



# MALDEN YMCA

# GROUP EXERCISE SCHEDULE

## MONDAY

TIME	CLASS	INSTRUCTOR/LOCATION
6:00AM – 7:00AM	Strength Train Together	Migdalia/Room 17
10:15AM – 11:00AM	Body & Core Sculpting (Seniors)	Bobbi/Room 17
6:00PM – 7:00PM	Studio Cycle	Brad/Room 21
7:30PM – 8:30PM	ZUMBA	Allyson/Room 17
7:15PM – 8:15PM	Yoga Flow	Terri/Room 21

## TUESDAY

TIME	CLASS	INSTRUCTOR/LOCATION
9:15AM – 10:15AM	ZUMBA	Lisa/Room 17
9:15AM – 10:15AM	Cycle/Weights/Abs	Colleen/Room 21
10:30AM – 11:30AM	Enhance Fitness	Anshu/Room 21
5:30PM – 6:30PM	Cycle with Weights	Brad/Room 21
6:15PM – 7:15PM	ZUMBA	Joy/Basketball Court
6:30PM – 7:30PM	Body Sculpting	Bobbie/Room 17
7:15PM – 8:15PM	Power Yoga	Kate-Marie/Room 21

## WEDNESDAY

TIME	CLASS	INSTRUCTOR/LOCATION
6:00AM – 7:00AM	Strength Train Together	Migdalia/Room 17
9:00AM – 10:00AM	Power Yoga	Terri/Room 17
10:15AM – 11:00AM	Body & Core Sculpting (Seniors)	Bobbie/Room 17
6:00PM – 7:00PM	Cycle & Abs	Melanie/Room 21
6:45PM – 8:00PM	Strength Train Together	Augie/Room 17
7:15PM – 8:15PM	Yoga Flow	Terri/Room 21

## THURSDAY

TIME	CLASS	INSTRUCTOR/LOCATION
9:00AM – 9:45AM	ZUMBA Gold	Emily/Room 17
9:15AM – 10:15AM	Cycle/Weights/Abs	Collen/Room 21
10:30AM – 11:30AM	Enhance Fitness	Won/Room 21
12:15PM – 1PM	Tone It Up w/Tamieka	Tamieka/Fitness Center – Octagon
5:15PM – 6:15PM	Yoga	Lisa/Room 17
6:00PM – 7:00PM	Pilates	Andrea/Room 21
6:15PM – 7:15PM	ZUMBA	Cheryl/Basketball Court
6:30PM – 7:30PM	Body Sculpting	Janelle/Room 17

## FRIDAY

TIME	CLASS	INSTRUCTOR/LOCATION
9:00AM – 10:00AM	Cycle/Weights/Abs	Janelle/Room 21
9:15AM – 10:15AM	ZUMBA	Emily/Room 17
10:30AM – 11:15AM	Low Impact	Emily/Room 17
6:00PM – 7:00PM	Piloxing/Piloxing Knockout	Augie/Room 21
6:30PM – 7:30PM	ZUMBA	Migdalia/Room 17



# MALDEN YMCA

# GROUP EXERCISE SCHEDULE

## SATURDAY

TIME	CLASS	INSTRUCTOR/LOCATION
8:00AM – 9:00AM	Strength Train Together	Andrea/Room 17
8:00AM – 9:00AM	Power Yoga	Anshu/Room 21
9:15AM – 10:15AM	Cycle	Edith/Room 21
10:30AM – 11:30AM	Cycle/Weights/Abs	Melanie/Room 21
11:40AM – 12:40AM	Enhance Fitness	Migdalia/Room 21

## SUNDAY

TIME	CLASS	INSTRUCTOR/LOCATION
9:00AM – 10:00AM	Cardio Mix	Kristina/Room 17
10:15AM – 11:15AM	Yoga 101	Sheryl/Room 17
10:15AM – 11:15AM	Cycle	Edith/Room 21
1:00PM – 2:30PM	Tai-Chi (must register for class)	Zhou Xuan Yun/Room 17

## CLASS DESCRIPTIONS

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

**Cardio Mix** – 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 evidenced-based program for Active Older Adults that has shown to improve balance, strength and cardio-vascular function. Improved mood and social factors have also been observed.

**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.

**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!

**ZUMBA Gold** – 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!

**Bring a water bottle to class**

**Malden YMCA – 99 Dartmouth St. Malden, MA**

**781.324.7680 – [www.ymcamalden.org](http://www.ymcamalden.org)**