

Wabash County YMCA February & March 2010 Schedule

500 S. Cass Street, Wabash, IN
260-563-YMCA (9622)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 am Group Cycle	*9 am Silver Splash	6am Group Cycle	*9 am Silver Splash	6 am Group Cycle	10 am Group Cycle
8 am Turbo Kick *9 am Silver Splash	9:30 am Legs, Arms & Abs	8 am Turbo Kick *9am Silver Splash	9 am Melody Hounds	8 am Turbo Kick *9am Silver Splash 9:30 am Pure Pump	*10 am Group Orientation
9:30 am Pure Pump 9:30 am Aqua Abs	10:15 am Deep Water	9:30 am Pure Pump 10:15a m Shallow Water *10 am Group Orientation	9:30 am Legs, Arms & Abs 10:15 am Deep Water	9:30 am Aqua Abs	10 am Zumba
10:15 am Shallow Water	*11 am Silver Sneakers Cardio Circuit	10:15 Aqua Abs	*11 am Muscular Strength & ROM Noon 30 Min Group Cycle	10:15 am Aquacise- 1hr.	
10:15 am Aquacise – 1hr	Noon Legs, Arms & Abs	*11am Muscular Strength & ROM	Noon Legs, Arms & Abs	Noon Cycle 30 min.	
*11 am Muscular Strength & ROM	*300 Challenge Circuit FREE anytime	Noon CORE Body	4 pm Teen Spin & Swim (March Only)	*300 Challenge Circuit FREE anytime	
Noon CORE Body	4:30 pm Women on Weights	Noon Cycle 30 min	5pm Karate**	4:30 pm Women on Weights	
5 pm Karate**	5:30 pm Beginning Cycle	5:15 pm Kickboxing	5:30 pm Beginning Cycle		
5:15pm Kickboxing	6 pm Zumba	5:15pm Pilates	6 pm Zumba		
5:15 pm Pilates	6 pm Group Cycle	6 pm Shallow Water	6 pm Group Cycle		
6 pm Deep Water 5:45 pm Active Yoga	6 pm Melody Hounds 6:30 pm Aqua Abs	5:45 pm Active Yoga	6 pm Self Defense 6:30pm Aquacise- 30 min		
6 pm Self Defense	7:15pm Aquacise- 30min	6:15 pm Gentle Yoga	7 pm BOSU Body		
6:15 pm Gentle Yoga 7:15 Shallow Water	Revised: 01-20-10	7:15pm Deep Water	7:15 pm Aqua Abs		

Sign up Now!
Classes are one day a week
– for one fee

Legend:
_____ = \$5 for Members/\$30 Non-Member
BOLD = \$10 for Members / \$50 Non-Member
Silver Splash and Muscular Strength & ROM Free/ \$50
**Karate Price is for both nights
*Italicized FREE

Water Exercises Descriptions

Shallow Water Workout (ages 13 & up) 1 hour class. A total body workout! Work on a variety of cardio and strength training exercises while staying in our shallow end (3 ½ ft deep). Minimal impact on your joints.

Deep Water Workout (ages 13 & up) 1 hour class. Workout in our deep end using floats belts to keep you on the surface. This class will feature aqua jogging, cardio, strength and endurance training with no impact on your joints.

Aqua Abs (ages 13 & up) This is a great 30-minute class. Target those abs with this in class! Improve your posture and stability while strengthening your core muscles. Minimal impact on your joints.

Aquacise (ages 13 & up) 30 minute class. Work on developing strength and cardio in this workout. This class uses a single water buoy to tone your body. Minimal impact on your joints.

Silver Splash Activate your aqua urge or variety! This class offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance, and coordination.

Aerobic Exercises Descriptions

Group Cycle (ages 13 & up) Come join us for a high powered and invigorating ride, our group cycling classes are a great way to start or end each day!

Beginning Cycle (ages 13 & up) If you are nervous about jumping into the hour long class, try this starter cycling class. In this class beginners will learn how to set up the bike, the proper heart rate to work at, and proper stretching techniques. Happy riding!

CORE Body (ages 13 & up) Looking for that six-pack? This functional workout will focus on the core muscles to transform your body from the inside out!

Kickboxing (ages 13 & up) Come and enjoy a great Cardio workout. Kickboxing class is a progressive class that takes you through a great end of day workout with cardio and kicks.

Active Yoga (ages 13 & up) Get your heart rate up with active yoga. Prior yoga experience required for this intermediate style yoga class.

Gentle Yoga (ages 13 & up) Fluid relaxing movements and poses in this class. All levels welcome to attend this great class.

Legs, Arms & Abs (ages 13 & up) Target and defeat the key fat storing areas of the body with this strength training class.

300 Challenge Circuit (ages 13 & up) This is a workout that can be picked up at the desk. Challenge yourself or a friend to the Beginner, Intermediate or advanced level. This workout can be as challenging as you like and if you need to help modifying some of the exercises please ask our desk attendants.

Women on Weights (ages 13 & up) If you have always wanted to learn how to lift weights properly and to get a great workout with great instruction, give our WOW class a try.

ZUMBA (ages 13 & up) Is the worlds' first and largest Latin-inspired fitness program providing exercise for all ages. Safe, effective, enjoyable!

Pilates (ages 13 & up) Utilizing the Pilates principles, these movements bring harmony and strength to the core muscles of the body for better health & living.

Muscle Strength and Range Of Movement(ROM) 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 w/ handles, a ball is offered for resistance, a chair is used for seated and/or standing support.

Cardio Circuit Cardio Circuit is the advanced class for participants who desire and are ready for a SilverSneakers "cardio" workout. The workshop includes standing non-impact choreography designed to increase cardiovascular and muscular endurance alternated with standing upper body conditioning and coordination work with hand-held weights, elastic tubing with handles and the SilverSneakers ball. Choreography with the chair is included for cool-down options, additional flexibility training and relaxation techniques.

Noon Cycle (ages 13 & up) Need a quick relief from work? Join us for a quick 30-minute workout in the spin room and off you go back to the office

Turbo Kick (ages 13 & up) This great morning kickboxing class will offer a great start to your day. Turbo Kick offers a combination of intense kickboxing moves as well as dance moves all perfectly choreographed to high energy and motivating music.

Pure Pump (ages 13 & up) This is a full-body workout that utilizes weights and great music. If you only have an hour a day to workout, this is the class for you. Toning, weight loss, and a little cardio thrown in for good measure.

Teen Spin & Swim (ages 13 & up) Join our Wellness Director and the Aquatics Director for a Spin and Swim. This class starts in our cycling room for a energizing ride then over to the pool for another amazing workout. All in the same CLASS!

Group Orientation (ages 10 & up) This class offers an introduction to the machines in the Wellness area