




YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Activity Room Schedule

Classes are **FREE** with YMCA Membership unless denoted with \$\$

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			6:30-7:30a Yoga (Karina) B,I,A			
7:30-8:30a Yoga (John) B,I,A				7:30-8:30a Yoga (John) B,I,A	9:00-10:00a Pilate's 101 (Jacqui) B,I	
9:00-10:00a Pilate's 101 (Jacqui) B,I		9:30-10:30a Astanga Yoga (Jill) I,A	9:15-10:15a Pilate's 101 (Ginger) B			
4:00-5:00p Play Through Music (Sarah) Registration Required	4:15-5:00p Young Chefs (Corey) 6 and up \$\$	4:00-5:00p All Sports (Brian/Corey) Ages 4-6 \$\$	4:15-5:15p Homework/ gaming All ages Registration Required			
5:15-6:15 Latin Cardio (Marty) B,I	5:15-6:15p Pilates (Holly) B,I,A	5:00-6:00p Martial Arts (Jose) 8 & up \$\$	Wellness Workshops 5:15-6:15pm 3 rd Thursday of the month			
6:20-7:20p Belly Dancing (Manuela) B,I,A	6:30-7:30p Ballroom Dancing (Marty) B,I,A \$\$\$	6:15-7:15p Intro to the Technology of Yoga (Michael) B Ages 12 & up	6:30-7:15p Tai Chi Qi Gong (Kevin) B,I,A			
		7:15-7:30p Meditation (Michael)				
7:30-8:30p Yoga I (Manuela) B,I		7:30-8:45p Vinyasa II Yoga (Michael) I,A	7:30-8:30p Yoga I (Richard) B,I,A			

Schedule effective February 22nd, 2010

Key Code: B=Beginners I=Intermediate A=Advanced

Register online at www.YMCAGreaterProvidence.org.

Group Exercise Class Descriptions East Side/Mount Hope YMCA

HEALTHSEEKER: Beginner Level Look for the Activate America Logo:



If you're just getting started or trying to get back on track, the health seeker classes are for you! Health seeker classes are entry level to ensure personalized attention as you learn the fundamentals of an exercise class.

MULTI-LEVEL: Beginner to Advanced Welcome

These classes offer a variety of ways to get toned and in shape. Classes may be strength and toning or predominantly conditioning, but many contain both! Appropriate for beginners to advanced levels of fitness – your instructor will guide you to work at your own pace.

FITNESS ENTHUSIAST: Intermediate and Advanced only

For those looking for an additional challenge in their exercise routine. Must be at an intermediate to advanced level of fitness. Classes move at a fast, intense pace! Always exercise at your fitness level.

Ashtanga Fitness Enthusiast	Ashtanga Yoga is a very dynamic form of Hatha yoga. Please abstain from food one hour prior to class, bring a towel, and water for after class.
Ball Room Dance Multi Level	Learn a variety of social dances. Individual or couple registrations accepted. Space is limited.
Belly Dancing Multi-Level	Belly Dance classes focus on balance and invigoration through dance. This class offers a chance to stretch, tone and strengthen your body and spirit while learning the ancient art of Belly Dance!
Into to Vinyasa Multi-Level	A posture flow class with continuous movement from one posture to the next with focus on proper alignment, and breathe at a quicker pace.
Introduction to the Technology of Yoga	Yoga means union: the union of the mind and body; the union of the one and the other; the union of the self and the divine. The technology of yoga is the set of techniques developed through the ages to reach mindfulness and liberation. This is an introduction to yoga postures, seated meditation, and cultivating internal awareness. It is suitable for beginners or anyone who wants a restorative and insightful yoga practice. Ages 12 & up.
Latin Cardio	Make your workout fun! Improve your dance steps while getting a great cardio exercise routine.
Meditation	Increase focus, creativity and self-awareness. Or simply find a more relaxed and peaceful frame of mind.
Pilates Multi-Level	Pilates mat class that assumes knowledge of Essential-level exercises and moves at a quicker pace.
Pilates 101	Exercise performed on mats; focus on breathing, body-awareness, and core strength.
Tai Chi/Qi Gong	Tai chi is the Taoist martial art of peace. Let go of everything and pay attention to right now. Learn how to harness your Qi flow through a fluid combination of breath and movement.
Vinyasa II Fitness Enthusiast	Ideal for athletes looking for new experiences in stretching and strength building and for anyone looking to delve deeper into their yoga experience.
Wellness Workshops	The third Thursday of every month we will host an informational healthy living workshop...space is limited and they are open to the community. Contact Christy Clausen to reserve your seat!
Yoga I	Gain a comfort level with basic yoga poses and terminology that will help you progress to multi-level classes.
Yoga II Fitness Enthusiast	Improve flexibility/muscular range of motion through stretching, breathing, relaxation techniques.

Preschool and Youth Programs

All Sports (Ages 4-6)	Learn the basics of a variety of sports. Every week is different and FUN!
Gaming Club (Ages 8+)	From Yatzee to LIFE to Scrabble! Parents are welcome to stay and join or drop the kids while work out. YMCA
Homework Club (Ages 6+)	Empowers students to turn in homework in on time, develop organizational habits and improve study skills. Staff and volunteer tutors will help organizational and time management skills.
Martial Arts (Ages 6-12)	Builds self-esteem, discipline and confidence-Tae Kwon Do philosophy.
Play Through Music (Ages 5-10)	Traditional folk songs, follow the leader activities, improvisational and creating own movement to songs, demonstrating song concepts to others (acting out songs, drawing song patterns and replicating result) cooperative play, songs in round, introduction to solfege and hand singing.
Young chefs of the YMCA (Ages 6+)	Children create easy-to-make recipes and then join in with music, games and activities based around preparing and enjoying food. Promotes healthy eating and food awareness. Different recipes give the children a chance to explore their senses and express their creativity.