



# GROUP EXERCISE SCHEDULE

## VENICE – JULY 1, 2017

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

CLASS	TIME	INSTRUCTOR	MON	TUES	WED	THUR	FRI	SAT	SUN	LOCATION
Aerobic Dance	9:00-10:00am	Susan	X	X	X	X	X			Studio B
BODYCOMBAT™	5:30-6:00pm EXPRESS (Last class 7/3)	Nicole	X							Studio B
	5:30-6:30pm	Ali					X			Studio C
	6:00-7:00PM	Ali		X						Studio B
	6:30-7:00pm EXPRESS (Starts 7/13)					X				Studio C
BODYPUMP™	9:00-10:00am	Leslie					X			Studio C
	10:30-11:30am	Leslie			X					Studio C
	11:00am-12:00pm	Sandy						X		Studio C
	4:15-5:15pm	Leslie Terri	X			X				Studio C
	5:30-6:30pm	Ali Christine	X			X				Studio C
(\$) Boot Camp (Session Dates – 7/17-8/25)	5:30-6:30am	Colin	X		X		X			Studio B
	6:00-7:00pm	Colin	X		X		X			Studio B
*Core & Balance	8:30-9:30am	Sandy		X		X				Studio A
CXWORX™	8:15-8:45am	Bonnie J						X		Studio B
	10:00-10:30am	Leslie					X			Studio C
(continued on next page)	11:30am-12:00pm	Leslie			X					Studio C

CLASS	TIME	INSTRUCTOR	MON	TUES	WED	THUR	FRI	SAT	SUN	LOCATION
CXWORX™ (continued)	5:30- 6:00pm	Bonnie J		X		X				Studio B
(\$) <b>Fencing - Advanced &amp; Beginners</b>	12:00- 4:30pm	Werner						X		Studio A
	3:45- 6:30pm	Werner			X					Studio A
<b>*Firm/Tone/Flex</b>	10:00- 10:30am	Susan	X	X	X	X	X			Studio B Studio A
(\$) <b>Free Motion (Session Dates – 6/26-8/18)</b>	8:00- 9:00am	Bonnie J			X					Free Motion Rm
	9:00- 10:00am	Natalia Dana M Sandy	X			X	X			Free Motion Rm
	11:30am- 12:30pm	Bonnie J		X						Free Motion Rm
	5:30- 6:30pm	Bonnie J	X		X					Free Motion Rm
(\$) <b>Group PT Circuit Training (All Classes - VIA Instructor Interview)</b>	12:40- 1:40pm	Lucia	X		X		X			Meet At Wellness Desk
	5:00- 6:00pm	Lucia				X				Free Motion Rm
	5:30- 6:30pm	Lucia		X						Free Motion Rm
<b>*Line Dancing</b>	1:00- 2:00pm	Bonnie J					X			Studio C
	1:00- 2:30pm	Bonnie J			X					Studio B
<b>LiveSTRONG (See Class Descriptions for Registration info) (Session Dates – 5/1-7/19)</b>	12:30- 2:00pm	Leslie/Sandy	X		X					Studio C
<b>MYZONE® (Sign-up Sheet)</b>	5:15- 6:15am	Linda		X		X				MYZONE Studio
	5:45- 6:45am	John	X							MYZONE Studio
	6:00- 7:00am	Kasey Linda			X		X			MYZONE Studio
(continued on next page)	7:45- 8:45am	Dana M					X			MYZONE Studio

CLASS	TIME	INSTRUCTOR	MON	TUES	WED	THUR	FRI	SAT	SUN	LOCATION
MYZONE® (continued)	8:00- 9:00am	Dana M Natalia		X		X				MYZONE Studio
	9:00- 10:00am	Sandy Troy	X		X			X		MYZONE Studio
	9:15- 10:15am	Dana M		X		X				MYZONE Studio
	5:30- 6:30pm	Dana M	X		X					MYZONE Studio
Pedaling for Parkinson's (See Class Descriptions for Registration info)	10:30am- 12:00pm	Bill Val	X		X		X			Spin Room
*Pilates Mat (C- Classic) (R-Rhythm)	10:00- 11:00am C	Peggy	X							Studio A
	12:15- 1:15pm C	Jamisue						X		Studio B
	4:15- 5:15pm C	Jamisue Michael	X	X		X				Studio B
	4:15- 5:15pm R	Jamisue			X		X			Studio B
*Pilates on the Ball	10:30- 11:30am	Judy					X			Studio C
POUND® (Sign-up Sheet)	5:30- 6:15pm	Miranda			X					Studio C
*Pump It Up	8:00- 9:00am	Judy		X		X		X		Studio C
*Qigong	2:45- 3:45pm	Sui					X			Studio B
(\$) <b>Reformer Pilates</b> (A-Advanced) (B-Beginner) (B/I-Beginner/Intermediate) (I-Intermediate)	7:45- 8:45am A	Lisa			X					Pilates Studio
	8:45- 9:45am I	Lisa	X							Pilates Studio
	8:45- 9:45am B	Lisa					X			Pilates Studio
	10:00- 11:00am I	Lisa	X	X		X				Pilates Studio
	4:15- 5:15pm B/I	Linda			X					Pilates Studio
	5:30- 6:30pm B/I	Linda		X	X	X				Pilates Studio
	6:30- 7:30pm <b>Intro</b>	Linda				X				Pilates Studio
*Sculpt "N" Tone	10:00- 10:30am	Judy	X							Studio C
*Senior Fitness	8:00- 9:00am	Susan	X	X	X	X	X			Studio B

CLASS	TIME	INSTRUCTOR	MON	TUES	WED	THUR	FRI	SAT	SUN	LOCATION
*SilverSneakers®	10:00-11:00am <b>Circuit</b>	Sherry							X	Studio A
	11:00am-12:00pm <b>Classic</b>	Leslie					X			Studio A
	1:00-2:00pm <b>Circuit</b>	Leslie		X		X				Studio A
	1:00-2:00pm <b>Classic</b>	Sherry	X		X					Studio A
Spinning (Sign-up Sheet)	6:00-7:00am	Mark		X		X				Spin Room
	7:30-8:30am	Ed						X		Spin Room
	7:45-8:45am	Val	X		X	X	X			Spin Room
	9:00-10:00am	Val	X	X	X	X	X			Spin Room
	9:30-10:30am	Dana T/ Joanna/Mark							X	Spin Room
	6:00-7:00pm	Dana T	X	X		X				Spin Room
Step Explosion (P-Plus) (W-Wacky)	9:00am-10:00am	Judy Lisa	X	X		X				Studio C
	9:00-10:00am <b>W</b>	Judy			X					Studio C
	9:00-10:15am <b>P</b>	Judy/Lisa						X		Studio C
*Stretch 30	10:00-10:30am	Sandy		X		X				Studio C
(\$) <b>Taekwon-do</b> (A-Adult) (B/I/A-Beginner/Intermediate/ Advanced)	4:30-6:00pm <b>B/I/A</b>	Adriana		X		X				Studio A
	5:30-7:00pm <b>A</b>	Adriana					X			Studio A
	6:30-8:00pm <b>A</b>	Adriana	X		X					Studio A
*Tai Chi	1:30-2:30pm	Sui					X			Studio B
	2:45-3:45pm	Sui			X					Studio B
(\$) <b>Total-Body Workout</b> (Session Dates) (6/19-8/7)	8:00-9:00am	Natalia	X							Free Motion Rm

CLASS	TIME	INSTRUCTOR	MON	TUES	WED	THUR	FRI	SAT	SUN	LOCATION
TRX	6:00-7:00am	Kasey	X							Studio C
	7:30-8:30am	Natalia			X		X			Studio C
	4:30-5:30pm	Terri		X						Studio C
(\$) <b>Women on Weights</b> (Session Dates) (7/6-7/27)	10:00-11:00am	Natalia				X				Wellness Floor
	5:30-6:30pm	Dana M				X				Wellness Floor
<b>*Women's Fitness</b>	10:30-11:30am	Patti	X	X		X				Studio C
	6:15-7:15pm	Bonnie J		X						Studio C Studio B
(\$) <b>XFit</b>	9:00-10:00am	Troy						X		Skate Park
	10:00-11:00am	Troy						X		Skate Park
	6:00-7:00pm	Troy	X		X	X				Skate Park
<b>Yoga - *Beginner Yoga</b>	10:30am-12:00pm	Bonnie L			X					Studio A
	11:15am-12:30pm	Nancy		X						Studio A
<b>Yoga - *Beginner/Intermediate Yoga</b>	10:15-11:45am	Debbie						X		Studio A
<b>Yoga - *Chair Yoga</b>	11:15am-12:00pm	Jan	X							Studio A
	2:45-3:30pm	Jan			X					Studio A
<b>Yoga - *Experienced Beginner Yoga</b>	11:15am-12:30pm	Donna				X				Studio A
	11:45am-1:15pm	Bonnie L							X	Studio A
	6:15-7:30pm	Peggy		X		X				Studio A
<b>Yoga – Intermediate Yoga</b>	8:30-9:45am	Bonnie J Peggy	X				X			Studio A
	8:45-10:00am	Jan						X		Studio A
	9:30-11:00am	Donna Nancy		X		X				Studio A
<b>*ZUMBA®</b> <b>(G-Gold) (GT-Gold Toning)</b>	7:45-8:45am	Christine P	X							Studio C
	8:00-9:00am	Christine P			X					Studio A
(continued on next page)										

CLASS	TIME	INSTRUCTOR	MON	TUES	WED	THUR	FRI	SAT	SUN	LOCATION
*ZUMBA® (continued)	9:00- 10:00am	Christine P Christine P/ Wendy			X			X		Studio A Studio B
	10:00- 11:00am	Charlotte Sandy			X		X			Studio B
	10:30- 11:30am	Sandy	X							Studio B
	10:40- 11:40am GT	Sandy		X						Studio B
	10:40- 11:40am G	Sandy				X				Studio B
	6:00- 7:00pm	Wendy	X		X					Studio C

**STUDIO A-AT THE BACK OF THE Y**

**STUDIO B-AT THE FRONT OF THE Y**

**STUDIO C-UPSTAIRS**

Any class with a (\$) next to it, is a class that requires registration and a payment.  
Any class with a \* next to it is a class that is appropriate for someone new to group exercise.

**Schedule is subject to change without notice.**

### Group Fitness Class Descriptions – July 1, 2017

#### **Aerobic Dance-Susan**

Choreographed routines with warm-up, a series of dance movements to gradually increase heart rate and cool-down with long slow stretching. Includes balance work. Geared to all age groups and all fitness levels. Beginners are encouraged to start slowly and gradually increase intensity level.

#### **Aquatic Classes-Bonnie J**

*All classes include warm up, cardio, muscle strengthening and cool down.*

**Arthritis Plus**-Don't be misled by the title of the class! This is a great class not only for people with arthritis but also diabetes, high blood pressure, hypertension, heart disease, hip replacement, shoulder replacement, and other injuries. Cardio for this class consists of moving through the water with low impact exercises followed by muscle strengthening wall exercises.

**Deep Water**-The use of a water belt is recommended. The cardio portion of the workout includes water weights and sometimes noodles.

**Shallow Water**-The cardio portion picks up the pace while moving through the water with a variety of exercises working the legs, arms, and abdominals concluding with the use of water weights. A few wall exercises are then included.

**Proper form is stressed to insure maximum benefits and prevent injuries. Come and join us!**

**Check Venice Aquatic schedule for complete class schedule.**

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For additional info on these  
GROUP EXERCISE CLASSES,  
please contact Scott Stewart-  
[ssstewart@veniceymca.org](mailto:ssstewart@veniceymca.org)

### **Beginner Yoga-Bonnie L/Nancy**

With an emphasis on alignment, this beginner class teaches you how to do yoga safely, and shows you what you can hope to achieve by practicing yoga. Prior experience is not necessary, only a positive attitude and the ability to get up and down from a prone position. Relaxation and breathing techniques will be explored.

### **Beginner/Intermediate Yoga-Debbie**

Prior experience is not necessary. Putting an emphasis on alignment to prevent injury, you will explore ways to celebrate and enhance the physical experience of being alive while increasing flexibility; building strength and stamina.

### **BODYCOMBAT™-Ali/Nicole**

**LESSMILLS BODYCOMBAT™**-Step into a BODYCOMBAT™ workout and you'll punch and kick your way to fitness, burning up to 740 calories along the way. This high-energy martial-arts inspired workout is **totally** non-contact and there are no complex moves to master. You will work out most of your muscles. Legs are strengthened and toned through kicks and shuffles. The upper body is trained through a variety of punches, hand and elbow strikes and defensive moves. You can adjust a BODYCOMBAT™ workout to suit your own level.

**BODYCOMBAT™ EXPRESS**-The 30 minute BODYCOMBAT™ EXPRESS includes an Upper and Lower body warmup: Power 3; Muay Thai and Combat 3. **You'll release stress, have a blast and feel like a champ!**

### **BODYPUMP™-Ali/Christine W/Leslie/Linda (Sub)/Natalia (Sub)/Sandy/Terri**

**LESSMILLS BODYPUMP™** is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl. **THE REP EFFECT™** uses lighter weights at a higher rate of repetition so you can get leaner—faster. Perform 70-100 repetitions per body part totaling up to 800 repetitions in a single workout. This intense training technique accelerates your heart rate, burning up to 1,000 calories per workout and torching more fat to reveal gorgeous muscles and a sleek, sculpted body—**FAST**. Ages 14 and up. **If you're new to BODYPUMP™, arriving ten minutes before the class starts is recommended for pre-class instruction.**

### **(\$)Boot Camp-Colin**

**SIX WEEK SESSIONS** -Serious fitness, serious results! This class will help you improve your endurance, strength and agility. All ages and levels of fitness welcome. A healthier, leaner, stronger you is just around the corner! (Six week sessions)

**Registration at Front Desk or online required. All TRANSACTIONS final – No refunds or credits.**

### **Chair Yoga-Jan**

**Chair Yoga** is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. The chair replaces the yoga mat and becomes an extension of the body. While seated on chairs, students can do versions of twists, hip stretches, forward bends, and mild backbends. **Chair Yoga** is suitable for all ages, fitness levels, and physical conditions.

### **Core and Balance-Sandy**

Exercises designed to increase your core strength in abs and back to better support everyday health, balance and posture. Bands, light weights and balls may be incorporated.

### **CXWORX™-Bonnie J/Leslie**

**Revolutionary Core Training.** **LESSMILLS CXWORX™** really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention. Your workout consists of exercises that both isolate (like crunches and leg extensions) and integrate (like standing balance and hovers) the various muscle groups. **A quick and efficient workout in 30 minutes.** It challenges you and you really feel the benefits. **Just bring your strength and determination!**

### **Experienced Beginner Yoga-Bonnie L/Donna/Peggy**

This is the class that will help students bridge the gap between the Beginner's class and the Intermediate one. Focusing on Basic alignment principles and exploring the components of sun salutations, beginners will develop the skills and confidence needed both in

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the Intermediate Yoga class and for life in general! Appropriate for beginners with a desire to know more. Ability to get up and down from the floor unassisted is necessary.

### **(\$)Fencing-Advanced & Beginners-Werner**

An introduction to a sport suited for all ages from eight on up. Fencing engages in artistic forms of a dancer, the physical demands of an athlete and the finesse of a chess player moving at a speed of a bullet. We will guide you in just a few weeks to go from *en garde!* to *touché!* **Registration at Front Desk required. All TRANSACTIONS final – No refunds or credits.**

### **Firm/Tone/Flex-Susan**

All major muscle groups are worked using the stability balls, small balls, weights, tubing, and mats. We stretch each muscle group worked on to increase flexibility and prevent soreness after exercising. Balance work is also included.

### **(\$)Free Motion- Bonnie J/Dana M/ Natalia/Sandy**

**EIGHT WEEK SESSIONS** - One dimensional training doesn't carry over to a three dimensional world, a place where twisting, turning, and moving in all planes is a natural occurrence. This observation resulted in the fitness breakthrough - *Free Motion*. Increase your performance and help make exercise more productive and efficient with equipment that lets you train the way you move. It is recommended that you familiarize yourself with the Free Motion equipment on the Wellness Floor before attending a class. (Eight week sessions) **Registration at Front Desk or online required.**

### **(\$)Group PT Circuit Training-Lucia**

#### **Session time and locations vary.**

Do you need more accountability and to have someone push you beyond what you would normally do on your own? Then this class is for you! It is a small group (4-8) doing circuit style training for strength and cardio using the free motion and various cardio stations in training intervals. **Meet with Instructor before registration at Front Desk required.**

### **Intermediate Yoga-Bonnie L/Donna/Jan/Nancy/Peggy**

A fun and challenging class of yoga asanas and exercises intended to build strength and stamina, increase flexibility, and remind you of your glorious true nature! With an emphasis on alignment to prevent injury, we'll explore ways to celebrate and enhance the physical experience of being alive. Prior yoga experience is highly recommended.

### **Intro to Spinning-Dana T**

Intimidated by "Spinning"? Try our novice indoor cycling class designed to teach proper bike set up, rotation and pedal work. Learn techniques to pace correctly. You can get fit on the bike while learning basic spinning skills! Attending three or four Intro classes is HIGHLY recommended (but not mandatory) before attending a regular class.

**Spinning - Reserve A Bike Program** - 1) Beginning 30 minutes before a Spinning class is scheduled, a sign-up sheet is put out at the front desk. 2) Class participant will reserve a bike by signing their name next to a bike number listed. **Only one sign-up per person! THERE ARE NO EXCEPTIONS TO THIS PROCEDURE!**

### **Line Dancing-Bonnie J**

This class is a 1-hour low impact workout for all ages; where the aerobic intensity can be controlled by the student. Learn choreographed dances which are set to all types of music (it's not just country anymore). Great for increasing stamina and memory control. If you like to dance, this is the class for you!

### **LiveSTRONG-Leslie/Sandy**

Next Session May 1 through July 19. Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. The Y and the LiveSTRONG Foundation have joined together to create LiveSTRONG at the YMCA, a research-based physical activity and well-being program designed to help adult cancer survivors reclaim their total health. Participants work with Y staff trained in supportive cancer care to safely achieve their goals such as building muscle mass and strength; increasing flexibility and endurance; and improving confidence and self-esteem. By focusing on the whole person and not the disease, LiveSTRONG at the YMCA is helping people move beyond cancer in spirit, mind and body. **Registration and intake info required. To register for class by email – [LiveStrong@veniceymca.org](mailto:LiveStrong@veniceymca.org) or leave contact info at 941-492-9622 x156.**

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### **MYZONE®-Dana M/John/Kasey/Linda/Natalia/Sandy/Troy**

Sixty minutes of **HIGH INTENSITY INTERVAL TRAINING** with the benefit of small group training. Small group training makes your time both effective and fun. Accountability in a group will help to achieve your fitness goals. Try our INTRO class for three to four weeks to build your strength. You will monitor your progress by keeping track of your target heart rate zone using the MYZONE® Heart Rate Belt (which can be purchased here at the Venice Y-**\$75 plus tax**) and viewing it on our 65 inch TV in the YZone Studio. Simply register it at [www.moves.myzone.org](http://www.moves.myzone.org) and download the App for your smart phone to monitor your progress anywhere you go. **TRY OUR 30 MINUTE EXPRESS CLASS! ARE YOU READY FOR THE CHALLENGE! Members only –Maximum 8 people. SIGN-UP REQUIRED** - 1) Beginning 30 minutes before a MYZONE class is scheduled, a sign-up sheet is put out at the front desk. 2) Class participant will reserve a spot by signing their name next to position number (1-8) listed. **Only one sign-up per person! THERE ARE NO EXCEPTIONS TO THIS PROCEDURE!**

### **Pilates Mat-Classic-Jamisue/Lisa B(Sub)/Michael/Peggy**

Two of the key elements of Pilates are core muscle strength and spinal alignment. Pilates Mat is a method of a series of controlled movements performed on the floor (mat work). The class is structured to include a beginner and intermediate level. If you're looking for a novel and challenging workout that will help strengthen and tighten your muscles while improving your flexibility, then Pilates Mat might be just the thing.

**Classic** - Slow, classic Pilates movement. Excellent for beginners and those who wish to fine tune their more intermediate Pilates movements.

### **Pedaling for Parkinson's-Bill/Val**

Nearly 5 million people in the US are living with Parkinson's disease. The cause is unknown, and although there is presently no cure, there are treatment options. Aside from medication or surgery, many physicians advocate for exercise to improve or reduce the tremors or difficulty with movement to keep the body and mind nimble. Pedaling a bicycle at a rapid pace—optimally, 80-90 revolutions per minute—helps reduce symptoms of Parkinson's disease. Research conducted at the Cleveland Clinic showed that simply pedaling a bicycle at least twice a week could reduce symptoms by as much as 25 percent (Jay Albers, PhD). Registration and intake info required. **To register for class by email – [HealthyLiving@veniceymca.org](mailto:HealthyLiving@veniceymca.org) or leave contact info at 941-492-9622 x299.**

### **Pilates On the Ball-Judy**

Fifty-five minute class using a large Physioball for a fresh approach to classical mat and reformer Pilates exercises. Work involves essential elements of the Pilates method: strength, flexibility, core stabilization, balance, and control. Familiarity with Pilates exercises will enhance your enjoyment of this class. Not recommended for people with osteoporosis, neck or spine pain, and some other conditions.

### **POUND®-Miranda**

POUND® is the fastest growing fitness phenomenon in the world! Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Class size is limited to 20 participants. Sign-up required. 1) Beginning 30 minutes before a POUND® class is scheduled, a sign-up sheet is put out at the front desk. 2) Class participant will reserve a SPOT by signing their name next to a position number (1-20) listed. Only one sign-up per person! **THERE ARE NO EXCEPTIONS TO THIS PROCEDURE!**

### **Pump It Up-Judy**

A one hour workout which focuses on upper body—chest, shoulders, back and arms—that strengthens and tones using dumbbells, the body bar, benches and the stability ball. A "smattering" of lower body, core and balance is included. Includes warm-up and stretch. Beginner and intermediate levels.

### **Qigong-Sui**

Whether or not you are aware of it, you hold the ability you need to heal your need to heal your body, mind and soul no matter what you are going through or experiencing. In this course, you will learn a unique style of Qigong called "Golden Lotus" created by Tai Chi Master Wei Lun Huang. Qigong is the medicine for the healer and is referred to as acupuncture without needles. It captures the

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essence of oriental medicine in a personal practice which includes some of the necessary tools for self-healing.

### **(\$)Reformer Pilates-Linda/Lisa**

Pilates is a **system of exercise** developed by Joseph Pilates which gained popularity during the 1920's to lengthen and strengthen the body. There are beginner, intermediate and advanced pilates exercises. You'll feel the difference after just a few sessions!

**Registration at Front Desk or online required. All TRANSACTIONS final – No refunds or credits.**

**Beginner** - No experience required. Beginners will learn system techniques to be applied to all pilates exercises.

**Intermediate** - Reformer experienced required. This class consists of the performance of intermediate and advanced pilates exercises that go deeper into your core.

### **Sculpt 'N' Tone-Judy**

This half-hour class is devoted to sculpting and toning utilizing a variety of equipment including Body Bars, dumbbells, resistance tubing and stability balls. Tighten those abs, shape your butt and sculpt your arms!

### **Senior Fitness-Susan**

This class consists of 30 minutes of low impact cardio followed by balance work, upper and lower body muscle conditioning including abdominals and concludes with stretching. Different muscles are strengthened every day utilizing dumbbells or exercise tubes, mats, large stability balls, and small balls.

### **SilverSneakers® Circuit-Leslie/Sherry**

SilverSneakers® Circuit combines fun with fitness to increase your cardiovascular and muscular endurance power with a **STANDING CIRCUIT WORKOUT**. Upper body strength work with hand-held weights, elastic tubing with handles, and a small ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises. **Stay strong!**

### **SilverSneakers® Classic-Leslie/Sherry**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a small ball are offered for resistance. A chair is available if need for seated or standing support. Regardless of your age, current physical condition, and whether you've exercised in the past or not, there are plenty of ways to overcome your mobility issues and reap the physical, mental, and emotional rewards of exercise. **Stay strong!**

### **Spinning-Barbora/Bill(Sub)/Carla (Seasonal)/Dana T/Ed/Joanna/Mark F/Valerie**

If you're looking for an intense workout that will not only boost your endurance but will also shred hundreds of calories, look no further than spinning. One of the best aspects of spinning is that you can vary the intensity of the workout to your own liking and skill level. Benefits of Spinning include: high calorie burn, you can burn between 400 & 600 calories; decreased body fat; increased cardiovascular strength; increased lower body muscle tone; and decreased stress levels.

**MYZONE® – Spinning is here!** Purchase a MYZONE® heart rate monitor at the front desk; activate it at the MYZONE® website and monitor your training heart rate on the overhead TV in the Spin Room. Download the MYZONE® app to your smart phone and continue to monitor your training heart rate on the go.

**Spinning - Reserve A Bike Program** - 1) Beginning 30 minutes before a Spinning class is scheduled, a sign-up sheet is put out at the front desk. 2) Class participant will reserve a bike by signing their name next to a bike number listed.

**Only one sign-up per person! THERE ARE NO EXCEPTIONS TO THIS PROCEDURE!**

### **Step Explosion-Judy/Lisa**

Warm-up and stretch followed by **45 minutes** of stepping and cool down. All levels of experience welcome. Choreography is challenging and geared to intermediate and advanced levels. **You can have loads of fun while burning loads of calories!**

### **Step Explosion Plus!-Judy/Lisa**

Warm-up and stretch followed by **60 minutes** of stepping and cool down. All levels of experience welcome. Choreography is challenging and geared to intermediate and advanced levels. **You can have loads of fun while burning loads of calories!**

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### **Stretch 30-Sandy**

*Thirty minutes of stretching.* Stretching, as it relates to physical health and fitness is the process of placing particular parts of the body into a position that will lengthen, or elongate, the muscles and associated soft tissues. Learn how to use simple stretching techniques effectively and safely to improve your full body mobility and freedom of movement so you can...get rid of injury, soreness and pain; recover quickly from annoying sports injury; do away with stiff, tight muscles and joints. A regular flexibility training program, consistently employed over the long term, is the only way to permanently improve your flexibility and range of motion. It is recommended participants warm-up prior to the start of the class.

### **(\$)Taekwon-do-Adriana**

Have fun and get in shape. Benefits of Taekwon-do: Self confidence, Self defense, Self Discipline, Positive Attitude, Flexibility, Stress Reduction, Weight Management and Improved Coordination. Teen & Adult - ages 12 and up. Kids Taekwon-do - Ages 7 to 11 - Beginner/Intermediate and Advanced Only. Additional benefits - will also improve grades in school. Have fun kicking targets, shields and the heavy bag. Instructor is a 5th degree Black Belt.

*Registration at Front Desk required. All TRANSACTIONS final – No refunds or credits.*

### **Tai Chi-Sui**

Enjoy learning a centuries-old Chinese exercises maintaining your health, fitness, and flexibility. The Chinese believe that Tai Chi can delay aging and prolong life, increase body balance, strengthen muscles and aid in the treatment of heart disease, high blood pressure, arthritis and many other illnesses. This "Easy Tai Chi" form is composed of 16 basic Tai Chi movements.

### **(\$)Total-Body Workout-Natalia**

**EIGHT WEEK SESSIONS** – Power your way through a cardio workout, then tack on a muscle building routine to keep you in your target heart rate zone. You burn a lot more calories in a given session when you perform a Total-Body Workout. You will perform exercises that stimulate as many muscles and expend as much energy as possible at the same time. **Take your workout to the next level.** An eight week session with a maximum of six people. *Registration at Front Desk required. All TRANSACTIONS final – No refunds or credits.*

### **TRX®-Kasey/Natalia/Terri**

TRX® is changing the way athletes train for sports and exercise instructors train their clients. Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. Build lean muscle, boost your metabolism, tighten your core and increase endurance. Benefits people of ALL fitness levels. Class format can be either circuit or interval. A variety of equipment including dumbbells, weighted bars, exercise tubes and steps can be incorporated.

**Get a fast effective total body workout.**

### **Wacky Wednesday Step-Judy**

One hour of "wacky" stepping using two or more steps. Class also includes warm-up, cool down and stretch. Choreography is intermediate to advanced. Fun, Fun, Fun!

### **(\$)Women on Weights-Dana M/Natalia(Thursday 7/6-7/27)**

Participants meet for four weeks once a week to learn proper weight training safety, etiquette and technique. Each class will not exceed six female participants to allow for maximum personal attention in a supportive group setting. Strength training is a must for women and our small group training program is a great way to learn and apply safe and effective weight training into your routine. **Let us help you build confidence while building muscle!** *Registration at Front Desk required.*

### **Women's Fitness-Bonnie J/Patti**

Come and join us for sixty minutes of wonderful fun and exercise. The first 30 minutes consists of low impact aerobics. The remainder of the class focuses on balance work and toning the upper and lower body including abs. A variety of equipment including hand weights, tubing, large and small balls is included. The class ends with a cool down and relaxing total body stretches with positive affirmations. All age groups welcome.

VENICE YMCA

701 Center Road, Venice, FL 34285

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### **(\$)XFit-Troy**

Build strength, endurance and improve your cardiovascular performance without running on a treadmill. Using High Intensity Circuit Training, each **WOD (Workout of the Day)** gives you a full body workout at high intensity levels and will be a combination of functional training **AND** strength training utilizing equipment such as tractor tires, sandbags, Plyoboxes, Kettlebells, medicine balls and more.

**All** fitness levels can benefit. If your goal is to lose weight and develop lean muscle mass or if you are an athlete who wants to improve your performance in your sport, **this class** is for you. If you are a bodybuilder or power lifter desiring to come out of your comfort zone to improve your fitness level, **XFit** classes are for you! Check out our Teen Rate (ages 13 to 16)!

**MAXIMUM 8 people – Registration at front desk required.**

### **ZUMBA®!-Charlotte/Christine P/Sandy/Wendy**

A Latin, International and Hip Hop dance party that combines dance rhythms and traditional fitness exercises to provide total body conditioning. Come join the party.

### **ZUMBA® Gold Toning-Sandy**

This class provides the benefits of safe-and-effective strength training and an easy-to-follow, health-boosting dance-fitness program for baby boomers as well as beginners. Through dynamic lightweight resistance training and exciting international rhythms, these classes help participants build muscle strength, increase bone density, and improve mobility, posture and coordination.

### **ZUMBA® Toning-Sandy**

ZUMBA Toning classes raise ZUMBA dance-fitness to the next level. It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused ZUMBA moves to create a calorie-torching, strength-training dance fitness-party. ZUMBA Toning is the perfect way for enthusiasts to sculpt their bodies naturally *while having a total blast!*

**Please Note: All instructors are certified and can show adjustments for all levels of fitness and special limitations participants may have. If you have a specific limitation, such as bad knees or back, please make the instructor aware of it before starting the class.**