



YMCA Anthony Bowen Group Exercise Schedule

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
GEX Studio	AM	GRIT: Cardio 6:00AM Arnold	Y-Boot Camp 6:00AM Matt S.	GRIT: Cardio 6:00AM Francella	Y-Boot Camp 6:00AM Liz	Y-Boot Camp 6:00AM Michael E.	BODYPUMP 9:00AM Melissa	GRIT Series 9:30AM Melissa	
		GRIT: Strength 6:30AM Arnold	BODYPUMP 7:00AM Stephanie	GRIT: Strength 6:30AM Francella	BODYPUMP 7:00AM Gina		Kickboxing 10:00AM Chris T.	BODYCOMBAT 10:00AM Arnold	
		Y-FIT \$ 7:00AM Chris T.		Y-FIT \$ 7:00AM Chris T.		Y-FIT \$ 7:00AM Chris T.	Power Yoga 11:00AM Chris P.	BODYPUMP 11:00AM Arnold	
		Fit-N-Well 10:00-11:00AM	Fit-N-Well 10:00-11:00AM	Fit-N-Well 10:00-11:00AM	Fit-N-Well 10:00-11:00AM	Fit-N-Well 10:00-11:00AM			
	PM	Y-Boot Camp 12:00PM Mansur					Y - Boot Camp 12:00PM Victor		ZUMBA 12:00PM Abigail
		Fit-N-Well 1:30-2:30PM		Fit-N-Well 1:30-2:30PM		Fit-N-Well 1:30-2:30PM			Aerial Yoga \$ 1:15PM Sarah
							Aerial Yoga \$ 2:30pm Ariele	Aerial Yoga Level 2 \$ 2:30PM Sarah	
		ZUMBA 5:30PM Maryjo	Aerial Yoga \$ 5:15PM Angela	GRIT: Strength 5:30PM Arnold	Bodycombat 5:30PM Arnold	Aerial Yoga \$ 5:15PM Angela			
BODYPUMP 6:30PM Francella		Budokon Yoga 6:30PM Angela	GRIT: Cardio 6:00PM Arnold	Kickboxing 6:30PM Chris T.	BODYPUMP 6:30PM Gina M.		Xpress Bootcamp 4:00PM Joel		
		Kickboxing 7:30PM Chris T.	BODYPUMP 6:30PM Arnold	Aerial Yoga \$ 7:45PM Sarah			Restorative Yoga 5:00PM Chris M.		
			ZUMBA 7:30PM Dion						
Mind & Body Studio	AM	Power Yoga 6:30AM John	Vinyasa Yoga 6:30AM John	Power Yoga 6:30AM Caroline	Vinyasa Yoga 6:30AM Carol	Power Yoga 6:30AM Caroline	Dharma Yoga 9:00AM Andres		
			Barre 7:00AM Megna	Power Yoga 9:15AM Eva			Meditation 10:30AM Andres		
	PM	Power Yoga 12:00PM Becky	Tai Chi 12:00PM Terrence	Power Yoga 12:00PM Ivanna		Power Yoga 12:00PM Eva			
		Barre 5:30PM Megna	Pilates Mat 5:30PM Charissa		Pilates Mat 5:30PM Charissa				
					Barre 6:30PM Megna		Restorative Yoga 4:30PM Akin		
Cycle Studio	AM		Cycle 5:45AM Elaine		Cycle 5:45AM Elaine		Cycle 10:00AM Karen		
		Cycle 7:00AM Michael E.		Cycle 7:00AM Michael E.		Cycle 7:00AM Francella			
	PM		Cycle 12:00PM Michael		Cycle 12:00PM Victor		Cycle 12:00PM Sean	Cycle 12:00PM Sean	
		Cycle 6:30PM Joel	Cycle 6:30PM Rachel	Cycle 6:30PM Michael E.	Cycle 6:30PM Rachel	Cycle 6:00PM Michael E.		Cycle 4:30PM Joel	
		Cycle 7:30PM Francella	Cycle 7:30PM Anthony	Cycle 7:30PM Josh					
Conference Room	PM	Power Yoga 6:30PM Angela		Vinyasa Yoga 5:30PM Mimi	Power Yoga 6:30PM Laarni	Power Yoga 4:00PM Mimi			
		Vinyasa Yoga 7:30PM Becky	Power Yoga 7:30PM Becky	Power Yoga 6:30PM John				Vinyasa Yoga 11:00AM Becky	

*Classes may be limited in size. Instructors are subject to change. Classes are all fitness levels unless other wise stated.

\$ = Paid Programs

Express = 30 mins

GRIT Series - Weekly rotation between Strength, Cardio & PLYO

Schedule vaild October 27 - December 21, 2014





YMCA Anthony Bowen Group Exercise Class Descriptions

Aerial Yoga (\$) - A smooth merger of playful acrobatics and yoga, that allows practitioners to sink into their practice more quickly, to deepen stretches, to find proper alignment naturally, and to reap the benefits of inversions without strain on the joints of the body.

Barre - An elegant, but challenging series of ballet-barre and Pilates postures targeting the thighs, seat and core. These fluid exercises are designed to help you sculpt & tone your way to a dancer-style body.

Y-Boot Camp - Boot Camp is an intense, calorie-burning program providing fun, creative and challenging moves that keep participants focused, empowered and constantly moving towards their fitness goals over a one-hour class period. Workouts include a wide variety of constantly changing circuits including drills, games, obstacles, plyometrics, relays, weighted supersets and partner training.

 - A fiercely energetic and empowering workout that is inspired by mixed martial arts. Drawing from a wide array of disciplines; such as karate, boxing, taekwondo, tai chi and muay thai; you'll unleash your inner warrior as you strike, punch, kick and kata your way through calories to superior cardio fitness.


 - Great bodies aren't born, they are transformed, using the proven BODYPUMP™ formula: THE REP EFFECT™ a breakthrough in resistance workout training. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.


budokon® Yoga - A combination of Hatha Yoga and Martial Arts, Budokon Yoga explores the body's full range of motion with particular emphasis on building core strength, flexibility, and balance. This calm but intense practice is a must for any yogi, functional training enthusiast, or martial artist interested in having more control, more balance, and more confidence in their movement.

Cycle - Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trails, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.

Dharma Yoga - Students will learn how to ignite the entire body flow of vital energy as they sweat and release stress as they flow from one pose to the next with mindfulness and ease. Poses are approached from their basic building blocks to progressively challenging variations. A series of deeper balancing, stretching, back bending, twisting and inverted variations will be taught; including arm balances and inversions.

Fit and Well Active Older Adults Program – These programs are geared for active older adults ages 55 and over to help maintain flexibility, coordination and balance. The Fit and Well program classes are FREE to all DC residents 55 and older. Classes include Zumba Gold, Aqua Aerobics for Seniors, Sit & Get Fit, Strength and Resistance.

 - A high-impact cardio workout like nothing else. Designed to burn fat and rapidly improve athletic capability, this explosive, 30-minute team training session combines high impact body weight exercises and uses no equipment. Led by a highly-trained coach, Les Mills Grit TM Cardio provides the challenge and intensity you need to take your training up a notch and really get results.

 - Les Mills Grit: Strength™ is an intense 30-minute team training session that blasts all major muscle groups and takes your training to the next level. This class builds strength and tones lean muscle; puts your metabolism into overdrive to burn fat for hours after the workout. Stimulates the production of growth hormones, which will help reduce fat and help develop lean muscle.

Kickboxing - This high intensity workout will function as the first step in learning both kickboxing and boxing as sports, disciplines and art forms. This class will both require and build strength power, agility balance, flexibility, and meditative focus, aerobic and anaerobic capacities all in one activity.

Kids' Kickboxing - Why should the adults have all of the fun? Our Kids Kickboxing class is safe, fun, challenging and will foster fitness, discipline, and integrity in any child that sticks with the program. Children will learn the fundamentals of the kickboxing martial arts to include basic striking and movement all on a heavy bag. Don't let your child miss out on the fun. For ages 8-12

Krav Maga Self Defense Program (\$) - This program teaches defenses against armed and unarmed attackers through realistic training drills proven to get you in shape, burn fat, and build muscle the fun and challenging way. Walk with confidence, eliminate fear, and learn the techniques to defend yourself and your family.

Meditation - Join us as we learn how to apply the power of loving-kindness (metta) to our lives. It involves a group of us doing the loving-kindness (metta) meditation and focusing it on an area of our lives we would like to resolve or need to work out. At the end of the month, we will observe and see what shifted. As one engages in the power of loving-kindness, one benefits physically, mentally and spiritually.

Pilates Mat - Pilates Reformer and Mat classes are designed to improve strength, flexibility, coordination and balance through a series of pushing and pulling exercises that may add resistance for an extra challenge.


Power Yoga - Designed to build strength while increasing balance, flexibility and endurance. Power Yoga expands on the sequences of Vinyasa to incorporate more challenging arm balances, inversions and twists in conjunction with deep breath to detoxify the body.

Restorative Yoga - Restorative Yoga is designed to progress from small movements to holding passive yin postures and restorative postures with props against the wall and on the floor. Great for balance, flexibility and circulation, relief of stress, stiff muscles and aching joints. This is a safe and slow moving class for beginner students!

Tai Chi - A moving meditation, a strengthening of mental focus through the flow of soft and hard movements. Gain muscle toning, endurance and improved circulation.

Vinyasa Yoga - A perfect complement to any fitness routine, whether you are a runner, power lifter or just looking to sculpt and tone your body! You will flow from one posture (asana) to the next in conjunction with your breathing to build heat and increase flexibility.

Y-FIT (\$) - Unleash your inner athlete with this advanced fitness training program. Using the latest in exercise science and cutting edge tools like ViPR and TRX, every workout is designed to maximize your potential quickly, efficiently and safely. The workouts are all scalable so all fitness levels are welcome.

 - The most entertaining way to get a sizzling cardio workout, you'll use the latest Latin dance moves to shimmy and shake your workout up! Join the party!