

# TRY SOMETHING NEW



## Mini Session Class Schedule: June 18–24

**CLASSES JUNE 18–24** are **FREE** for members! No registration is required, and all attendance is on a first come, first served basis. Please show up on time or early if you are concerned about space. Schedule information is available on our website ([www.annarborymca.org](http://www.annarborymca.org)), or on flyers available at the Membership and Fitness desks. **See other side for class descriptions.**

### MONDAY, JUNE 18TH

Barre 360, 6:30am, Studio B, Jan  
Conditioning for Life, 7:30am, Studio B, Dan  
Group Strength, 9:30am, Studio D, Mike  
Gentle Iyengar Yoga, 10:45am, Studio A, Toni  
Enhance Fitness, 11:00am, Studio B, Susan  
Cardio Karate, 5:30pm, Studio B, Morris  
Strength Training for Runners, 4:15pm, Studio D, Gianna  
Studio Cycling, 5:30pm, Studio D, Gianna  
Tabata HIIT, 6:45pm, Studio A, Janet  
Bike & Tone, 7:00pm, Studio D, Judy

### TUESDAY, JUNE 19TH

Studio Cycling, 6:00am, Studio D, Tony  
Zumba, 8:10am, Studio B, Andrea  
Intermediate Pilates, 9:15am, Studio B, Lauren M.  
Gyrokinesis, 10:30am, Studio A, Lauren M.  
Lean Mean Senior Machine, 10:45am, Studio B, Susan  
Chair Yoga, 11:45am, Studio A, Lauren H.  
Barre 360, 12:00pm, Studio B, Jan  
Get Fit, 12:15pm, Studio D, Mike  
Hatha Yoga, 1:00pm, Studio A, Carter  
Women's Strength, 1:15pm, Studio D, Mike  
HIIT TRX, 5:15pm, Studio A, Chad  
Body Core, 5:30pm, Studio B, Lena  
Studio Cycling, 6:15pm, Studio D, Janet  
Vinyasa Yoga, 6:15pm, Studio A, Carter  
Intermediate Vinyasa Yoga, 7:30pm, Studio A, Carter  
Zumba, 7:30pm, Studio D, Hailey  
Slow Flow Vinyasa, 7:00pm, Studio B, Robin

### WEDNESDAY, JUNE 20TH

Studio Cycling, 6:00am, Studio D, Nina  
Pilates Barre Fusion, 6:30am, Studio B, Sara S.  
Conditioning for Life, 7:30am, Studio B, Dan  
NIA, 8:30am, Studio B, Megan  
Group Strength, 9:30am, Studio D, Mike  
Iyengar Yoga Level 1–2, 10:00am, Studio A, Pam  
Enhance Fitness, 11:00am, Studio B, Susan  
Flex & Firm, 11:00, Studio D, Megan  
Total Body Cond. & Stretching, 12:15pm, Studio B, Amy K.  
Beginning Yoga, 5:00pm, Studio A, Lauren H.  
Vinyasa Yoga, 6:15pm, Studio A, Carter  
Cardio Karate, 6:30pm, Studio B, Morris  
Studio Cycling, 6:30pm, Studio D, Ryan  
Crossfire, 7:30pm, Studio A, Tony

### THURSDAY, JUNE 21ST

Studio Cycling, 6:00am, Studio D, Pauline  
Beginning Pilates, 9:15am, Studio B, Lauren M.  
Chair Yoga, 10:45am, Studio A, Lauren H.  
Lean Mean Senior Machine, 10:45am, Studio D, Susan  
Zumba, 11:00am, Studio B, Hailey  
Outdoor Conditioning, 12:00pm, Track, Chad  
Studio Cycling Express, 12:00pm, Studio D, Janet  
Workout to-go, 1:15–2:15pm, Studio D, Mike  
Vinyasa Yoga for Runners, 5:05pm, Studio D, Robin  
Fencing All Levels, 7:00pm, Studio B, Bill

### FRIDAY, JUNE 22ND

Studio Cycling, 6:00am, Studio D, Tony  
Kettlebells, 7:15am, Studio D, Gretchen  
Conditioning for Life, 7:30pm, Studio B, Dan  
Total Body HIIT, 8:30am, Studio B, Gretchen  
Mindful Vinyasa, 9:10am, Studio A, Lauren H.  
Enhance Fitness, 11:00am, Studio B, Susan  
HIIT Circuits, 12:15pm, Studio B, Sara S.  
Studio Cycling Express, 12:30pm, Studio D, Janet  
TRX, 5:15pm, Studio A, Chad  
Cardio Karate, 5:30pm, Studio B, Morris

### SATURDAY, JUNE 23RD

Beginning Pilates, 8:00am, Studio B, Sara S.  
Studio Cycling, 8:00am, Studio D, Ryan  
Body Core, 9:15am, Studio D, Lena  
Ballet Floor Barre, 10:00am, Studio B  
Beginning Ballet, 11:15am, Studio B  
Yin Flow Yoga, 12:45pm, Studio A, Lewis

### SUNDAY, JUNE 24TH

Intense Barre, 9:00am, Studio B, Kelli  
Studio Cycling, 10:00am, Studio D, Nina  
Intermediate Pilates, 10:30am, Studio B, Sara S.  
Studio Cycling Express, 11:30am, Studio D, Nina  
Core & More, 12:30pm, Studio D, Nina  
Beginning Tap, 3:00pm, Studio B  
Experienced Tap, 4:15pm, Studio B

**See other side for  
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**Ballet Floor Barre:** Come try this wonderfully effective approach to refining posture and increasing core strength and flexibility. Floor barre exercises which leave you feeling great are based on traditional ballet barre exercises but are done while one is reclining on the floor. Please wear stretchy clothing and socks or ballet slippers.

**Barre 360:** This intensive 50-minute toning class will systematically work the entire body using both barre and center exercises. By focusing on correct technique and intentional movement we will safely develop long, lean muscle lines.

**Beginning Ballet:** Come discover the joy of ballet and the reason why it is such great exercise. This beginning class welcomes teens and adults who are true beginners or who are just starting with the basics. Please wear exercise clothes or leotards and tights. We recommend slippers or bare feet. Socks can be slippery.

**Beginning Tap:** If you've ever wanted to try tap dancing, this is your chance! This is a beginning class and true beginners with no prior experience are welcome. Come for the fun. There is no need for the traditional tap shoes. Clean, hard-soled shoes work fine.

**Beginning Yoga:** This class offers an opportunity to learn and experience basic yoga postures.

**Bike & Tone:** A studio cycling workout followed by a quick set of toning and sculpting exercises.

**Body Core:** Boot camp-style that includes interval training, track work, cardio-kickboxing, weight and core work.

**Chair Yoga:** Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. The practice adapts traditional yoga poses so they are more accessible for people who cannot stand for long periods

**Conditioning for Life:** All levels of fitness and bantering are welcome in this class that will stretch and exercise your mind and body.

**Core & More:** A 45-minute core-focused class ideal for tightening your abs & glutes while also improving functional strength and assisting in injury prevention.

**Crossfire:** This advanced exercise class will be extremely rigorous. Each class will be a unique combination of timed intervals, maximum sustained effort, and competition sets.

**EnhanceFitness:** A safe, effective and fun fitness program for older adults proven to increase cardiovascular health, muscular strength, flexibility and balance. Participants can either sit or stand.

**Experienced Tap:** If you once mastered such basics as flaps, shuffles, paddles and time steps this is the class for you. Tap shoes are traditional but clean, hard-soled shoes work fine.

**Fencing:** All levels are welcome to come try this sport.

**Flex & Firm:** This class will help you lengthen and strengthen your body using a fusion of Pilates, Yoga, Tai Chi and other techniques.

**Gentle Iyengar:** This slow-paced class offers a methodical and deep yoga practice with extra support.

**Get Fit:** A complete body work out that incorporates a variety of exercises with the goal of improving your strength and endurance.

**Group Strength:** Complete a different strength workout each week using dumbbells, medicine balls, stability balls and more.

**Gyrokinesis:** Gyrokinesis increases the mobility of the joints and creates balance and equilibrium. Work the entire body through a series of movements performed seated and on the floor.

**Hatha Yoga:** Hatha yoga is slow mindful movements working towards creating balance and uniting opposites.

**HIIT Circuits:** Rotate through high and low intensity exercises that will include cardio, strength, and plyometric exercises.

**HIITRX:** Basic HIIT technique alternates with periods of extremely high intensity exercise with short rest.

**Intense Barre:** This class combines attributes of Pilates, dance, and functional fitness training, focusing on small, isolated movements to fatigue the muscles, large range motion to elevate the heart rate, and sequencing to make every minute count. Expect a total body workout that leaves you mentally strong and feeling accomplished!

**Intermediate Pilates:** Complement your fitness routine with a Pilates class! This class will engage your core, improve your posture and balance, and build function and strength to support your daily life with a fit body

**Iyengar Yoga:** This discipline is characterized by static poses held for a few minutes at a time. Props (belts, blocks and blankets) are frequently used.

**Kettlebells:** This class uses kettlebells and body weight exercises for a full body workout that includes mobility/ warm-up and cool down. Instructor: Gretchen

**Lean Mean Senior Machine:** Perfect for the active senior that is looking to improve their cardio fitness and muscular strength. Have fun and move to the music! Low impact aerobics used with light weight training. Open to all ages and abilities.

**NIA:** Nia integrates concepts from dance, martial arts, and various healing arts to provide cardiovascular conditioning (low impact), flexibility, strength and balance.

**Outdoor Conditioning:** The class will meet at the YMCA but then we will run, skip, or burpee our way outdoors for a workout that involves strength, plyometrics and core work that is mostly bodyweight focused.

**Pilates Barre Fusion:** Toning exercises using light equipment and high reps are combined with Pilates core training principles and basic Barre technique.

**Pilates / Intermediate Pilates Mat Flow:** This class is a balanced workout of exercises designed to focus on the stabilizing muscles of the abs and back.

### Strength Training for Runners:

**Studio Cycling/Studio Cycling Express:** Studio cycling is an invigorating, low-impact workout in which intensity can be individualized.

**Total Body Conditioning and Stretching:** Non-stop cardio, weights and core exercises on the track and in the studio.

**Tabata HIIT:** Tabata is a type of HIIT (High Intensity Interval Training) that utilizes high-intensity intervals broken up in 8 cycles of 20 seconds of hard work effort, followed by 10 seconds of rest.

**Total Body HIIT:** A total body workout consisting of high intensity interval training.

**TRX:** TRX is a total body functional workout which utilizes a hanging adjustable system. It is taught in a small group setting that builds power, strength, flexibility, balance and mobility.

**Vinyasa Yoga / Mindful Vinyasa Yoga / Slowflow Vinyasa Yoga / Vinyasa for Runners:** Vinyasa Yoga is a flowing practice. Class emphasizes sun salutations, standing postures, and an introduction to some seated postures and back bends.

**Women's Strength:** This seven-week beginner-level class will introduce women to the principles of safe and effective strength training in a motivating and supportive environment. Class sessions will combine the use of light hand-held weights, free weight area equipment and Cybex machines. Participants will be instructed in proper technique and form, basic biomechanics and anatomy, and strength training program design.

**Workout To-Go:** This class will teach you cardio and strength training exercises that you can do anywhere. If you are a busy mom, traveling this summer, or can't get out of work in time to stop at the gym, this is the perfect class for you.

**Yin Flow Yoga:** This class combines hatha and vinyasa yoga. The goal of the class is injury prevention and rehabilitation.

**Zumba:** This class fuses Latin rhythms and easy-to-follow dance moves to create a dynamic fitness program.

**See other side for class schedule.**