



Malden YMCA Group Exercise Schedule

March 31, 2017 - May 31, 2017

Monday

TIME	CLASS	INSTR / LOCATION
8:30-9:15 AM	Shallow Aqua Aerobics	(Cheryl / Therapy Pool)
10:15-11 AM	Body & Core Sculpting For Seniors	(Bobbi / Room 17)
6-7 PM	Studio Cycle	(Brad / Room 21)
	Piloxing	(Augie / Room 17)
7-7:45 PM	Shallow Water Aerobics	(Jayne / Therapy Pool)
7-8 PM	Zumba	(Allyson / Room 17)
7:15-8:15 PM	Yoga Flow	(Terri / Room 21)

Tuesday

TIME	CLASS	INSTR / LOCATION
6-6:45 AM	Aqua Jogging	(Cheryl / Lap Pool)
8:30-9:15 AM	Shallow Aqua Aerobics	(Lynn / Therapy Pool)
	Aqua Jogging	(Cheryl / Lap Pool)
9:15-10:15 AM	Zumba	(Lisa / Room 17)
	Cycle / Weights / Abs	(Colleen / Room 21)
10:30-11:30AM	EnhanceFitness	(Martin / Room 21)
12:15-1PM	Lunchtime Blastoff	(Melanie / Room 21)
5:30-6:30 PM	Cycle With Weights	(Brad / Room 21)
6:15-7:15 PM	Zumba	(Joy / Basketball Court)
6:30-7:30 PM	Body Sculpting	(Bobbi / Room 17)
7-7:45 PM	Shallow Aqua Aerobics	(Lynn / Therapy Pool)
7:15-8:15 PM	Power Yoga	(Kate-Marie / Room 21)

Wednesday

TIME	CLASS	INSTR / LOCATION
6-6:45 AM	Aqua Jogging	(Cheryl / Lap Pool)
8:30-9:15 AM	Shallow Aqua Aerobics	(Cheryl / Therapy Pool)
9-10 AM	Power Yoga	(Terri / Room 17)
10:15-11 AM	Body & Core Sculpting For Seniors	(Bobbi / Room 17)
6-7 PM	Studio Cycle and Abs	(Melanie / Room 21)
7-7:45 PM	Shallow Water Aerobics	(Chris / Therapy Pool)
7:15-8:15 PM	Yoga Flow	(Terri / Room 21)

Specialty Classes

TIME	CLASS	INSTR / LOCATION
1-2:30 PM	Tai-Chi	(Zhou Xuan Yun / Room 17)
10:15-11:30 AM	LiveStrong	(Martin & Juan / Varies)

PLEASE NOTE: Tai-Chi convenes on SUNDAYS and is a FEE-BASED class that runs on a monthly registration system. LiveStrong is a FREE 12-Week Program for Adult Cancer Survivors and meets on WED & FRI. NEXT LiveStrong class starts on January 18, 2017. Must register at least 7 days prior to start date.

Thursday

TIME	CLASS	INSTR / LOCATION
6-6:45 AM	Aqua Jogging	(Cheryl / Lap Pool)
8:30-9:15 AM	Shallow Aqua Aerobics	(Lynn / Therapy Pool)
	Aqua Jogging	(Cheryl / Lap Pool)
9-9:45 AM	Zumba GOLD	(Emily/ Room 17)
9:15-10:15 AM	Cycle / Weights / Abs	(Colleen / Room 21)
10:30-11:30AM	EnhanceFitness	(Won / Room 21)
5:15-6:15 PM	Yoga	(Lisa / Room 17)
6-7 PM	Pilates	(Andrea / Room 21)
6:15-7:15 PM	Zumba	(Cheryl / BBall Court)
6:30-7:30 PM	Body Sculpting	(Janelle / Room 17)
7-7:45 PM	Shallow Aqua Aerobics	(Chris / Therapy Pool)

Friday

TIME	CLASS	INSTR / LOCATION
8:30-9:15 AM	Shallow Water Aerobics	(Chris / Therapy Pool)
9-10 AM	Cycle / Weights / Abs	(Janelle / Room 21)
9:15-10:15 AM	Zumba	(Emily / Room 17)
10:30-11:15 AM	Low Impact	(Emily / Room 17)
6:30-7:30 PM	Zumba	(Migdalia / Room 17)

Saturday

TIME	CLASS	INSTR / LOCATION
8-9 AM	Power Yoga	(Anshu / Room 17)
9:15-10:15 AM	Studio Cycle	(Edith / Room 21)
10:30-11:30 AM	Cycle / Weights / Abs	(Melanie / Room 21)
11:40 AM-12:40 PM	EnhanceFitness	(Migdalia / Room 21)

Sunday

TIME	CLASS	INSTR / LOCATION
9-10 AM	Cardio Mix	(Kristina / Room 17)
10:15-11:15 AM	Yoga 101	(Sheryl / Room 17)
	Studio Cycle	(Edith / Room 21)

PLEASE NOTE: Aquatics Classes are drop in. 30 person class MAX. Free for members, \$10 for non-members.

If you have any questions, comments, or concerns regarding group exercise programming, please e-mail your Director of Healthy Living, Martin Dubovic. His e-mail is: mdubovic@ymcamalden.org. If you have any questions or concerns regarding aquatics programming, please e-mail your Malden Y Aquatics Director, Her e-mail is: ranastasiades@ymcamalden.org

Group Exercise Class Descriptions

B = Beginner

I = Intermediate A = Advanced

Body and Core Sculpting (BIA)

This class is all about muscle. Using all muscle groups and all sorts of fun equipment. Be prepared to work out.

Body and Core Sculpting for Seniors (BIA)

This class is designed for older adults who want to improve their strength, flexibility, balance and endurance. This class is catered to the active older adult, however all is welcome.

Cardio Mix (BIA)

Combines heart pumping cardio with weight training, sculpting and core work for an intense total body workout.

Cycle/Weights/Abs (BIA)

This class combines 20 minutes of cycling, 20 minutes of weights with 20 minutes of abdominal work. MUST bring a water bottle and towel to class.

Pilates (BIA)

Pilates develops a strong "core" or center of the body. The core consists of the deep abdominal muscles, and the muscles closest to the spine. Pilates builds strength without "bulking up", increases flexibility and agility, develops optimal core control, and creates flat abdominals, lean legs and a strong back.

Piloxing (BIA)

As the name suggests 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, calorie-burning & core-focused workout.

Power Yoga (BIA)

Intense Vinyasa Flow that promises to get you sweating and your heart pumping! Builds strength, flexibility, and endurance. Although you are sure to feel de-stressed after this class, this is definitely a workout. It is strongly recommended that you bring your own sticky mat to class.

Studio Cycle (IA)

Get on a bike and pedal! Instructor will vary the workout to keep you motivated and working to your max. MUST bring a water bottle and towel to class.

Studio Cycle w/ Weights (IA)

This class has the great work out of the cycle class with segments of weights. What a workout this is! MUST bring a water bottle and towel to class.

Yoga 101 (B)

If you are new to yoga, or want to get reacquainted, this class is for you. The class will cover the fundamentals of yoga, including proper alignment of basic poses, modifications for injuries, and simple breathing techniques.

Yoga Flow (BIA)

Yoga integrates flexibility & strength with meditation for the ultimate experience in stress reduction. This class is for any level of fitness. New students welcome! It is strongly recommended that you bring your own sticky mat to class.

ZUMBA (BIA)

Latin infused fitness. We incorporate dances such as the Rumba, Merenque, Salsa, and hip-hop into fun fitness moves. "Ditch the workout. Join the party. Let's ZUMBA!"

ZUMBA Gold (BIA)

Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere.