



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
12:15PM – 1:00PM	Lunchtime Blastoff	Melanie/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 (New Time)	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



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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

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