
















	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am-6:30am	Cycle Cynthia (3)(CYC)	 Tawney (3) (GXS)	Turbo Kick Box Patty (3)(GXS)	Cardio Circuit Kimberly (3)(GXS)	Turbo Kick Box Patty (3)(GXS)		Key to Classes Classes are listed by time, type, Instructor, level And location Levels 1-Beginner 2-Intermediate 3-All levels Location Key GXS -Group Exercise Studio CYC -Cycle Studio CR -Community Room GYM -Gymnasium
			Cycle Abbey (3)(CYC)				
8:15am-9:15am	Cardio Circuit Barb C (3)(GXS)	 Melanie (3)(GXS)	Turbo Kick Box Jamie (3)(GXS)	 Melanie (3)(GXS)	Cardio Circuit Barb C (3)(GXS)	Pilates Melanie (3)(GXS)	
		Yoga Lisa R (3) (CR)	Boot Camp DeWaine (3)(GYM)			Boot Camp Cristina (3)(GYM)	
			Cycle Rose C (3)(CYC)			Cycle Cynthia/Jessica (3) (CYC)	
9:00am-10:00am				Cycle Express Cynthia (3)(CYC)			
9:20am-10:20am	Boot Camp Abbey (3)(GXS)	 Andrea (3)(GXS)	 Alyssa (3)(GXS)	Cardio Mix Abbey (3)(GXS)	 Laura J (3)(GXS)	Step Melanie (3)(GXS)	
9:25am-10:25am	Cycle Cynthia (3)(CYC)	Cycle Lisa C (3)(CYC)			Cycle Jen (3)(CYC)	Cycle Express Jessica (3)(CYC)	
9:30am-10:30am		KISS Stretch Laura J (1)(CR)		KISS Strut Laura J (1)(CR)			
10:00am-11:00am	Yoga Kay (3)(CR)		Yoga Kay (3)(CR)				
10:25am-11:25am	Kiss Step Kristy (1)(GXS) 30 minutes	Core Fusion Laura J (3)(GXS)	 Alyssa (3)(GXS)	Core Fusion Laura J (3)(GXS)	Turbo Kick Box Jamie (3)(GXS)	Turbo Kick Box Barb M (3)(GXS)	
10:30am-11:30am						Yoga Kay (3)(GXS)	
10:35am-		Cycle Express Lisa C (3)(CYC)					
11:00am-11:25am	Kiss Strength Kristy (1)(GXS)						
11:30am-12:30pm						 Barb M C (3)(GXS)	
						Beginner Yoga Kay (1)(CR)	
4:50pm-5:50pm	Intermediate Step Mandy (2)(GXS)	 Dee Anna (3)(GXS)	Step Dee Anna (3)(GXS)	 DeeAnna (3)(GXS)			 1:00pm-2:00pm Barb M (3)(GXS)
	Kids Fitness Interval Training (Age 5-12) Holly (CR)	Kids Fitness Yoga (Age 5-12) Akram (CR)	Kids Fitness Game Day (Age 5-12) Kim (GYM)	Kids Fitness Dance Fusion (Age 5-12) Terri (CR)			
5:00pm-6:00pm	Cycle Express Colleen P (3)(CYC)	Cycle Express Cynthia (3)(CYC)	Cycle Express Barb C (3)(CYC)		 Rotation (3)(GXS)		
5:55pm-6:55pm	 Melanie (3)(GXS)	Turbo Kick Box Barb M (3)(GXS)	 Melanie (3)(GXS)	Pilates Catalina (3)(GXS)	6:00pm-7:00pm Intermediate Step Mandy (2)(GXS)		
		PiYo Barb C (3)(CR)					
6:15pm-7:15pm	KISS Spin Lisa S. (1)(CYC)			6:00pm-7:00pm Cycle Barb C/Lisa S (3) (CYC)			
	KISS Step Kristy (1)(CR)						
7:00pm-8:00pm	Dance Fusion Natalia (3)(GXS)	Alyssa (3)(GYM)	Yoga Melanie (3)(GXS)	Turbo Kick Box Barb M (3)(GXS)			
	Cycle Lisa S (3)(CYC)		Cycle Courtney (3)(CYC)				
	Intermediate Yoga Lisa R. (2)(CR)						



YMCA of Arlington
Cooper Street Branch
7120 S. Cooper St.
Winter 2012

Cooper Street Branch
Group Exercise Class Descriptions
All classes free to members

Express Classes:

Group exercise class formats are compressed into 30 minutes to provide you with an efficient workout experience that maximize your exercise time! Perfect for all levels.

Kickboxing:

Training that incorporates boxing, sports drills, and basic kickboxing techniques

K.I.S.S. Classes:

The YMCA of Arlington has developed a unique series of 30 minute classes referred to as the Keep It Simple Series. These classes are specially designed for the beginning or returning exerciser. If you have never walked into a traditional group exercise class...let these classes be a personal invitation.

BODYPUMP:

This 60 minute workout challenges all your major muscle groups by using the best weight-room exercises. Great music, awesome instructors and your choice of weight inspire you to get the results your came for-and fast!

ZUMBA:

Make your workout a dance party! A dance infused class that combines traditional Latin dance styles, including salsa, mambo, cha-cha, cumbia and meringue.

Step:

A predominantly low-impact activity involving stepping up and down a platform, while performing creative movements to music. The instructor will offer options in the class to suit various levels.

Cycle:

Enjoy an outdoor activity inside. Ride to great music that drives and motivates. Perfect for those who like a social workout while maximizing the calories your burn.

Cardio Mix:

A variety of different cardio formats including step and intervals.

Boot Camp:

This power packed class includes skills, drills, circuits and intervals. This class will push you beyond your normal fitness level and give you the extra challenge you may need to boost your exercise program. This class combines cardio, agility, strength, and endurance.

BODYPUMP:

This 60 minute workout challenges all your major muscle groups by using the best weight-room exercises. Great music, awesome instructors and your choice of weight inspire you to get the results your came for-and fast!

Pilates:

Developed by the legendary Joseph Pilates, this mat-based class is designed to strengthen and stretch the core muscles with a focus on breath-work as well.

Pilates on the Ball:

Pilates inspired exercises utilizing the stability ball. This class will increase your flexibility, strength, balance and will help you feel great all over.

Yoga:

This class is based on a series of flowing yoga poses, designed to improve strength, flexibility and balance. Multiple variations for most poses will be demonstrated, making the class perfect for beginners yet challenging enough for seasoned practitioners.

PiYo:

A combination of Yoga and mat Pilates to enhance strength while lengthening the muscles. Benefits can include improved posture, flexibility and physical awareness. Great for stress reduction. Appropriate for all fitness levels.

Dance Fusion:

No experience required. Learn the hottest dance moves through the energy and music of today. You won't want to miss the fun and excitement of this class.

Turbo Kick (TKB):

This choreographed format comes complete with brief turbo (high intensity) intervals interspersed within kickboxing specific training. A great cardiovascular challenge that will leave you wanting more!

Cardio Circuit:

Strength training class that uses body weight, bands, and dumbbells to build stamina, muscular strength and endurance.

Core Fusion:

Pilates movements infused with yoga-inspired postures and core-conditioning exercises create an invigorating workout that produces results and leave you feeling refreshed and relaxed.