

# Y GROUP EXERCISE™

We build strong kids, strong families, strong communities.

## JAMESTOWN YMCA SCHEDULE

For Ages 14 & Up

8 Week Session: June 21, 2010 – September 4, 2010 (updated 7/13/2010)

(SCHEDULE IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-7 am Power Pump Emily				6-7 am Power Pump Emily	
6:15-6:45 am Early Bird Cycle Cycle Hollyloft Tammy/Christina	6:45-7:45 am Stability Ball Cindy	6:15-6:45 am Early Bird Cycle Cycle Hollyloft Tammy/Christina	6:45-7:45 am Stability Ball Cindy		
9:30-10:30 am Pilates Cindy	8-9 am Zumba Raven Upper Gym	9:30-10:30 am Pilates Lisa	8-9 am Zumba Raven Upper Gym		9:15-10 am Free Wheelin' Cycle Hollyloft Holly
9:30-10:30 am SilverSneakers® Muscular Strength Upper Gym	9-9:45 am AM Spin Cycle Hollyloft Melody	9:30-10:30 am SilverSneakers® Muscular Strength Upper Gym	9-9:45 am AM Spin Cycle Hollyloft Karin	9:30-10:30 am SilverSneakers® MSROM/Yoga Stretch Upper Gym	
12:15-12:45 pm WalkFit Donna	9:30-10:30 am PiYo™ Raven		9:30-10:30 am PiYo™ Raven	<p style="text-align: center;"><b>PROGRAM FEES AND CLASS DESCRIPTIONS LISTED ON BACK.</b></p> <p style="text-align: center;">Join any time during the session!</p>	
4:20-5:05 pm Yoga Cindy	12:15-12:45 pm Crunchtime Cycle Hollyloft Pete	4-5 pm Zumba Raven Upper Gym	12:15-12:45 pm Crunchtime Cycle Hollyloft Pete		
5:30-6:30 pm Zumba Sue G.	5:30-6:15 pm Ride It Out Cycle Hollyloft Holly	5:30-6:15 pm Spin Time Cycle Hollyloft Pete	5:30-6:15 pm Cowabunga Cycle Hollyloft Melissa/Holly		
	5:30-6:30 pm Cardio Kickboxing Sherri				

The YMCA Aerobics Department gratefully acknowledges the generous support of our sponsor:



### HOLLYLOFT SKI AND BIKE

1978 – OUR 30<sup>th</sup> YEAR – 2008

Quality bicycles from Specialized, Raleigh, Diamondback, Haro, Fit Redline, DK, Kink, & Giant electric bikes

\* GUARANTEED EXPERT SERVICE \*

parts – accessories – bike clothing – used bikes – brand name trade ins welcome

\* The tri-county's only "Body Scan" laser fit computer bicycle sizing and fit \*

helmets – riding gloves – cycling shoes

Join us for local Tuesday night rides @ 6 pm 4 groups/abilities

600 Fairmount Ave., Rt 394, Jamestown, 483-2330 / M-T-W 10-6, TH-FRI 10-8, SAT 10-5:30, closed SUN

# Jamestown YMCA, 101 E. Fourth Street, Jamestown, NY, (716) 664-2802

**Cardio Kickboxing** – A combination of aerobics, boxing and martial arts. Members FREE | Potential Members \$6 per class or \$76 per session

**Power Pump** – The best of power and strength training utilizing bars, bells, bands, etc. Members FREE | Potential Members \$6 per class or \$76 per session

**Pilates** – Combines stretching and strengthening in natural and fluid dance-like movements. Members FREE | Potential Members \$6 per class or \$76 per session

**PiYo™** – An athletic blend of Pilates and Yoga that includes modifications, yet offers exercise progressions to challenge all levels of participants. Members FREE | Potential Members \$6 per class or \$76 per session

**SilverSneakers®: Muscular Strength and Range of Motion** – Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Members FREE | Potential Members \$2/class.

**SilverSneakers®: Yoga Stretch** – Gentle yoga for seniors and those new to exercise. Members FREE | Potential Members \$2/class.

**Stability Ball** – Total body workout utilizing the stability ball. Members FREE | Potential Members \$6 per class or \$76 per session

**Yoga** – Upbeat, athletic-style yoga class utilizing basic standing and floor postures. Members FREE | Potential Members \$6 per class or \$76 per session

**Zumba®** – A Latin-based dance fitness workout that's so much fun you almost forget you're exercising! Members FREE | Potential Members \$6 per class or \$76 per session

**Walk Fit** – Easy-to-follow cardio walk intervals combined with steady-paced, low impact fat-burning moves. Members FREE | Potential Members \$6 per class or \$76 per session

## Cycle Hollyloft

This workout is great for all fitness levels because you control your own workout! Energetic instructors will guide you on your fitness journey. Members FREE | Potential Members \$6 per class or \$76 per session

### What do I need to wear?

1. Comfortable tight fitting bike shorts, leggings, or aerobic clothing. Avoid baggy clothing that may rub on the skin and cause irritation.
2. Comfortable workout shoes with support. Cross trainers, aerobic shoes, or cycling shoes are all appropriate types of footwear.

### What do I need to bring?

1. A water bottle, towel and padded seat cover (not necessary, but recommended for comfort.)

### How do I reserve a bike for a class?

1. Call the Jamestown YMCA front desk at (716) 664-2802 ext. 0. **NOTE:** Members may call 24 hours prior to the class. Non-members may sign-up 12 hours in advance and must pay at time of sign-up.
2. If you cannot attend the class you have reserved a bike for, please call and cancel so others can be notified of the opening.
3. Remember to leave your phone number with the front desk if you are on the waiting list. We will call if there are any cancellations.