

CLASS DESCRIPTIONS (Spring 2012)

Absolute Abs – The entire class focuses on strengthening and toning the abdominal and core region. **MULTI-LEVEL**

Advanced Step– A fast paced choreography step class that will require your attention.

Bench Blast - An athletic step class with a twist of fun that will get your heart rate up and burn lots of calories. **INTERMEDIATE**

Body Shaping– An overall body toning class. No aerobics but a variety of exercises to give you those perfect parts that you're after. **MULTI**

Boot Camp – Heart pounding cardio mixed in with basic boot camp exercises and drills. **MULTI-LEVEL**

Butts and Guts – Overall toning for glutes and abs.

Country and Western Dance – Learn the latest country and western dancing. **MULTI-LEVEL**

Cycle Training–The program we use is Spinning. This class will target specific training zones on the cycle with high and low intensity. **MULTI- LEVEL**

Exercising with Arthritis - The program we Gentle modified Stretches & poses for people who are challenged by Arthritis or Stiffness due to injury or age. Class will cover warm-ups, standing & seated stretches. **BEGINNERS**

Fit Camp – A 30 minute express class of multiple floor drills designed to give all levels a great workout. Expect the unexpected! **MULTI- LEVEL**

Floor Core and More - A challenging total body conditioning that blends series of exercises to build strength and muscle tone while finessing balance, coordination and mobility. **INTERMEDIATE**

Interval – A mix of cardio exercises mixed with resistance exercises and aerobic sprints. **MULTI-LEVEL**

LIVESTRONG – A 12 week program to bring hope and healing to the cancer survivor through exercise. Participants learn safe and effective use of machines, learn exercises, and develop a program specific to their needs. Registration required through the Welcome Center. **See Welcome Center for more information**

Nia – A dynamic blend of aerobic dance, martial arts and healing arts performed barefoot to rhythmic world music. Benefits include cardiovascular conditioning, agility, strength, endurance, flexibility, balance and relaxation. Every Body Welcome! **MULTI-LEVEL**

Pilates Mat - A program designed to train and condition the body inside out. Focus will be placed on movement initiated through breath, centering, and core strength. This type of exercise increases balance, joint stability, and long lean muscles. **MULTI-LEVEL**

Rip and Ride – A combination of cycling to burn away unwanted pounds and weight training using various equipment to push your muscles to a new level. This class is a great, all-over workout **MULTI-LEVEL**

Beginner Step - An introduction to step aerobics to help you learn the basics. Great class to get you comfortable on the bench and familiar with the moves.

Beginner Strength Training – An introduction to strength training. Teaches the basic form for weight lifting and endurance training with focus on form and technique.

Turbo Kick® – TKB The ultimate cardiovascular challenge complete with a sport specific warm-up, bouts of intense intervals, easy to follow combinations, and kickboxing specific strength/endurance training. **INTERMEDIATE-ADVANCED**

Beginner Turbo Kick® – An introduction to Turbo Kick Boxing to teach the basic kicks, punches, and format of the full TKB class.

Yoga and Power Yoga – focused on physical postures/poses (asanas) and sequences of asanas. Both classes are designed to promote alignment, flexibility, and strength while bringing attention to the breath and providing time for relaxation. Yoga will focus on more basic poses while Power Yoga will offer additional strength and flexibility challenges. Both classes may involve props. Multi

PiYo™ - a mix of Pilates and Yoga, this class is all about strength training and core conditioning for people who want to sweat their way to sculpted abdominals, increased core strength and greater stability – **MULTI-LEVEL**

AOA and Chair Yoga/Aerobics – Designed for Active Older Adults. Classes will be done in a chair. **INTERMEDIATE**

Kids' Fitness – Ages 2-5; an interactive class with parent and child with emphasis on basic motor skills, movements and body Awareness

Zumba® - fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba®! **MULTI-LEVEL**

Latin Limbo for Kids – If your kids love Zumbatomic, then Latin Limbo is for them! A kids version of Latin dancing to fun music. **Ages 3-6**



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Aerobics Room #1

Waco family

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30 TURBO KICK Nicki Wilson	5:30-6:30 BODY SHAPING Becky Slonaker		5:30-6:30 BODY SHAPING Nicki Wilson	5:30-6:30 BODY SHAPING Becky/Beth		
8:10-8:20 ABS Crystal Melton	8:45-10:00 BODY SHAPING Susan Bell	8:25-8:55 FIT CAMP Laurie Hull	8:45-10:00 BODY SHAPING Susan Bell	8:10-8:20 ABS Crystal Melton		
8:25-8:55 SCULPT XP Crystal Melton	10:05-11:10 ZUMBA Susan Bell	9:05-10:05 BODY SHAPING Laurie Hull	10:05-11:10 ZUMBA Susan Bell	8:25-8:55 SCULPT XP Crystal Melton	9:00-10:30 BODY SHAPING Jenny Hering	
9:00-10:00 BENCH BLAST Susan Bell		10:15-11:15 ZUMBA Amy Tarter		10:05-11:05 INTERVAL Laurie Hull		
10:05-11:05 INTERVAL Laurie Hull	11:20-11:45 KIDS' FITNESS		11:20-11:45 KIDS' FITNESS	11:05-11:25 STRETCHING Laurie Hull	11:15-12:15 ZUMBA Sonya Todd/ Michelle Williams	
12:00-12:45 BOOT CAMP Tracy Fisk	12:00-12:45 BODY SHAPING Tracy Fisk		12:00-12:45 BUTTS & GUTS Tracy Fisk	12:00-1:00 ADV STEP Crystal Melton		1:15-1:45 STEP XP Terri Kucera
4:15-4:25 ABS Terri Kucera	4:15-4:25 ABS Crystal Melton	4:15-4:25 ABS Terri Kucera	4:15-4:25 ABS Terri Kucera	4:15-4:25 ABS Terri Kucera		2:00-2:15 ABS Terri Kucera
4:30-5:30 BODY SHAPING Terri Kucera	4:30-5:30 TURBO KICK SCULPT Crystal Melton	4:30-5:30 BODY SHAPING Terri Kucera	4:30-5:30 STEP Terri Kucera	4:30-5:30 BODY SHAPING Terri Kucera		2:15-3:15 BODY SHAPING Terri Kucera
5:35-6:35 TURBO KICK Jenny Hering	5:35-6:35 BODY SHAPING Mitch Deskins	5:35-6:35 TURBO KICK Jenny Hering	5:35-6:35 BODY SHAPING Mitch Deskins	5:30-6:00 STEP XPress Terri Kucera		5:05-6:05 ZUMBA Diana Najera
6:45-7:45 ZUMBA Sonya Todd	6:45-7:45 ZUMBA Rose Lugo	6:45-7:45 ZUMBA Sonya Todd	6:45-7:45 ZUMBA Rose Lugo			



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Aerobics Room #2

WACO FAMILY YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				5:30-6:30 POWER YOGA Emily Pauly		
9:00-10:00 POWER YOGA Crystal Melton BOXING ROOM		9:00-10:00 TURBO KICK Nicki Wilson		9:00-10:00 TURBO KICK Jenny Hering	9:00-10:00 NIA Jana/Jennifer	
9:00 - 10:00 TURBO KICK Stephanie Boone					10:05-11:05 TURBO KICK Nicki Wilson	
10:05-10:20 STRETCHING Susan Bell BOXING ROOM						
11:05-12:05 ZUMBA Crystal Melton	11:30-1:00 LIVESTRONG Emily/Amy		11:30-1:00 LIVESTRONG Emily/Amy	11:05-12:05 ZUMBA Jennifer Heinz		4:00-5:00 NIA Jana/Jennifer
4:30-5:30 BEGINNER TURBO KICK Melodie Sutherland/ Camryn Petree	4:30-5:30 NIA Jana/Jennifer	4:30-5:30 BEGINNER TURBO KICK Melodie Sutherland/ Camryn Petree	4:30-5:30 NIA Jana/Jennifer			
6:00-7:00 PILATES Terri/Misty BOXING ROOM		6:00-7:00 PILATES Terri Kucera BOXING ROOM		6:00-8:00 COUNTRY & WESTERN DANCE Harlan Sandoff		



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Multi-Purpose Room

Waco family

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30 CYCLE Abbie Mueller		5:30-6:30 CYCLE Tracy Felder				
	8:10-9:00 CYCLE EXPRESS Shawn Hernandez		8:10-9:00 CYCLE EXPRESS Shawn Hernandez		8:15-9:15 CYCLE Emily/Tracy	
9:00-10:00 CYCLE Shawn Hernandez	9:00-10:00 FLOOR CORE & MORE Laurie Hull	9:00-10:00 POWER YOGA Emily Pauly	9:00-10:00 YOGA Crystal Melton	9:00-10:00 CYCLE Jenny/Kimberly/Emily		
10:15-11:15 AOA Julia Bugh	10:15-11:15 AOA CHAIR YOGA Diane Jorgenson	10:15-11:15 AOA Emily Pauly	10:15-11:15 AOA CHAIR YOGA Diane Jorgenson	10:15-11:15 AOA Julia Bugh	10:00-11:00 PILATES Terri/Misty	
12:15-1:15 EXERCISE W/ ARTHRITIS Vicki Smith		12:00-12:50 RIP AND RIDE Emily Pauly		12:15-1:15 EXERCISE W/ ARTHRITIS Vicki Smith		2:00-3:00 CYCLE Abbie Mueller
	1:30-2:30 CHAIR AEROBICS Diane Jorgenson		1:30-2:30 CHAIR AEROBICS Diane Jorgenson			3:15-4:15 PILATES Terri/Misty
4:30-5:30 CYCLE Kelly Meier	4:30-5:30 PILATES Terri Kucera		4:30-5:30 PILATES Misty Schrank			
5:35-6:35 INTERVAL Amy Sellers	5:35-6:35 CYCLE Shawn Hernandez	5:35-6:35 BENCH BLAST Amy Sellers	5:35-6:35 CYCLE Shawn Hernandez	5:30-6:15 CYCLE EXPRESS Kelly Meier		
6:40-7:40 BEGINNING AEROBICS Amy Sellers	6:45-7:45 PIYO Elisabeth Luevanos	6:40-7:40 BASIC STRENGTH TRAINING Amy Sellers	6:45-7:45 PIYO Elisabeth Luevanos			

Classroom #1

Tuesday	10:45-11:10	Latin Limbo/Kids' Fit	Amy Tarter
Thursday	10:45-11:10	Latin Limbo/Kids' Fit	Amy Tarter
Friday	9:00-10:00	Yoga	Amy Tarter, Emily Pauly, Laurie Hendricks
Saturday	9:15-10:15	Yoga	Dawn Hayden

Waco Family YMCA

6800 Harvey Waco, Texas 76712

P 254-776-6612 www.ymcaofcentraltexas.org