

HEALTHY LIVING

Malden YMCA Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-6:45am Cardio Muscle Migdalia/Room 17	9:15-10:15am ZUMBA Lisa/Room 17	9-10am Yoga Flow Terri/Room 17	9-9:45am ZUMBA Gold Emily/Room 17	9-10am Cycle & Weights* Room 21	8-9am Power Yoga Sarah/Room 21	7:45-8:45am Strength Train Together* Room 17
10:15-11am Body & Core Sculpting (Seniors) Bobbi/Room 17	9:15-10:15am Cycle/Weights/Abs Coleen/Room 21	10:15-11am Body & Core Sculpting (Seniors) Bobbi/Room 17	9:15-10:15am Cycle/Weights/Abs Coleen/Room 21	9:15-10:15am ZUMBA Emily/Room 17	9:15-10:15am Cycle* Edith/Room 21	9-10am Cardio Muscle Kristina/Room 17
10:30-11:30am Enhance Fitness Room 21	11:15-12pm Moving for Better Balance Diego/Room 21	10:30-11:30am Enhance Fitness Room 21	11:15-12pm Moving for Better Balance Diego/Room 21	10:30-11:15am Low Impact Fitness Emily/Room 17	10:30-11:30am Zumba Toning Gerardina/Room 21	10:15-11:15am Yoga 101 Sheryl/Room 17
12:15-1pm Octagon Class Fitness Center	12:15-1pm HIIT Class Helena/Room 21	12:15-1pm Cycle/Core* Melanie/Room 21	12:15-1pm Octagon Class Fitness Center	NEW 11:40-12:10pm Balance Class Diego/Room 21		
6-7pm Studio Cycle* Brad/Room 21	5:30-6:30pm Cycle with Weights* Brad/Room 21	4-4:45pm Strength Train for Teens Fitness Center	5:15-6:15pm Yoga Lisa/Room 17	4-4:45pm Strength Train for Teens Fitness Center		
	6:15-7:15pm ZUMBA Joy/Gymnasium	NEW TIME 5:30-6:15pm (STARTING IN FEBRUARY) Family Dance Party	6-7pm Studio Cycle* Brad/Room 21	6:30-7:30pm ZUMBA Lisa/Room 17		
7:15-8:15pm Yoga Flow Terri/Room 21	6:30-7:30pm Body Sculpting Bobbi/Room 17	6-7pm Cycle & Abs* Helena/Room 21	6:15-7:15pm ZUMBA Cheryl/Gymnasium			
7:30-8:30pm ZUMBA Allyson/Room 17	7:15-8:15pm Power Yoga Kate-Marie/Room 21	6-7pm Octagon Class Fitness Center	6:30-7:30pm Body Sculpting Janelle/Room 17	NEW 7:00-7:45pm HIIT Helena/Room 17		
		7:15-8:15pm Yoga Flow Terri/Room 21	7:15-8:15pm Pilates Helena/Room 21			

Begins January 7th, 2019

*** Sign-up at Welcome Center prior to attending class**
Schedule subject to change

Class description on the other side

QUESTIONS?
Contact Diego Nascimento at
781.855.4441 or
dnascimento@ymcamalden.org

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Serving Everett, Malden and Medford

MORE THAN EXERCISE, COMMUNITY

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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. Chairs can be used and soft, adjustable wrist and ankle weights allows participants 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.

HIIT – A training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time.

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 Class (level 1-3)– Speed, agility, flexibility or cardio – whatever your needs, this total body class will deliver. The Octagon Class 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 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.

Strength Train for Teens – This drop-in class teaches participants how to properly perform a variety of exercise that includes free weights, cable machines and other functional exercises, with special attention to technique and safety.

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!

ZUMBA Toning (level 1-3)– For those who want to party, but put extra emphasis on toning and sculpting to define those muscles. **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.