



**FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



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HEALTHY LIVING

GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-7 am Strength Train Together Migdalia/Room 17		6-7 am Strength Train Together Migdalia/Room 17			8-9 am Power Yoga Terri/Room 21	8-9am Cycle* Edith/Room 21
	9:15-10:15 am ZUMBA Lisa/Room 17		9-9:45 am ZUMBA Gold Emily/Room 17	9-10 a.m. Cycle & Weights Room 21		
	9:15-10:15 am Cycle/Weights/Abs* Colleen/Room 21	9-10 am Yoga Flow Terri/Room 17	9:15-10:15 am Cycle/Weights/Abs* Coleen/Room 21	9:15-10:15 a.m. ZUMBA Emily/Room 17	9:15-10:15 am Cycle Edith/Room 21	9-10 am Cardio Muscle Kristina/Room 17
10:15-11 am Body & Core Sculpting (Seniors) Bobbi/Room 17		10:15-11 am Body & Core Sculpting (Seniors) Bobbi/Room 17			10:30-11:15 am Low Impact Fitness Emily/Room 17	
	10:30-11:30 am Moving for Better Balance Diego/Room 21		10:30-11:30 am Moving for Better Balance Diego/Room 21			10:15-11:15 am Yoga 101 Sheryl/Room 17
10:30-11:30 am Enhance Fitness Room 21		10:30-11:30 am Enhance Fitness Room 21		10:30-11:30 am Enhance Fitness Room 21	10:30-11:30 am Cycle/Weights/Abs* Francisco/Room 21	
			NEW 12:15-1 pm Octagon Class Rafael/Fitness Center			
	12:15-1 pm Cycle/Core* Melanie/Room 21					
		4-4:45pm Strength Train for Teens** Fitness Center	5:15-6:15 pm Yoga Lisa/Room 17	4-4:45pm Strength Train for Teens** Fitness Center		
NEW 6-7pm STRONG by Zumba Augie/Handball Court at Gymnasium	5:30-6:30 pm Cycle with Weights* Brad/Room 21	6-7pm Octagon Class Diego/Fitness Center	6-7 pm Studio Cycle* Brad/Room 21	5:45-6:45pm Strength Train Together* Augie/Room 17		
6-7 pm Studio Cycle* Brad/Room 21	6:15-7:15 pm ZUMBA Joy/Gymnasium	6-7 pm Cycle & Abs* Melanie/Room 21	6 pm Healthy Weight Loss**			
				7-8 pm ZUMBA Migdalia/Room 17		
7:15-8:15pm Yoga Flow Terri/Room 21	6:30-7:30 pm Body Sculpting Bobbi/Room 17	6:45-7:45 pm Strength Train Together* Augie/Room 17	6:15-7:15 pm ZUMBA Cheryl/Gymnasium			
7:30-8:30pm Zumba Allyson/Room 17	7:15-8:15 pm Power Yoga Kate-Marie/Room 21	7:15-8:15 pm Yoga Flow Terri/Room 21	6:30-7:30 pm Body Sculpting Janelle/Room 17			

Begins March 6th, 2018

* Pick up a tag at Welcome Center to attend class
**Sign-up Required

Schedule subject to change

Class Descriptions on other side

Questions?
Contact Diego Nascimento at
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Class Description

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.

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.

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.

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

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.

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

****Sign-up Required**

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



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