



Group Exercise Schedule

Somerville YMCA

Created: 6/26/2017

Age requirement for group exercise classes is 13 years and older.

\$ There is a fee for these classes. Registration in advance is required at the Welcome Center.

KEY: ♥ Beginner ♥♥ Intermediate

MONDAY	CLASS	INSTRUCTOR	LOCATION
5:45 AM-6:30 AM	Total Conditioning	Jennifer	AP Room
7:15 AM-8:15 AM	Taichi Easy	Michele	AP Room
9:30 AM-10:25 AM	Cardio Boot Camp	Laura K.	AP Room
10:30 AM-10:55 AM	Core Training	Laura K.	AP Room
10:30 AM-11:30 AM	Y Cycle	Lisa L.	Cycling Studio
11:00 AM-12:00 PM	Functional Fitness	Laura K.	AP Room
12:00 PM-2:00 PM	Pickleball		AP Room
4:45 PM-5:30 PM	Youth Boot Camp	Laura K.	Room 10
6:30 PM-7:25 PM	Y Cycle	Michaela	Cycling Studio
6:30 PM-7:25 PM	Zumba®	Erica	AP Room
7:30 PM-8:15 PM	Strength Interval	Annmarie	AP Room
8:20 PM-9:45 PM	Aikido \$	Peter	AP Room
TUESDAY	CLASS	INSTRUCTOR	LOCATION
5:15 AM-6:45 AM	Y Cycle	Frank	Cycling Studio
7:30 AM-8:25 AM	Core Training	Valeria	AP Room
8:30 AM-9:15 AM	Y Cycle	Valeria	Cycling Studio
9:30 AM-10:25 AM	Kick-Boxing	Jennifer	AP Room
10:30 AM-11:30 AM	Mix it Up	Jennifer	AP Room
11:00 AM-12:00 PM	Functional Fitness	Lisa L.	Room 10
4:00 PM-4:45 PM	Youth Boxing	Matt	Room 10
5:30 PM-6:25 PM	Y Cycle	Beth	Cycling Studio
6:00 PM-6:45 PM	♥♥ Yogalates	Annmarie	Room 10
7:00 PM-7:30 PM	TRX	Ray	AP Room
7:30 PM-8:25 PM	Step	Ray	AP Room
WEDNESDAY	CLASS	INSTRUCTOR	LOCATION
5:45 AM-6:30 AM	Strength Interval	Jennifer	AP Room
7:15 AM-8:15 AM	Y Cycle	Valeria	Cycling Studio
9:00 AM-9:30 AM	TRX	Valeria	AP Room
9:30 AM-10:25 AM	Step	Valeria	AP Room
10:30 AM-11:30 AM	Strength Interval	Matt	AP Room
12:00 PM-2:00 PM	Pickleball		AP Room
5:30 PM-6:30 PM	Y Cycle	Michaela	Cycling Studio
6:00 PM-7:00 PM	Zumba®	Laura K.	Room 10
6:30 PM-7:30 PM	Cardio/Strength Interval	Vandana	AP Room
7:30 PM-8:30 PM	♥♥ Yoga Fusion	Vandana	AP Room
THURSDAY	CLASS	INSTRUCTOR	LOCATION
5:15 AM-6:45 AM	Y Cycle	Frank	Cycling Studio
6:45 AM-7:15 AM	TRX	Valeria	AP Room
7:30 AM-8:25 AM	Core Training	Valeria	Room 10
8:30 AM-9:15 AM	Y Cycle	Tony	Cycling Studio
9:30 AM-10:25 AM	Strength Interval	Doug	AP Room
10:30 AM-11:15 AM	♥ Chair Yoga	Shalini	Room 10
10:30 AM-11:30 AM	Zumba®	Dana	AP Room
11:00 AM-12:00 PM	Senior Cycle	Lisa L.	Cycling Studio
4:45 PM-5:30 PM	Youth Tabata	Laura K.	Room 10
5:30 PM-6:25 PM	Vinyasa Yoga	Lori	Room 10
6:30 PM-7:30 PM	Y Cycle	Michaela	Cycling Studio
6:30 PM-7:25 PM	Strength Interval	Doug	AP Room
7:30 PM-8:30 AM	Cardio Boot Camp	Ray	AP Room
FRIDAY	CLASS	INSTRUCTOR	LOCATION
5:45 AM-6:30 AM	Cardio Boot Camp	Jennifer	AP Room

FRIDAY	CLASS	INSTRUCTOR	LOCATION
6:30 AM-7:45 AM	Vinyasa Yoga	Annmarie, Michele	Room 10
7:15 AM-8:15 AM	Y Cycle	Valeria	Cycling Studio
9:30 AM-10:25 AM	Pilates	Denel	Room 10
9:30 AM-10:25 AM	Kick-Boxing	Matt	AP Room
10:30 AM-11:00 AM	Core Training	Matt	Room 10
10:30 AM-11:25 AM	Y Cycle	Denel	Cycling Studio
10:45 AM-11:45 AM	Functional Fitness	Lisa L.	AP Room
11:30 AM-12:00 PM	Foam Roller Stretch	Denel	Room 10
12:00 PM-2:00 PM	Pickleball		AP Room
6:30 PM-7:30 PM	Family Fitness Friday		AP Room
7:30 PM-9:30 PM	Badminton		AP Room
SATURDAY	CLASS	INSTRUCTOR	LOCATION
7:00 AM-7:55 AM	Runner's Club	Justin	Fitness Center
8:00 AM-8:45 AM	Y Cycle <i>Instructors alternate</i>		Cycling Studio
9:00 AM-10:00 AM	Zumba®	Mara	Room 10
9:00 AM-10:00 AM	Yoga	Pallavi	AP Room
10:30 AM-11:30 AM	Family Tae-Kwon-Do \$	Irving, Roger	AP Room
4:30 PM-7:30 PM	Badminton		AP Room
SUNDAY	CLASS	INSTRUCTOR	LOCATION
9:15 AM-10:15 AM	Y Cycle	Tony	Cycling Studio
9:15 AM-10:15 AM	Yoga	Michele	AP Room
10:30 AM-11:30 AM	♥♥ Interval Training	Annmarie	AP Room
4:00 PM-5:30 PM	Badminton		AP Room

CLASS DESCRIPTIONS

AIKIDO \$

Aikido can be practiced by men, women, and children of all ages. Increased stamina, flexibility, and muscle development occur naturally as a result of training, but the techniques themselves

Member \$110 | Non-member \$175

BADMINTON

Open badminton court. Bring your racket, meet new people and have fun!

CARDIO BOOT CAMP

Cardiovascular, Resistance Based exercises all in one class, great instructor, high energy music and an upbeat atmosphere. Invite a friend for a fun full body workout that will keep you coming back for more.

CARDIO/STRENGTH INTERVAL

A full body workout designed to strengthen both heart and body through intervals of strength and cardio training.

CHAIR YOGA

Chair yoga is a gentle form of **yoga** that is practiced sitting on a **chair**, or standing using a **chair** for support.

CORE TRAINING

Train your entire core area including abs and back muscles. Working these areas provides strength, stabilization, and improved posture.

FAMILY FITNESS FRIDAY

Bring the whole family to enjoy our most popular group exercises classes. All ages welcome!

FAMILY TAE-KWON-DO \$

Tae kwon do families gain physical fitness, mental strength, self-confidence and self-esteem.

FOAM ROLLER STRETCH

Stretch class based on the foam rolling self-myofascial release (SMR) technique that is used by athletes and physical therapists to inhibit overactive muscles

FUNCTIONAL FITNESS

By strength training, stretching, and balance exercises, you can slow down the aging process as well as perform your daily activities easier. Geared toward mature adults who are making health and fitness a top priority, everyone is welcome to join this class.

INTERVAL TRAINING

This resistance training class includes upper body, lower body, and core exercises, performed in a interval format.

KICK-BOXING

Cardio kickboxing is a popular workout. Combo of dance and martial arts. Punch, kick, block your way through a fun, challenging cardiovascular workout.

MIX IT UP

Fitness Class that incorporates multiple training techniques

PICKLEBALL

Pickleball 13 years old and Up

PILATES

This mat-based class strengthens and tones muscles, improve postures, provides flexibility and balance, and unites body and mind. (All Levels)

RUNNER'S CLUB

For those who love running, for those who want to start running, Somerville Runner's club is the club for you. We will meet once a week and will have different levels: walking, jogging, and running. Running is fun and will motivate you to push through your goals.

SENIOR CYCLE

STEP

Put your best foot forward with an aerobic workout that will build stamina and burn fat through basic athletic and aerobic routines using platforms. You'll be energized in this dynamic group atmosphere, powerful music and motivating instructors.

STRENGTH INTERVAL

Work all your muscle groups using dumb-bells, bands, stability ball with burst of High Intensity training. This non-stop class will strengthen tone and will help improve cardiovascular.

TAICHI EASY

Tai Chi Easy™ is, as Harvard calls "meditation in motion". Tai Chi Easy™ practices slow movements and mindset of Tai Chi to manage stress levels, by creating a heightened sense of self awareness, mindfulness, empowerment and choice

TOTAL CONDITIONING

Train your body to condition it to work easily and with lessened stress while performing your core, strength, balance, and flexibility exercises.

TRX

TRX suspension training uses body weight exercises to develop strength, balance, flexibility, and core stability.

VINYASA YOGA

Flow from one pose into the next, providing meditative movement that focuses on flexibility, balance and strength.

Y CYCLE**YOGA**

Yoga is a form of exercise that uses slow movements and stretching. It is good for increasing flexibility and balance. It is also good for relieving stress and relaxing.

YOGA FUSION

The best of Yoga, strength training, Pilates and cardio endurance all rolled up into one for a total body intense fat-burning, muscle toning, core-strengthening workout!

YOGALATES

This mat-based class is a fusion of yoga and Pilates that will strengthen the core while increasing flexibility.

YOUTH BOOT CAMP

(Co-ed) Challenge yourself with this fast-paced, calorie-blasting workout, using the traditional Boot Camp style approach. Boot Camp is geared toward all fitness levels. Modifications are always offered for the beginner to the advanced.

YOUTH BOXING

Not only will you gain knowledge in the art of boxing, our class-based training provides a positive outlet for kids. Increased focus, discipline and improvements in school are just some of the benefits students will see as a result of boxing training.

YOUTH TABATA

The hottest trend in high-intensity, low- (or no-) equipment workouts! This structured interval workout consists of 20 seconds of all-out work, followed by 10 seconds of rest, repeated for a total of eight times on the same exercise. Modified for young participants.

ZUMBA®

Zumba is the big dance fitness craze at the moment, created by Miami-based dancer and choreographer Beto Perez. Dance steps to Latin and international music are combined with aerobic exercises to tone your entire body in a dynamic, exciting, and effective fitness system.

For questions on group exercise or cycling classes, please contact Valeria Tenreiro at tenreiro@somersetcountymca.org.