



# Group Exercise Schedule

## Somerville YMCA

Created: 12/11/2017

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	Room 10
6:30 AM-7:00 AM	Meditation Meet	Michele	Room 10
7:15 AM-8:15 AM	Taichi Easy	Michele	Room 10
9:30 AM-10:25 AM	Cardio Boot Camp	Meryem	Room 10
10:30 AM-11:30 AM	Y Cycle	Lisa L.	Cycling Studio
10:30 AM-11:00 AM	Core Training	Deepti	Room 10
11:00 AM-12:00 PM	Vinyasa Yoga	Deepti	Room 10
5:30 PM-6:30 PM	Y Cycle	Michaela	Cycling Studio
6:30 PM-7:30 PM	Pound	Erica	Room 10
7:30 PM-8:15 PM	Mix it Up	Meryem	Room 10
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	Room 10
8:30 AM-9:15 AM	Y Cycle	Tony	Cycling Studio
9:30 AM-10:30 AM	Kick-Boxing	Jennifer	Gym (half)
10:30 AM-11:30 AM	Zumba@	Mara	Gym (half)
11:00 AM-12:00 PM	Functional Fitness	Lisa L.	Room 10
4:00 PM-4:45 PM	Youth Self Defense	Matt	Gym (half)
5:30 PM-6:25 PM	Y Cycle	Beth	Cycling Studio
6:30 PM-7:30 PM	♥♥ Yogalates	Carolyn	Room 10
6:30 PM-7:30 PM	Cardio/Strength Interval	Ray	Gym (half)
7:30 PM-9:30 PM	Volleyball		Gym (half)
7:30 PM-8:00 PM	TRX	Ray	Room 10
WEDNESDAY	CLASS	INSTRUCTOR	LOCATION
5:45 AM-6:30 AM	Strength Interval	Jennifer	Room 10
9:00 AM-9:30 AM	Pilates	Valeria	Room 10
9:30 AM-10:30 AM	TRX	Valeria	Room 10
10:30 AM-11:30 AM	Cardio/Strength Interval	Matt	Gym (half)
11:15 AM-12:00 PM	Strength Interval <i>Starts 9/13</i>	Lisa L.	Room 10
6:30 PM-7:30 PM	Cardio/Strength Interval	Vandana	Gym (half)
6:30 PM-7:30 PM	Zumba@	Erica	Room 10
7:30 PM-8:30 PM	♥♥ Yoga Fusion	Vandana	Room 10
THURSDAY	CLASS	INSTRUCTOR	LOCATION
5:15 AM-6:45 AM	Y Cycle	Frank	Cycling Studio
7:30 AM-8:25 AM	Core Training	Valeria	Room 10
8:30 AM-9:15 AM	Y Cycle	Valeria	AP Room
9:30 AM-10:25 AM	Strength Interval	Doug	Room 10
10:30 AM-11:15 AM	♥ Chair Yoga	Shalini	Room 3
10:30 AM-11:30 AM	Senior Cycle	Lisa Lucas	Cycling Studio
10:30 AM-11:30 AM	Zumba@	Mara	Room 10
11:15 AM-12:00 PM	♥ Movement Disorders	Steph	Room 3
12:30 PM-1:30 PM	Outdoor Walking	Meryem	Lobby
4:00 PM-4:30 PM	Youth cardio	Valeria	Fitness Center
5:30 PM-6:30 PM	Y Cycle	Michaela	Cycling Studio
6:30 PM-7:25 PM	Strength Interval	Doug	Room 10
7:30 PM-8:30 PM	Martial Arts	Roger	Room 10
FRIDAY	CLASS	INSTRUCTOR	LOCATION
5:45 AM-6:30 AM	♥♥ Cardio Bootcamp	Jennifer	Room 10

<b>FRIDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
6:30 AM-7:00 AM	Meditation Meet	Michele	Room 10
7:15 AM-8:15 AM	Taichi Easy		Room 10
9:00 AM-9:30 AM	Mix it Up	Valeria	Room 10
9:30 AM-10:25 AM	Kick-Boxing	Matt	Gym (half)
10:30 AM-11:15 AM	Barre	Denel	AP Room
10:30 AM-11:00 AM	All Abs	Matt	Gym (half)
11:15 AM-12:00 PM	Functional Fitness	Lisa L.	AP Room
6:30 PM-7:30 PM	Family Zumba®	TBA	Room 10
<b>SATURDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
7:00 AM-8:00 AM	Runner's Club	Jennifer	Lobby
8:00 AM-9:00 AM	Zumba®	Mara	Room 10
8:00 AM-8:45 AM	Y Cycle <i>Instructors alternate</i>	TBA	Cycling Studio
9:00 AM-10:00 AM	Yoga	Pallavi	Room 10
<b>SUNDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
9:00 AM-10:30 AM	Volleyball		Gym (half)
9:15 AM-10:15 AM	Yoga	Carolyn	Room 10
9:15 AM-10:15 AM	Y Cycle <i>Starts 9/10</i>	Tony	Cycling Studio
10:30 AM-11:30 AM	♥♥ Interval Training	Meryem	Room 10

## CLASS DESCRIPTIONS

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### **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

### **ALL ABS**

A great way to build muscle and flatten your abdomen, which can help alleviate back pain.

### **BARRE**

Class uses the ballet barre drills working with your own body weight as resistance focusing on the thigh and seat muscles

### **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 BOOTCAMP**

### **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 ZUMBA®**

All ages are welcome, with or without kids. Bring yourself; bring your kids; bring your grandkids.

### **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.

### **MARTIAL ARTS**

A mix of Martial Arts taught in a Group Exercise setting

### **MEDITATION MEET**

A practice to increase awareness of the present moment, reduce stress, promote relaxation, and enhance personal and spiritual growth.

### **MIX IT UP**

Fitness Class that incorporates multiple training techniques

### **MOVEMENT DISORDERS**

A group exercise class designed to assist people with any movement disorder condition to with easy and progressive exercising.

### **OUTDOOR WALKING**

Enjoy health benefits while walking outdoors in a very social environment. Class meets in the lobby. (Weather permitting)

### **PILATES**

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

### **POUND**

The alternative group fitness format inspired by drumming

### **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**

### **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.

**VOLLEYBALL**

No experience necessary. Come out and have fun playing volleyball in a non-threatening environment.

**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 CARDIO**

Youth Cardio equipment at fitness center class

**YOUTH SELF DEFENSE**

Learn a range of personal safety skills to take charge of the space around you

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**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](mailto:tenreiro@somersetcountymca.org).