









FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTHY LIVING

## GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-7 am <b>Strength Train Together</b> Migdalia/Room 17		6-7 am <b>Strength Train Together</b> Migdalia/Room 17			8-9 am <b>Power Yoga</b> Anshu/Room 21	 8-9 am <b>Cycle*</b> Edith/Room 21
	9:15-10:15 am <b>ZUMBA</b> Lisa/Room 17		9-9:45 am <b>ZUMBA Gold</b> Emily/Room 17	9-10 a.m. <b>Cycle &amp; Weights</b> Suzee/Room 21	9:15-10:15 am <b>Cycle</b> Edith/Room 21	9-10 am <b>Cardio Muscle</b> Kristina/Room 17
	9:15-10:15 am <b>Cycle/Weights/Abs*</b> Colleen/Room 21	9-10 am <b>Yoga Flow</b> Terri/Room 17	9:15-10:15 am <b>Cycle/Weights/Abs*</b> Coleen/Room 21	9:15-10:15 a.m. <b>ZUMBA</b> Emily/Room 17		
10:15-11 am <b>Body &amp; Core Sculpting (Seniors)</b> Bobbi/Room 17	10:30-11:30 am <b>Enhance Fitness</b> Anshu/Room 21	10:15-11 am <b>Body &amp; Core Sculpting (Seniors)</b> Bobbi/Room 17	10:30-11:30 am <b>Enhance Fitness</b> Won/Room 21	10:30-11:15 am <b>Low Impact Fitness</b> Emily/Room 17	10:30-11:30 am <b>Cycle/Weights/Abs*</b> Melanie/Room 21	10:15-11:15 am <b>Yoga 101</b> Sheryl/Room 17
 12-1 pm <b>Octagon Class</b> Diego/Fitness Center	12:15-1 pm <b>Cycle/Core*</b> Melanie/Room 21					
	 5:15-6:15pm <b>Pilates</b> Terri/Room 17		5:15-6:15 pm <b>Yoga</b> Lisa/Room 17	 5:45-6:45pm <b>Strength Train Together*</b> Augie/Room 17		
	5:30-6:30 pm <b>Cycle with Weights*</b> Brad/Room 21	 6-7pm <b>Octagon Class</b> Diego/Fitness Center	 6-7 pm <b>Studio Cycle*</b> Brad/Room 21			
6-7 pm <b>Studio Cycle*</b> Brad/Room 21	6:15-7:15 pm <b>ZUMBA</b> Joy/Gymnasium	6-7 pm <b>Cycle &amp; Abs*</b> Melanie/Room 21	6:15-7:15 pm <b>ZUMBA</b> Cheryl/Gymnasium		7-8 pm <b>ZUMBA</b> Migdalia/Room 17	
7:15-8:15pm <b>Yoga Flow</b> Terri/Room 21	6:30-7:30 pm <b>Body Sculpting</b> Bobbi/Room 17	6:45-7:45 pm <b>Strength Train Together*</b> Augie/Room 17	6:30-7:30 pm <b>Body Sculpting</b> Janelle/Room 17			
7:30-8:30pm <b>Zumba</b> Allyson/Room 17	7:15-8:15 pm <b>Power Yoga</b> Kate-Marie/Room 21	7:15-8:15 pm <b>Yoga Flow</b> Terri/Room 21				

### Fall Schedule

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

*Schedule subject to change*

### Class Description

**Questions?**  
Contact Diego Nascimento at  
781.324.7680 ext.238 or  
dnascimento@ymcamalden.org

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## Class Description

**Body & Core Sculpting** – This class is all about strengthening all muscle groups by using a variety of exercise.

**Cardio Muscle** – Combines heart pumping cardio with weight training for an intense total body workout.

**Cycle** – 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** – 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.

**Low Impact** – 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.

**Pilates** – Pilates develops a strong core (center of body). Pilates builds strength without bulking up, increases flexibility and agility.

**Piloxing** – This cardio fusion class is a combination of pilates and boxing that incorporates elements of dance. This is a high energy class for muscle toning and calorie-burning.

**Power Yoga** – Intense Vinyasa Flow will get you sweating and your heart pumping—builds strength, flexibility and endurance.

**Strength Train Together** – 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.

**Octagon's Class** – 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.

**Yoga 101**– 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** – Integrating flexibility and strength with meditation for the ultimate experience in stress reduction. This class is for all levels.

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