

# Y GROUP EXERCISE™

We build strong kids, strong families, strong communities.

## JAMESTOWN YMCA SCHEDULE

For Ages 14 & Up

8 Week Session: February 28 - April 24, 2010

(SCHEDULE IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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	6:15-6:45 am Early Bird Cycle Cycle Hollyloft Christina	9:15-10 am Zumba Raven
	9:30-10:30 am Pilates Cindy	9-9:45 am AM Spin Cycle Hollyloft Melody	9:30-10:30 am Pilates Lisa	9-9:45 am AM Spin Cycle Hollyloft Melody	9:30-10:30 am PiYo™ Dana	9:15-10 am Free Wheelin' Cycle Hollyloft Holly
	9:30-10:30 am SilverSneakers® Muscular Strength Upper Gym		9:30-10:30 am SilverSneakers® Muscular Strength Upper Gym		9:30-10:30 am SilverSneakers® MSROM/Yoga Stretch Upper Gym	10:05-10:35 am PiYo™ Raven
1:30-2:30 pm Power Hour Cycle Hollyloft Melissa	12:15-12:45 pm WalkFit Donna	12:15-12:45 pm Crunchtime Cycle Hollyloft Pete		12:15-12:45 pm Crunchtime Cycle Hollyloft Pete		10:15-11 am 2nd Helping Cycle Hollyloft Melissa/Jeanine
	4:20-5:05 pm Yoga Cindy	4:15-5:15 pm Zumba Raven Upper Gym		4:15-5:15 pm Zumba Raven Upper Gym	<p align="center"><b>PROGRAM FEES AND CLASS DESCRIPTIONS LISTED ON BACK.</b></p> <p align="center">Join any time during the session!</p>	
	5:30-6:15 pm Spin Time Cycle Hollyloft Pete	5:30-6:15 pm Ride It Out Cycle Hollyloft Holly	5:30-6:15 pm Break Away Cycle Hollyloft Jeanine	5:30-6:15 pm Cowabunga Cycle Hollyloft Melissa		
	5:30-6:30 pm Power Pump Sue	6:30-8 pm All Out Cycle Hollyloft <b>ENDS 3/9</b>	5:30-6:30 pm Power Pump Rick	6:30-7 pm Yoga Melissa		
		7-8 pm Zumba Dana				

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

**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\* (*\*All Out Cycle Hollyloft is an advanced 1.5 hour workout - Members \$1 per class | Potential Members \$8 per class. The final All Out Cycle Hollyloft class will be March 9, 2010.*)

### 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.