

Winter and Early Spring Fitness Classes at the MDI YMCA.

INDOOR CYCLING & GROUP POWER

GROUP POWER & CYCLING CLASSES:

EARLY BIRD SPECIAL! Register by 1/2 & Get \$5 off!

VALENTINES SPECIAL! Register by 2/14 & Get \$5 off!

GROUP POWER

Offered Winter and Early Spring Sessions.

This athletic-based workout uses barbells with adjustable weights to work every major muscle group in the body. With simple, athletic movements such as squats, lunges, presses and curls, you'll discover why Group Power is your hour of power!

With motivating music and awesome instructors, Group Power strengthens, tones, and defines like nothing else can. And quite simply, it's the fastest way in the universe to get in shape! (*min 6, max 23*)

Benefits of Group Power

- Simple workouts challenge all ages & abilities
- Improved muscle strength & endurance
- Improved body shape & muscle conditioning
- Increased bone density & fat burning capacity
- Promotion of muscle balance & postural stability



MULTI-LEVEL CYCLING

Offered Winter and Early Spring Sessions

Indoor cycling is a group experience on specially designed stationary bikes unlike any other at the Y. The intensity of the workout is regulated by the amount of resistance you apply to the flywheel of the bike. Classes are led by instructors who guide you through your ride, describing hills and simulating the terrain.

Although this class has a group exercise format and is set to music, you have the freedom to make your workout as challenging as you want - it is a multi-level class and beginners are welcome! Everyone should ride at their own pace and enjoy the journey. (*min 6, max 16*).

Special: Holiday Marathon Cycle Class

Tuesday, December 22nd (*no early bird special*)

6:00pm - 8:00pm

With Richard & Ashley

Join this uber festive, calorie burning class!

\$10 Members, \$20 nonmembers



*Please pre-register
for all fitness classes.
Even the free ones!*

Winter Session: Jan 4th - Feb 14th

GROUP POWER

January 4th - February 11th

Members: \$36. Non-Members: \$78.

Drop ins - \$6 member, \$12 non-member.



EARLY BIRD

Mondays, 8:45am - 9:45am or
Mondays, 5:45pm - 6:45pm or
Wednesdays, 8:45am - 9:45am or
Wednesdays, 5:10pm - 6:10pm or
Thursdays, 6:30am - 7:30am

MULTI-LEVEL INDOOR CYCLING

January 5th - February 12th

Members: \$36. Non-Members: \$78.

Drop ins - \$6 member, \$12 non-member.



EARLY BIRD

Tuesdays, 9:00am - 10:00am or
Tuesdays, 6:00pm - 7:00pm or
Thursdays, 6:00pm - 7:00pm or
Fridays, 6:30am - 7:30am.

E Spring Session: Feb 22nd - Apr 18th

GROUP POWER

February 22nd - April 15th

Members: \$36. Non-Members: \$78.

Drop ins - \$6 member, \$12 non-member.



SPECIAL

Mondays, 8:45am - 9:45am or
Mondays, 5:45pm - 6:45pm or
Wednesdays, 8:45am - 9:45am or
Wednesdays, 5:10pm - 6:10pm or
Thursdays, 6:30am - 7:30am

MULTI-LEVEL INDOOR CYCLING

February 23rd - April 16th

Members: \$36. Non-Members: \$78.

Drop ins - \$6 member, \$12 non-member.



SPECIAL

Tuesdays, 9:00am - 10:00am or
Tuesdays, 6:00pm - 7:00pm or
Thursdays, 6:00pm - 7:00pm or
Fridays, 6:30am - 7:30am.

Winter Session: Member Registration begins Monday, 12/21. Open Registration begins Monday, 12/28.
E. Spring Session: Member Registration begins Monday, 02/08. Open Registration begins Monday, 02/15.

YGROUP EXERCISE™

Lisa Tweedie, Wellness Director
fitness@mdiymca.org, 288-3511 x113

BELLY DANCE

Offered Winter and Early Spring Sessions.

Belly Dance is an exciting and fun way to exercise. It brings out sensuality, restores self esteem and encourages women of all shapes and sizes to really love their bodies. Terrific exercise! (min 8, max 20)

POWER PACED PILATES

Offered Winter and Early Spring Sessions.

This class is not for beginners. Participants must register for this class in advance.

Energize your workout and your life with this power-packed Pilates workout. Sharyn will take it up a notch by providing exercise variations that electrify traditional matwork and elevate your heart rate. Reap the benefits of awesome core strength and lean, toned muscles with this sixty-minute, total body workout. Wear comfortable clothing. Some mats are available, but participants are encouraged to bring their own. (min 8, max 15)

MAT PILATES

Offered Winter and Early Spring Sessions.

Mat Pilates is a mind-body discipline that combines core stabilization and mobility training. Careful attention to form and alignment is stressed. Instructor Sharyn Kingma is excited to bring an integrated, progressive approach to Joseph Pilates' original exercise method to the MDI Y. *Safety Note: Participants must arrive to Pilates class on time - no late arrivals. Must complete full warm-up to participate safely!* (min 8, max 15). All levels welcome!

AM ABS

Offered Winter and Early Spring Sessions

Complete 20-minutes of intense ab & core exercises before most people have stumbled out of bed.

50+ FITNESS CLUB

Offered Winter and Early Spring Sessions.

A special time for people age 50 and over to come to the Fitness Room and learn to use the Cybex and cardio equipment in a friendly, group atmosphere. Sharyn and Lisa will instruct on proper usage and form. Come join the fun and get fit. (min 6, max 12)

FIT KIDS (Ages 11 - 14)

Offered Winter and Early Spring Sessions.

Supervised time for kids to learn to use the cybex & cardio equipment in the fitness center. Kids are instructed & monitored for correct form and technique. Parents do not need to be present. No drop ins. (min 6, max 12)

CARDIO STEP

Offered Winter and Early Spring Sessions

Thirty minutes of heart pumping, cardio vascular exercise using the step. All levels are welcome. This is a great warm-up for the Group Power class that follows! (min 6, max 23)

EARLY BIRDS: Register by 1/2 & Get \$5 off!

VINYASA FLOW YOGA

Offered Winter and Early Spring Sessions

Vinyasa Yoga unites movement with breath to relax the body and calm the mind. Wear comfortable clothing. Some mats are available, but participants are encouraged to bring their own. For all levels. (min 6, max 15).

BOOT CAMP

Offered Winter and Early Spring Sessions.

A combination of fast moving, athletic drills and strength exercises using body weight as resistance. Jump rope, perform planks and push-ups – get ready to sweat! This is a high intensity class, but all exercises can be performed at your own pace. (min 6, max 30)

ZUMBA

Offered Winter and Early Spring Sessions

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that features one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms 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!

(min 8, max 30)



**Winter Session: Member Registration begins Monday, 12/21.
Open Registration begins Monday, 12/28.**

**E. Spring Session: Member Registration begins Monday, 02/08.
Open Registration begins Monday, 02/15.**

GROUP EXERCISE SCHEDULE

Winter Session: Jan 4th - Feb 14th

BELLY DANCE

Mondays, January 4th - February 8th
7:00pm - 8:00pm
\$36 members, \$78 non-members
Drop ins - \$6 members, \$12 non-members

POWER PACED PILATES Members Free!

Mondays, January 4th - February 8. (No Class 1/25)
10:00am - 11:00am
Free for members, \$72 non-members
Drop ins - \$12 non-members

MAT PILATES (No Class 1/22 & 1/26) Members Free!

Tuesdays, Jan 5th - Feb 9th, 5:15pm - 6:15pm or
Fridays, Jan 8th - Feb 12th, 10:00am - 11:00am
Free for members, \$72 non-members
Drop ins - \$12 non-members

AM ABS Members Free!

Tuesdays, January 5th - February 9th
6:30am - 6:50am
Free for members, \$40 non-members
Drop ins - \$6 non-members

50+ FITNESS CLUB

Tue & Thur, January 5th - February 11th
11:00am - noon
Free for members, \$72 non-members

FIT KIDS (Ages 11 - 14)

Tuesdays & Thursdays, January 5th - February 11th
3:45pm - 4:30pm
\$45 members, \$75 non-members

CARDIO STEP - new time! Members Free!

Wednesdays, January 6th - February 10th
8:00am - 8:30am
Free for members, \$40 non-members
Drop ins - \$6 non-members

VINYASA FLOW YOGA Members Free!

Wednesdays, January 6th - February 10th
10:00am - 11:00am
Free for members, \$72 non-members
Drop ins - \$12 non-members

BOOT CAMP Members Free!

Thursdays, January 7th - February 11th
4:45pm - 5:45pm
Free for members, \$72 non-members
Drop ins - \$12 non-members

ZUMBA

Fridays, January 8th - February 12th
8:45am - 9:45am
\$36 members, \$78 non-members
Drop ins - \$6 members, \$12 non-members



EARLY BIRD

YOGALATES Members Free!

Fridays, January 8th - February 12th
5:30pm - 6:30pm
Free For Members, \$72 non-members
Drop ins - members free, \$12 non-members

E Spring Session: Feb 22nd - Apr 18th

BELLY DANCE

Mondays, February 22nd - April 12th
7:00pm - 8:00pm
\$36 members, \$78 non-members
Drop ins - \$6 members, \$12 non-members

POWER PACED PILATES

Mondays, February 22nd - April 12th
10:00am - 11:00am
Free for members, \$72 non-members
Drop ins - \$12 non-members

MAT PILATES

Tuesdays, Feb 23rd - Apr 13th, 5:15pm - 6:15pm or
Fridays, Feb 26th - Apr 16th, 10:00am - 11:00am
Free for members, \$72 non-members
Drop ins - \$12 non-members

AM ABS Members Free!

Tuesdays, February 23rd - April 13th
6:30am - 6:50am
Free for members, \$40 non-members
Drop ins - \$6 non-members

50+ FITNESS CLUB

Tue & Thur, February 23rd - April 15th
11:00am - noon
Free for members, \$72 non-members

FIT KIDS (Ages 11 - 14)

Tuesdays & Thursdays, February 23rd - April 15th
3:45pm - 4:30pm
\$45 members, \$75 non-members

CARDIO STEP Members Free!

Wednesdays, February 24th - April 14th
8:00am - 8:30am
Free for members, \$40 non-members
Drop ins - \$6 non-members

VINYASA FLOW YOGA

Wednesdays, February 24th - April 14th
10:00am - 11:00am
Free for members, \$72 non-members
Drop ins - \$12 non-members

BOOT CAMP Members Free!

Thursdays, February 25th - April 15th
4:45pm - 5:45pm
Free for members, \$72 non-members
Drop ins - \$12 non-members

ZUMBA

Fridays, February 26th - April 16th
8:45am - 9:45am
\$36 members, \$78 non-members
Drop ins - \$6 members, \$12 non-members

YOGALATES Members Free!

Fridays, February 26th - April 16th
5:30pm - 6:30pm
Free for Members, \$72 non-members
Drop ins - members free, \$12 non-members

You must register for all fitness classes. Even the free ones!

MORE FITNESS CLASSES & EVENTS!

STRETCH IT OUT

Offered During the Winter Session.
Wednesdays, 6:30pm - 7:00pm . Jan 6th - Feb 10th
Members Free. \$10 non-members, or \$6 drop in.

Wind down the end of your day with this soothing, half-hour class. When done properly, stretching relaxes your mind and tunes up your body. Stretching can take as little as ten minutes, but provides multiple benefits to the body. Participants will learn stretches for all major muscle groups, with proper form and body alignment. *(min 6)* **Everyone: Pre-register!**

Benefits of Stretching

- Decreases pain and soreness after exercise
- Improves circulation, improves posture
- Improves range of motion, decreases muscle tension
- Reduces muscle soreness, improves ability to relax
- allows time for mental training, such as visualization
- Improved muscle strength & endurance
- Improved body shape & muscle conditioning

YMCA HEALTHY BACK PROGRAM

Offered during the Early Spring Session.
Saturdays 10:30am - noon. 3/13 & 3/20
\$50 members, \$75 non-members *(min 6 max 10)*

This program is designed as a preventative course. Participants will receive the YMCA Healthy Back Book, developed by the world leader in back care education. Exercises are presented in three levels of progression from easy to more challenging. Please arrive 15 minutes early to warm up by walking on the track. This medically sound and easy to follow back program will help participants:

- Understand the causes of back pain & treatment options
- Learn how to exercise to prevent painful back issues
- Discover ways to reduce back pain when it occurs

COAST TO COAST TREK

Offered during the Winter Session.
January 4th - February 21st (anytime)
\$15 members, \$100 non-members *(min 6 max 30)*

Walk Coast to Coast on the American Discovery Trail. Stretching across more than 6,800 miles and 15 states, the ADT is the only coast-to-coast, non-motorized recreational trail. Participants chart their progress by miles or minutes upstairs at the indoor track. Each participant will receive a patch and a certificate of completion. Participants may walk at their own pace, and schedule.



Winter Session: Member Registration begins Monday, 12/21.
Open Registration begins Monday, 12/28.
E. Spring Session: Member Registration begins Monday, 02/08.
Open Registration begins Monday, 02/15.

Y-NOT? INDOOR TRIATHLON FOR ADULTS

Pick a Day: Now - April 25th.
\$10 members, \$15 non-members
Individual Iron Person & Team Divisions
 This annual, indoor event includes a 1/2 mile swim, 9-mile bike trek and a 3-mile run or race walk. Enter as part of a team, or as an individual. To be placed on a team, contact Sharyn or Lisa in the Fitness Department. Download Triathlon registration form at www.mdiymca.org



HEALTHY LIFESTYLES *creating permanent change*
Fridays, noon - 1:15pm for 20 sessions.
Begins Jan 22nd. \$75 members, \$100 non-members.
 Most of us, at sometime or another have tried to make a health related life change. Whether it is losing weight, exercising, reducing stress or curbing an undesirable habit, starting & sticking with a program long enough to affect change is a major challenge. *Healthy Lifestyles*, founded by Stanford University, uses group dynamics & one on one coaching to help you achieve your personal goals. It's based on the premise that to create permanent change it takes time & group support. Join certified facilitator Kim Harty & others to create the change you've been dreaming of! Please contact Kim before program starts for a personal consult.