

# HEALTHY LIVING

## Malden YMCA Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-7am <b>NEW Octagon Class</b> Migdalia/Fitness Center		6-7am <b>Strength Train Together</b> Migdalia/Room 17	9-9:45am <b>ZUMBA Gold</b> Emily/Room 17	9-10am <b>Cycle &amp; Weights*</b> Room 21	8-9am <b>Power Yoga</b> Anshu/Room 21	9-10am <b>Cardio Muscle</b> Kristina/Room 17
	9:15-10:15am <b>ZUMBA</b> Lisa/Room 17	9-10am <b>Yoga Flow</b> Terri/Room 17	9:15-10:15am <b>Cycle/Weights/Abs</b> Coleen/Room 21	9:15-10:15am <b>ZUMBA</b> Emily/Room 17	8-9am <b>Strength Train Together*</b> Room 17	
10:15-11am <b>Body &amp; Core Sculpting (Seniors)</b> Bobbi/Room 17	9:15-10:15am <b>Cycle/Weights/Abs</b> Coleen/Room 21	10:15-11am <b>Body &amp; Core Sculpting (Seniors)</b> Bobbi/Room 17	10:30-11:30am <b>Moving for Better Balance</b> Diego/Room 21	10:30-11:15am <b>Low Impact Fitness</b> Emily/Room 17	9:15-10:15am <b>Cycle*</b> Edith/Room 21	10:15-11:15am <b>Yoga 101</b> Sheryl/Room 17
10:30-11:30am <b>Enhance Fitness</b> Room 21	10:30-11:30am <b>Moving for Better Balance</b> Diego/Room 21	10:30-11:30am <b>Enhance Fitness</b> Room 21	12:15-1pm <b>NEW Octagon Class</b> Rafael/Fitness Center	10:30-11:30am <b>Enhance Fitness</b> Room 21	10:30-11:30am <b>Cycle/Weights/Abs*</b>	
12:15-1pm <b>Octagon Class</b> Rafael/Fitness Center	12:15-1pm <b>Cycle/Core*</b> Room 21		1-2pm <b>NEW Mama in Training (Starting May 15<sup>th</sup>)</b>			
6-7pm <b>NEW STRONG by Zumba</b> Augie/Handball at the Gymnasium	1-2pm <b>NEW Mama in Training (Starting May 15<sup>th</sup>)</b>	6-7pm <b>Octagon Class</b> Diego/Fitness Center	5:15-6:15pm <b>Yoga</b> Lisa/Room 17			
	5:30-6:30pm <b>Cycle with Weights*</b> Brad/Room 21		6-7pm <b>Studio Cycle*</b> Brad/Room 21	5:45-6:45pm <b>Strength Train Together</b> Augie/Room 17		
6-7pm Studio <b>Cycle*</b> Brad/Room 21	6:15-7:15pm <b>ZUMBA</b> Joy/Gymnasium	6-7pm <b>Cycle &amp; Abs*</b> Brad/Room 21	6:15-7:15pm <b>ZUMBA</b> Cheryl/Gymnasium			
7:15-8:15pm <b>Yoga Flow</b> Terri/Room 21	6:30-7:30pm <b>Body Sculpting</b> Bobbi/Room 17	6:45-7:45pm <b>Strength Train Together*</b> Augie/Room 17	6:30-7:30pm <b>Body Sculpting</b> Janelle/Room 17			
7:30-8:30pm <b>ZUMBA</b> Allyson/Room 17	7:15-8:15pm <b>Power Yoga</b> Kate-Marie/Room 21	7:15-8:15pm <b>Yoga Flow</b> Terri/Room 21	7:15-8:15pm <b>NEW Pilates</b> Terri/Room 21	7-8pm <b>ZUMBA</b> Lisa/Room 17		

**Begins APRIL 30<sup>th</sup>, 2018**

**\* Pick up a tag at Welcome Center to attend class**

*Schedule subject to change*

**Class description on the other side**

### QUESTIONS?

Contact Diego Nascimento at  
781.324.7680 ext.238 or  
[dnascimento@ymcamalden.org](mailto:dnascimento@ymcamalden.org)

Malden YMCA  
99 Dartmouth Street, Malden, MA 02148  
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Serving Everett, Malden and Medford

# MORE THAN EXERCISE, COMMUNITY

## Malden YMCA Group Exercise Schedule

**Body & Core Sculpting (level 1-3)**– This class is all about strengthening all muscle groups by using a variety of exercise through body weight and free weight movements.

**Cardio Muscle (level 2-3)**– Combines heart pumping cardio with weight training for an intense total body workout.

**Cycle (level 1-3)**– Get on the bike and ride – instructor will lead you through a motivating ride with sprints and climbs to provide a well-rounded ride. Some classes incorporate exercises with weights and abdominal exercises off the bike.

**Enhance@ Fitness (level 1)**– An evidence based program geared toward older adults, and those with a chronic condition, such as arthritis. Chairs can be used and soft, adjustable wrist and ankle weights allow each participant to perform at a level that is appropriate for them. Class combines strength, flexibility and cardiovascular conditioning.

**NEW Healthy Weight Loss\*\*** – The Y’s weight loss approach is smart, effective and sustainable. There are no gimmicks, restrictive approaches or instant cures – just expert guidance and the tools you need to eat healthier, move more and lose weight. Contact Janice for more information – [jnaimy@ymcamalden.org](mailto:jnaimy@ymcamalden.org).

**Low Impact (level 1-3)**– Designed to work the heart and major muscle groups using a combination of strength training with and without hand weights. With good music and easy to follow, this is a fun cardio class for all levels.

**Moving for Better Balance (level 1)**– This evidence-based class is designed to help improve strength, balance, flexibility and mobility through slow, therapeutic movements based on Tai Chi.

**Octagon’s Move It (level 1-3)**– Speed, agility, flexibility or cardio – whatever you needs, this total body active orientation class will deliver. The Octagon Functional Fitness Trainer is the ultimate in versatile gym equipment that will keep you engaged and leave you invigorated, feeling great and wanting more.

**NEW Mama in Training\*\*** – Mama in Training is a functional movement based exercise class for healthy pre- and post-natal women who want to stay active and prevent injuries as they prepare for or begin caring for their new babies. Contact Bay State Physical Therapy at (781) 605-1225 for information.

**Power Yoga (level 2-3)**– Intense Vinyasa Flow will get you sweating and your heart pumping—builds strength, flexibility and endurance.

**NEW Strength Train for Teens\*\* (level 1-3)**– Teens learn how to perform a variety of strength exercises with special attention to technique and safety.

**Strength Train Together (level 1-3)**– Be ready to blast all your muscles with a high-rep weight training workout. Using adjustable barbells and weights with functional exercises you will heart rate up as you reach new goals.

**NEW STRONG by Zumba (level 2-3)** – This class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

**Yoga 101 (level 1-3)**– This is an introduction to Yoga geared for beginners and those returning to the practice. We will cover the fundamentals, including proper alignment of basic poses and breathing techniques.

**Yoga Flow (level 1-3)**– Integrating flexibility and strength with meditation for the ultimate experience in stress reduction. This class is for all levels.

**ZUMBA (level 1-3)**– Latin infused fitness with dances such as the Rumba, Merengue, Salsa and Hip-Hop. Join the Party!

**ZUMBA Gold (level 1-2)**– With its foundation in ZUMBA, this class is modified with moves and pacing that is geared to the needs of the Active Older Adult. All the fun of ZUMBA!

**Level 1** - Low Intensity or beginners

**Level 2** - Moderate Intensity

**Level 3** - High Intensity or advanced

Our success depends on your success. Set up your member orientation today! Appointments can be made at the Welcome Center.

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