and core training. A great way to build muscles and burn calories. **Levels 1-3**

Dance2Fit: This dance-based cardio class is designed to get you moving to today's music. In this class you will sweat out your stress with fun, easy hip hop moves and use core fitness moves to strengthen, tone and sculpt your body- all while having lots of fun! No dance experience necessary! **Levels 1-3**

Express Barre: Love Barre, but don't have a lot of time? This class is perfect for you! Experience a 40 minute total body work out that burns fat and tones the body, using pilates techniques mixed with ballet barre style exercises. **Levels 1-3**

Express Boot Camp: Build muscle, shred fat, and burn calories with this 30 minute high intensity workout. Exercises include plyometrics, HIIT, Tabata, body weight, weights, bands, kettlebells, Bosu, and slides. **Levels 2-3**



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Fusion Fit: Pilates/Barre/Yoga all in one fabulous class. Tone with weights and burn calories at the barre. Sculpt & strengthen your core with Pilates. Finally, enjoy relaxing stretches to improve flexibility & relieve stress. **Levels 1-3**

Gentle Vinyasa Flow: This class is at a slower pace than the Vinyasa Flow class and allows time for modifications. It offers a dynamic yoga practice with a focus on connecting breath with movement. This 45 minute long class begins with attention to the breath and an awareness of the mind-body connection then works to develop balance, strength, flexibility, concentration and bringing balance to the body and mind. Including a variety of yoga postures or asana that flow from one to another with creative sequences and transitions, modifications are offered to make the class accessible. **Levels 1-2**

HIIT Circuit: Start your day off right with HIIT (High Interval Intensity Training) and circuit training! Participants can expect "station-to-station" full body exercises that combine HIIT and circuit training in one fast-paced workout. Prepare for various modes of training and equipment (i.e. weight training, body weight exercises, sprints, plyometrics, dumbbells, barbells, kettlebells, BOSU and more! Modifications provided for those who need it. **Levels 1-3.**

Holy Yoga: This class is the intentional practice of connecting our body, mind and spirit with Jesus using the modality of yoga. It is a vinyasa (flow) class. Come as you are! **Level 1-2**

Kickbox Combo: This class combines martial arts, fitness aerobics and strength training into a heart-pumping, fat burning workout which yields great results! **Levels 1-3**

Oodles of Noodles and More! All movements will be done with the assistance of a water noodle. Advanced participants will be challenged without the use of the water noodle. The class will incorporate aerobic moves along with Pilates and yoga stretches.

Pilates: This is a multi-level core centered workout. It is perfect for beginners but will also challenge those who are more intense with their fitness goals. Learn skills to achieve balance and flexibility while lengthening and strengthening muscles through mat work developed by Joseph Pilates. **Levels 1-3**

Pilates Conditioning: This is a multi-level core centered workout based on the workout developed by Joseph Pilates. Perfect for all levels. During this class you will strengthen your core, improve flexibility, and coordination. This class focuses on balance and strength endurance. **Levels 1-3**

Pound Express: Rockout! Workout. It's a jam session inspired by the energizing, infectious, sweat dripping fun of playing the drums! A fusion of cardio, strength training, Pilates and HIIT techniques, ramped up with the super hip element of drumming. Grab your STIX! **Levels 1-3**



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Power Yoga: This yoga class is a system of practice used to create balance on all the layers of self (physical, energetic, emotional and mental) using the three main threads of yoga practice: body, breath, and mind. The Asanas: (poses), Vinyasas: (flowing movements), Pranayama: (breathing techniques), and turns on the mat, are creatively integrated while using all major ranges of mobility for arms, legs and spine. The primary goal of practice is not to target the body, but to target one's concentration, focus and attention: to turn it all inward, creating a serenely stable inner-atmosphere conducive for awareness and personal development. **Levels 1-3**

SilverSneakers: 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, and a silver sneakers ball are offered for resistance. A chair is used for seated and/or standing support. **Classes include: SilverSneakers Classic and SilverSneakers Circuit. Level 1**

SilverSneakers Splash: Enjoy this fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options. The pool provides many benefits when used for aerobic exercise and resistance training. Safe for non-swimmers. **Levels 1-3**

Step & Sculpt: Step class which combines strength training and a step workout to kick your body into high gear, by keeping choreography simple and intensity high.

Strength Training: This is a full body strength training class for all fitness levels! It emphasizes posture and lumbar stabilization while building strength, endurance and balance. You can expect to use a variety of different equipment such as weights, bands, balls and other tools to get stronger and leaner.

Theme Ride (cycle): Join the PARTY with changing theme rides that keep you guessing! This high energy, fun class utilizes heart-pumping music to motivate and inspire riders. **Levels 1-3**

Tone & Stretch: If you want to build a lean and toned body, this class is for you. This low impact class will use light weights to sculpt muscles. The use of stretching techniques will help elongate muscles and increase flexibility. **Levels 1-3**

Total Fitness: Just what the name implies. Cardio, upper and lower body strength, balance, and stretching. It's like having your own personal trainer. **Levels 1-3**

TRX Conditioning: Looking for the perfect blend of strength & cardio? Look no further. In this class you will use the TRX suspension training system to work every muscle in the body using your own body weight. This class will also utilize other equipment to optimize your calorie burn. **Levels 2-3**

TRX/Group Ax: Want to take your workout to the next level? In this class you will utilize the ultimate functional fitness machine of the Queenax and the suspension training of the TRX bands. It will be a mixture of cardio and strength training all in one. This class will challenge you mentally and physically. Are you up for the challenge? **Levels 1-3**



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TRX/Kettlebell Pump: Ideal for anyone who wants to burn fat, increase flexibility and build strength. Suspension training develops physical strength while using functional movements. Kettlebells provides unique multi-joint movements that exercise all the large muscle groups while also simultaneously providing a high level of cardiovascular training. **Levels 2-3**

Vinyasa Flow: This class offers a dynamic yoga practice with a focus on connecting breath with movement. This hour long class begins with attention to the breath and an awareness of the mind-body connection then works to develop balance, strength, flexibility, concentration and bringing balance to the body and mind. Including a variety of yoga postures or asana that flow from one to another with creative sequences and transitions, modifications are offered to make the class accessible. **Levels 2-3**

Water Stretch & Strength: The goal is to aid in improving flexibility, balance, and strength with the use of water weights and natural resistance. In this low impact class you will be stretching and toning the muscles for overall fitness. **Levels 1-3**

Water Wellness: Become acquainted with water walking and exercising in our warm water pool. Reduced stress on joints will allow you to tone and strengthen while increasing your range of motion. We will focus on movements to improve coordination and balance. **Levels 1-3**

Yoga Conditioning: This is a great class for the intermediate to more advanced participant. Using a fitness style yoga flow, participants can expect to see enhanced definition, increased strength, and decreased injury. **Levels 2-3**

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

Zumba Gold: An innovative, fun, and exciting program. Zumba Gold was designed for the active older adult, the true beginner, and/or people who may be limited physically. **Level 1**

Zumba Gold Toning: This class blends the Zumba party you love at a slower pace with redefining total body workout using Zumba Toning Sticks and or light dumbbells to shake up those muscles! Tailored for active older adults, who want to focus on muscle conditioning and light weight activity. **Levels 1-2**

Zumba Tonina: This unique class combines targeted body sculpting exercises and high-energy cardio work with Latin infused Zumba moves to create a calorie torching, strength training dance fitness party. Light hand weights and/or Zumba toning sticks are used. **Levels 1-3**

Level 1 Beginner, Level 2 Intermediate, Level 3 Advanced