



# GROUP EXERCISE SCHEDULE

## VENICE – MAY 1, 2017

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

<i><b>Class</b></i>	<i><b>Day</b></i>	<i><b>Time/Instructor</b></i>	<i><b>Location</b></i>
<i><b>Aerobic Dance</b></i>	Monday/Tuesday/ Wednesday/ Thursday/Friday	9:00-10:00am - Susan	Studio B
<i><b>(\$)</b>Ballroom Dancing</i>	Thursday (Basic/ Intermediate) (3/30-5/4) (5/11-5/25)	7:15-8:30pm - Camelle	Studio B
<i><b>BODYCOMBAT™</b></i>	Monday	5:30-6:00pm EXPRESS - Nicole	Studio B
	Tuesday	6:00-7:00pm – Ali	Studio B
	Friday (No class 5/12)	5:30-6:30pm - Ali	Studio C
<i><b>BODYPUMP™</b></i>	Monday	4:15-5:15pm – Leslie 5:30-6:30pm – Christine W	Studio C
	Wednesday	10:30-11:30am – Leslie	
	Thursday	4:15-5:15pm – Terri 5:30-6:30pm – Ali	
	Friday	9:00-10:00am – Leslie	
	Saturday	11:00am-12:00pm - Sandy	
<i><b>(\$)</b>Boot Camp</i>	Monday/ Wednesday/Friday (5/1-6/9)	5:30-6:30am/6:00-7:00pm Colin	Studio B
<i><b>*Core &amp; Balance</b></i>	Tuesday/Thursday	8:30-9:30am - Sandy	Studio A
<i><b>CXWORX™</b></i>	Tuesday/Thursday	5:30-6:00pm – Bonnie J	Studio B
	Wednesday	11:30am-12:00pm – Leslie	Studio C
	Friday	10:00-10:30am – Leslie	
	Saturday	8:15-8:45am – Bonnie J	Studio B
<i><b>(\$)</b>Fencing-Advanced &amp; Beginners</i>	Wednesday	3:45-6:30pm – Werner	Studio A
	Saturday	12:00-4:30pm	
<i><b>*Firm/Tone/Flex</b></i>	Monday/Tuesday/ Thursday	10:00-10:30am – Susan	Studio B
	Wednesday/Friday	10:00-10:30am	Studio A
<i><b>(\$)</b>Free Motion</i>	Monday	9:00-10:00am – Natalia	Free Motion Rm

<b>(\$)</b> Free Motion (continued)	Tuesday  Wednesday  Thursday  Friday  (5/1-6/23)	5:30-6:30pm – Bonnie J  8:00-9:00am – Jane 11:30am-12:30pm – Bonnie J  8:00-9:00am – Bonnie J 9:00-10:00am – Sandy 5:30-6:30pm – Bonnie J  9:00-10:00am – Natalia  9:00-10:00am – Dana M	
<b>Class</b>	<b>Day</b>	<b>Time/Instructor</b>	<b>Location</b>
<b>(\$)</b> Group PT Circuit Training	Mon/Wed/Friday  Tuesday  Thursday	12:40-1:40pm – Lucia VIA Instructor Interview  5:30-6:30pm VIA Instructor Interview  5:00-6:00pm VIA Instructor Interview	Meet at Wellness Desk  Free Motion Rm
<b>*Line Dancing</b>	Wednesday  Friday	1:00-2:30pm – Bonnie J  1:00-2:00pm	Studio B  Studio C
<b>LiveSTRONG</b> *Registration & intake info required. To register for class by <a href="mailto:LiveStrong@veniceymca.org">email</a> , send contact info to <a href="mailto:LiveStrong@veniceymca.org">LiveStrong@veniceymca.org</a> or leave contact info at 941-492-9622 x156	Monday/ Wednesday  (5/1-7/19)	12:30-2:00pm – Leslie/Sandy	Studio C
<b>MYZONE®</b> (Sign-up Sheet) (MYZONE® HR Belt required)	Monday  Tuesday  Wednesday  Thursday	6:00-7:00am – John 9:00-10:00am – Troy 5:30-6:30pm – Dana M  5:15-6:15am – Linda 8:00-9:00am – Dana M 9:15-10:15am – Dana M  6:00-7:00am – Linda 9:00-10:00am – Troy 5:30-6:30pm – Dana M  5:15-6:15am – Linda 8:00-9:00am – Natalia	MYZONE Studio

<b>MYZONE®</b> <i>(Sign-up Sheet)</i> <i>(MYZONE® HR Belt required)(continued)</i>	Friday  Saturday	9:15-10:15am – Dana  6:00-7:00am – Kasey 7:45-8:45am – Dana  9:00-10:00am - Sandy	
<b>Class</b>	<b>Day</b>	<b>Time/Instructor</b>	<b>Location</b>
<b><i>Pedaling for Parkinson's</i></b> <i>*Registration and intake info required. To register class by <a href="mailto:HealthyLiving@Veniceymca.org">email, send contact info to HealthyLiving@Veniceymca.org</a> or leave contact info at 941-492-9622 x299</i>	Monday/ Wednesday  Friday	10:30am-12:00pm – Val  10:30am-12:00pm - Bill	Spin Room
<b><i>*Pilates Mat - Classic</i></b>	Monday  Monday/Tuesday/ Wednesday/Friday  Thursday  Saturday	10:00-11:00am - Peggy  4:15-5:15pm – Jamisue  4:15-5:15pm – Michael  12:15-1:15pm – Jamisue	Studio A  Studio B
<b><i>*Pilates on the Ball</i></b>	Friday	10:30-11:30am - Judy	Studio C
<b>POUND®</b> <i>(Starts 5/17)</i>	Wednesday	5:30-6:15pm - Miranda	Studio C
<b><i>*Pump It Up</i></b>	Tuesday/Thursday/ Saturday	8:00-9:00am - Judy	Studio C
<b><i>(\$)</i>Reformer Pilates</b> <i>(A-Advanced)</i> <i>(B-Beginner)</i> <i>(B/I-Beginner/Intermediate)</i> <i>(I-Intermediate)</i>	Monday  Tuesday  Wednesday  Thursday	8:45-9:45am I - Lisa 10:00-11:00am B - Lisa  10:00-11:00am I - Lisa 4:15-5:15pm B/I - Linda 5:30-6:30pm B/I - Linda  7:45-8:45am A - Lisa 9:00-10:00am I - Lisa 4:15-5:15pm B/I - Linda 5:30-6:30pm B/I - Linda  10:00-11:00am I - Lisa 4:15-5:15pm B/I - Linda 5:30-6:30pm B/I - Linda 6:30-7:30pm Intro - Linda	Pilates Studio

<b><i>(\$)</i>Reformer Pilates (continued)</b>	Friday	8:45-9:45am B – Lisa	
<b><i>Class</i></b>	<b><i>Day</i></b>	<b><i>Time/Instructor</i></b>	<b><i>Location</i></b>
<b><i>*Sculpt "N" Tone</i></b>	Monday	10:00-10:30am – Judy	Studio C
<b><i>*Senior Fitness</i></b>	Monday/Tuesday/ Wednesday/ Thursday/Friday	8:00-9:00am - Susan	Studio B
<b><i>*SilverSneakers®</i></b>	Monday/ Wednesday	1:00-2:00pm Classic – Sherry	Studio A
	Tuesday/Thursday	1:00-2:00pm Circuit – Leslie	
	Friday	11:00am-12:00pm – Classic Leslie	
	Sunday	10:00-11:00am – Circuit Sherry	
<b><i>Spinning (Sign-up Sheet)</i></b>	Monday	7:45-8:45am – Val 9:00-10:00am – Val 6:00-7:00pm – Val	Spin Room
	Tuesday	6:00-7:00am – Mark 9:00-10:00am Intro – Dana T 6:00-7:00pm – Dana T	
	Wednesday	7:45-8:45am – Val 9:00-10:00am – Val	
	Thursday	6:00-7:00am – Mark 7:45-8:45am – Val 9:00-10:00am – Val 6:00-7:00pm – Dana T	
	Friday	7:45-8:45am – Val 9:00-10:00am - Val	
	Saturday	7:30-8:30am – Ed	
	Sunday	9:30-10:30am – Dana T/ Joanna/Mark	
<b><i>Step Explosion</i></b>	Monday	9:00-10:00am – Judy	Studio C
	Tuesday/ Thursday	9:00-10:00am – Lisa	
	Wednesday	9:00-10:00am Wacky – Judy	

<b><i>Step Explosion (continued)</i></b>	<b>Saturday</b>	<b>9:00-10:15am Plus – Judy/Lisa</b>	
<b><i>Class</i></b>	<b><i>Day</i></b>	<b><i>Time/Instructor</i></b>	<b><i>Location</i></b>
<b><i>*Stretch 30</i></b>	<b>Tuesday/Thursday</b>	<b>10:00-10:30am – Sandy</b>	<b>Studio C</b>
<b>(\$)<b>Taekwon-do</b></b>	<b>Monday/ Wednesday</b>	<b>6:30-8:00pm Adult – Adriana</b>	<b>Studio A</b>
	<b>Tuesday/Thursday</b>	<b>4:30-6:00pm Beg/Int/Adv</b>	
	<b>Friday</b>	<b>5:30-7:00pm Adult</b>	
<b><i>*Tai Chi</i></b>	<b>Friday</b>	<b>1:30-2:30pm – Sharon ADVANCED 4/21-5/26</b>	<b>Studio B</b>
		<b>2:45-3:45pm OPENING 4/21-4/28</b>	
		<b>BASIC 5/5-5/26</b>	
<b>(\$)<b>Total-Body Workout</b></b>	<b>Monday (4/24-6/12) (No class 5/29)</b>	<b>8:00-9:00am – Natalia</b>	<b>Free Motion Rm</b>
	<b>Wednesday (4/26-6/14)</b>	<b>8:45-9:45am</b>	<b>Wellness Flr</b>
<b>TRX®</b>	<b>Monday</b>	<b>6:00-7:00am – Kasey</b>	<b>Studio C</b>
	<b>Tuesday</b>	<b>4:30-5:30pm – Terri</b>	
	<b>Wednesday/Friday</b>	<b>7:30-8:30am – Natalia</b>	
<b>(\$)<b>Women on Weights</b></b>	<b>Tuesday (5/2-5/23)</b>	<b>10:30-11:30am Dana M</b>	<b>Wellness Flr</b>
	<b>Thursday (5/4-5/25)</b>		
<b><i>*Women’s Fitness</i></b>	<b>Monday</b>	<b>10:30-11:30am – Patti</b>	<b>Studio C</b>
	<b>Tuesday/Thursday</b>	<b>10:30-11:30am – Patti 6:30-7:30pm – Bonnie J</b>	
<b>(\$)<b>XFit</b></b>	<b>Monday/Wednesday/ Thursday</b>	<b>6:00-7:00pm – Troy</b>	<b>Outdoor Racquetball Court</b>
	<b>Saturday</b>	<b>9:00-10:00am 10:00-11:00am</b>	

<i><b>Class</b></i>	<i><b>Day</b></i>	<i><b>Time/Instructor</b></i>	<i><b>Location</b></i>
<i><b>YOGA</b></i> <i><b>*Beginner Yoga</b></i>	Tuesday (No Class 5/2) (\$) <i>Yoga Seminar</i> 10am-12pm	11:15am-12:30pm - Nancy	Studio A
	Wednesday	10:30am-12:00pm – Bonnie L	
	Sunday	1:30-3:00pm – Bonnie L	
	Saturday	10:15-11:45am – Debbie	
	Monday	11:15am-12:00pm – Jan	
	Wednesday	2:45-3:30pm - Jan	
	Tuesday	6:15-7:30pm – Peggy	
	Thursday	11:15am-12:30pm – Donna 6:15-7:30pm – Peggy	
	Sunday	11:45am-1:15pm – Bonnie L	
	<i><b>*Beginner/ Intermediate Yoga</b></i>	Monday	
Tuesday (No Class 5/2) (\$) <i>Yoga Seminar</i> 10am-12pm		9:30-11:00am – Nancy	
Thursday		9:30-11:00am – Donna	
Friday		8:30-9:45am – Bonnie L	
Saturday		8:45-10:00am - Jan	
Monday		7:45-8:45am – Christine P 10:30-11:30am - Sandy 6:30-7:30pm – Wendy	Studio C Studio B Studio C
Tuesday		10:40-11:40am GOLD Toning Sandy	Studio B
<i><b>*Chair Yoga</b></i>			
<i><b>*Experienced Beginner Yoga</b></i>			
<i><b>Intermediate Yoga</b></i>			
<i><b>*ZUMBA®</b></i>			

<b>*ZUMBA® (continued)</b>	<b>Wednesday</b>	8:00-9:00am – Christine P 9:00-10:00am – Christine P 10:00-11:00am – Charlotte 6:30-7:30pm – Wendy	Studio A Studio A Studio B Studio C
	<b>Thursday</b>	10:40-11:40am GOLD Sandy	Studio B
	<b>Friday</b>	10:00-11:00am – Sandy 4:00-5:00pm – Christine P	Studio B Studio C
	<b>Saturday</b>	9:00-10:00am Christine P/Wendy	Studio B

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 that has an \* next to it, is a class that is appropriate for someone new to group exercise.

Schedule subject to change without notice

**Group Fitness Class Descriptions – May 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.**

## **(\$)Ballroom Dancing-Camelle**

### **SIX WEEK SESSIONS -**

***Basics***—Ballroom Dancing for singles and couples. If you can walk, you can dance! **NO PARTNER NEEDED!** This class will enrich the beginner, advanced or social dancer. Learn to dance with ease in a fun and friendly atmosphere while at the same time improving balance and core strength through movement. Ballroom Dancing is also easy on the joints.

***Intermediate***—Learn how to FOXTROT, SWING, WALTZ, CHA CHA, TANGO, RUMBA, SALSA, BOLERO, BACHATA, MERENGUE, QUICK STEP, HUSTLE, CLUB DANCING, CLUB 2 STEP, AND WEST COAST SWING. We make it fun and easy to learn in the quickest most understandable way.

**SO PUT ON THOSE DANCING SHOES AND JOIN THE FUN!**

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

It is recommended that registration for a session be done a week before the session starts and drop-ins should be purchased 24 hours before the class (no later than 30 minutes before the class starts).

## **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

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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. LESMILLS 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 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 *engarde!* 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/Jane/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.**

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## **(\$)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.**

## **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***

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**NO EXCEPTIONS TO THIS PROCEDURE!**

**Pilates Mat-Classic-Jamisque/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**

COMING WEDNESDAY – MAY 17, 2017. 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 15 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 (1-15) 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.

**(\$)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.

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### **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!***

VENICE YMCA

701 Center Road, Venice, FL 34285

P 941.492.9622

www.veniceymca.org

### **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-Sharon**

Tai Chi is a gentle exercise program developed by the Chinese about 500 A.D. Tai Chi is composed of a series of slow, deliberate movements, meditation and deep breathing, which enhance physical health and emotional well-being. Tai Chi is a progressive program and is taught in twelve week sessions consisting of three segments. Segment One (Two Weeks) – “Opening”; Segment Two (Four Weeks) – “Basic”; and Segment Three (Six Weeks) – “Advanced”. Refer to the Master Group Exercise schedule for the session dates.

**NOTE:** A participant must attend each segment before progressing to the next segment. New participants may not participate in the ongoing segments and must wait until the next twelve week session starts.

### **(\$)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 T(Tuesday 5/2 to 5/23 & Thursday 5/4 to 5/25)**

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.

### **(\$)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.**