

# STRETCH YOUR LIMITS

NOVEMBER 2017



SARA'S YMCA

GROUP EXERCISE STUDIO

|          | MON  | TUE   | WED   | THUR   | FRI  | SAT  | SUN                         |
|----------|--|---|---|--|--|--|-----------------------------|
| 6:00 AM  | 5:45-6:40<br>Ultimate Conditioning w/ Martha G I;2-3   |   | 6-6:45<br>Bootcamp w/ Chad K I; 2-3                             |  | 6-6:45<br>Bootcamp w/ Chad K I; 2-3                          |  |                             |
| 8:00 AM  | <p><i>TRX Performance workouts are part of our TRX group training program. TRX Program fees apply.</i></p> |   |   |  |  | 8:30-9:25<br>Ultimate Conditioning I;2 w/ Rotation       |                             |
| 9:00 AM  | <b>9:30 TRX Performance</b>  | 9:30-10:25<br>Strength Train Together B;1,2 w/Melanie M | <b>9:30 TRX Performance</b>                                     | 9:30-10:25<br>Pure Resistance I;2 w/ Donna C           | <b>9:30 TRX Performance</b>                                  | 9:45-10:40<br>Pure Resistance I;2 w/ Rotation            |                             |
| 10:00 AM |  | 10:30-11:25<br>Cardio Strength 101 w/ T. Mize B;1       |   | 10:30-11:25<br>Cardio Strength 101 w/ T. Mize B;1      |  | 11-11:55 AM<br>Strength Train Together B;1,2 w/ Rotation |                             |
| 11:00 AM | 10:45 – 11:30<br>QuickFit 101 B;1 w/ Robin W   |   |   |  | 10:45 – 11:30<br>QuickFit 101 B;1 w/ Robin W                 |  |                             |
| 12:00 PM | 12:00-12:45<br>Cardio Strength B;1-2 w/ Angie S  | 12:00-12:45<br>Pure Resistance B;1-2 w/ Becky R         | 12-12:45<br>Strength Train Together Express B; 1,2 w/ Melanie M | 12:00-12:45<br>Interval Training B;1-2 w/ Becky R      | 12-1<br>High Fitness Master Class! B; 2<br><b>11/10 ONLY</b> |  |                             |
| 1:00 PM  |  | 12:15-1:00<br>QuickFit B;2                              |   | 12:15-1:00<br>QuickFit B;2                             |  |  | <b>1:00 TRX Performance</b> |
| 4:00 PM  |  | 4:30<br>Active Together B, 1-2 w/ Karen W               |   | 4:30<br>Active Together B, 1-2 w/ Robin W              |  |  |                             |
| 5:00 PM  | 5:45-6:40<br>Pure Resistance I;2 w/ Koh H  | 5:45-6:40<br>Defend Together;1-2 w/ Nicole D I;2        | 5:45-6:40<br>Pure Resistance I;2 w/ Angie S                     | 5:45-6:40<br>CardioFunk I;2 w/ Michelle C              |  |  |                             |
| 6:00 PM  |  |   |   | 6:15-7<br>QuickFit B;2 w/ Jay                          |  |  |                             |
| 7:00 PM  | 7:00-7:55<br>Zumba I;2 w/ Maria G  | 7:00-7:45 PM<br>QuickFit B;2 w/ Jay                     | 7:00-7:55<br>CardioFunk I;2 w/Renee G                           | 7:00-7:55<br>Strength Train Together B;1-2 w/ Rotation |  |  |                             |

**Sara's YMCA**  
Thanksgiving schedule:

Wednesday, 11/22:

- Facility closing at 2pm
- GE 5:45am-1pm

Thursday, 11/23:

- CLOSED

Friday, 11/24:

- CLOSED

Saturday, 11/25:

- Regular facility & GE schedule

# CLASS DESCRIPTIONS

**Bootcamp:** Taught by personal trainers, Bootcamp classes will focus on a series of challenging and varied functional movements that will focus on both resistance and cardiovascular training.

**Cardio Funk:** A variety of dance formats with high energy music that will burn calories and make your workout fun! This is for all fitness levels. If you can move, you can groove!

**Cardio Strength:** A combination of strength training and cardiovascular segments to boost fat burning potential. Cardio drills contain minimal choreography. **Cardio Strength 101 (B;1)** offers a lighter version of this format to accommodate a variety of fitness levels.

**Defend Together:** Together burns a ton of calories and builds total body strength! Get ready for the newest mixed martial arts movements done at a rapid-fire pace to maximize your cardio fitness, all to energizing music!

**Interval Training:** Research shows that interval training workouts, in which you alternate periods of high-intensity exercise with low-intensity recovery periods, increase fitness and burn more calories over a short period of time.

**Pure Resistance:** This class offers exercises to increase muscle definition and strength utilizing a variety of traditional function & strength training tools. Lite offers lighter and less intense versions of this format to accommodate a variety of fitness levels.

**Quickfit:** QuickFit consists of alternating cardiovascular and strength training exercises designed to gain stamina, build lean muscles mass, while increasing balance and flexibility. **QF 101 (B;1)** offers a lighter version of this format to accommodate a variety of fitness levels.

**Strength Train Together** is a high rep weight training workout using an adjustable barbell, weight plates and body weight, alongside with functional integrated exercises. Dynamic music and a motivating group atmosphere will push you to your personal best!

**Ultimate Conditioning:** This class combines skills and drills alternating cardio segments with strength training. May also include polymeric drills, sprints and calisthenics. Base fitness level required. This class can be held indoor or outdoor.

**ZUMBA®:** Zumba® is danced based cardio that fuses Latin rhythm and easy-to-follow moves. Zumba combines high energy and motivation with unique moves and combinations.

Are you ready for Pilates Reformer??

We offer small group classes as well as Pilates Reformer personal training!

Have you registered for your Reformer 101 session?

Group Reformer

Classes are the newest thing around to slim the waistline, strengthen the core and increase flexibility. Plus they are FUN!

Don't miss out!

If you prefer to work one-on-one with a Pilates Reformer trainer instead we offer that as well!

Email

sarastrain-  
ing@ymcacharlotte.org  
for more information!

**TRX Performance:** (Re)define your workouts with this unique mix of rotational movement, core stabilization, power, strength, mobility and metabolic conditioning challenges!

**TRX Basic Training** is required for participation. TRX is a paid program. Registration Required.

## Intensity Level:

1 = Low

2 = Moderate

3 = Hard

## Skill/Choreography Level:

B = Beginner

I = Intermediate

A = Advanced

Senior and novice participants are encouraged to attend classes that marked B:1

All members are required to wear appropriate clothing and footwear during classes.

# STRETCH YOUR LIMITS



## NOVEMBER 2017 | GROUP EXERCISE SCHEDULE | MIND & BODY STUDIO

SARA'S YMCA

|          | MON  | TUE  | WED  | THUR   | FRI   | SAT  | SUN   |
|----------|--|--|--|--|---|--|---|
| 5:00 AM  | 5:45-6:45<br>HOT Yoga<br>w/ QiQi Z<br>A;2-3        | 5:45-6:40 AM<br>Classical Pilates<br>w/ Laure S<br>I;2 | 5:45-6:45<br>HOT Yoga<br>w/ Kate L<br>A;2-3            |  |   |  |   |
| 6:00 AM  |  |  |  | 6:00-6:45<br>Sunrise Stretch<br>w/ Mary A<br>B;1         |   |  |   |
| 7:00 AM  |  |  |  |  |   |  |   |
| 8:00 AM  | 8:15-9:15<br>Hatha Yoga<br>w/ Michelle C<br>B;1,2  | 8:15-9:15<br>Vinyasa Yoga<br>w/ Marcia B<br>I;2        | 8:00-9:15<br>Power Yoga<br>w/ Katie S<br>A;3           | 8:15-9:15<br>Bliss Yoga<br>w/ Marcia B<br>I;2            | 8:00-9:00 AM<br>HOT Yoga<br>w/ Beth C<br>A;2,3        | 8:45-9:45<br>HOT Yoga<br>w/ Rotation<br>A;2,3    |   |
| 9:00 AM  | 9:30-10:25<br>Pilates<br>w/ Jill V<br>I;2          | 9:30-10:30<br>Yin Yoga<br>w/ Karen H<br>B;2            | 9:30-10:25<br>Pilates<br>w/ Donna C<br>I;2             | 9:30-10:30<br>HOT YOGA<br>w/ Hope L<br>A;2,3             | 9:30-10:30<br>Restorative Yoga<br>w/ Michele S<br>B;1 |  |   |
| 10:00 AM | 10:45-11:45<br>HOT Yoga<br>w/ Diane C<br>A;2,3     | 10:45-11:40<br>Barre<br>w/ Janay W<br>B;1              | 10:35-11:35<br>Restorative Yoga<br>w/ Michele S<br>B;1 |  | 10:45-11:45<br>Beginner Yoga<br>w/ Mur D<br>B;1       | 10:15 -11:10<br>Pilates<br>w/ Rotation<br>I;2    |   |
| 11:00 AM |  |  | 11:35-11:50<br>Yoga Nidra<br>w/ Michele S B;1          | 11:00-11:50 AM<br>Advanced Pilates<br>w/ Robin W<br>I; 3 |   | 11:30-12:30 PM<br>Yin Yoga<br>w/ Rotation<br>B;1 |   |
| 12:00 PM | 12:00-1:00<br>Vinyasa Yoga<br>w/ Monika S<br>I;1,2 | 12:00-1:00<br>HOT Yoga<br>w/ Melissa M<br>A;2,3        | 12:00-12:55<br>Barre<br>w/ Gina V<br>B;1               | 12:00-1:00<br>Hatha Yoga<br>w/ Michelle C<br>B;1         | 12:00-12:55 PM<br>Pilates<br>w/ Alex W<br>I, 2        |  |   |
| 1:00 PM  |  |  | 1:30-2:30 PM<br>HOT Yoga<br>w/ Hope L<br>A;2-3         |  |   |  | 1:00-2:00 PM<br>HOT Yoga<br>w/ Rotation<br>A, 2,3 |
| 2:00 PM  |  |  |  |  |   |  | 2:30-3:30<br>Yin Yoga<br>w/ Rotation B;2          |
| 3:00 PM  |  |  |  |  |   |  |   |
| 4:00 PM  |  |  |  |  |   |  |   |
| 5:00 PM  | 5:45-6:45<br>HOT Yoga<br>w/ Melissa M<br>A;2,3     | 5:45-6:40<br>Barre<br>w/ Elise M<br>B;1-2              | 5:45-6:45<br>Slow Flow Yoga<br>w/ QiQi Z<br>B; 1,2     | 5:45-6:40<br>Pilates<br>w/ Alex W<br>I;2                 | 5:45-6:45 PM<br>HOT Yoga<br>w/<br>Rotation<br>A;2,3   |  |   |
| 6:00 PM  |  |  |  |  |   |  |   |
| 7:00 PM  | 7:00-8:00<br>Yin Yoga<br>w/ Diana B<br>B; 2        | 7:00-8:00 PM<br>Power Yoga<br>Kelsey C<br>I;2,3        | 7:00-8:00<br>HOT Yoga<br>w/ Suzanne D<br>A;2,3         | 7:00-8:00<br>HOT Yoga<br>w/ Melissa M<br>A; 2,3          |   |  |   |

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## CLASS DESCRIPTIONS

**BARRE:** A workout that fuses fitness techniques from Ballet, Pilates, and Yoga that will tone, define and chisel the whole body. You don't need any experience for this perfect combination of strength, flexibility, and fun!

**Beginner YOGA:** Designed for those with no prior or minimal experience to Yoga. A series of slow moving movements that will help you stretch your entire body by introducing Yoga postures to help balance the body, increase the circulation & renew energy.

**Bliss YOGA:** This class combines a slow flow, to build heat & warm the muscles, with deep stretches & twists, to release connective tissue in the belly of the muscle. Postures held for longer periods, allowing for increased flexibility.

**Classical PILATES:** Adheres to the original 23 poses developed in the early 20th century by Joseph Pilates.

**Hatha YOGA:** Hatha focuses on proper alignment and positioning of the body in the postures (Asanas). This class builds a strong foundation and mindfulness of yoga at its roots.

**Hot YOGA:** Studio heated to a temperature of 85-90° (body heat >90°) to promote profuse sweating making you more flexible. This class is for experienced Yoga participants only (highly discouraged for pregnant woman or members with medical conditions). 1; 2-3

**PILATES:** 70-year-old discipline that strengthens and stretches the abdomen and torso with focus on the breath. Exercises that focuses on core strength, flexibility, balance, using precise form and controlled movements working all the major muscles in the body.

**Power YOGA:** A more intense version of Vinyasa Yoga. Vinyasa means "flow" or linking one posture to the next. This powerful and vigorous class will connect one movement to the next through breath, balance, strength, focus and flexibility. Previous yoga experience is recommended.

**Restorative YOGA** This mind-body healing practice will relax the central nervous system, through breathing exercises, postures, meditation, and relaxation. Poses are designed to use many props to support a gentle opening of the body. Restorative yoga is recommended for people who want to become more flexible, lower their pain response, calm their restless minds, reduce stress and anxiety.

**Slow Flow YOGA:** This practice moves slowly and mindfully move through a series. The pace is slower, allowing for greater opportunity for mindful movement with more precision in form and technique synchronized with breath. Perfect for the beginner or advanced participant.

**Sunrise Stretch** A perfect way to start your day with gentle yoga practice that helps to awaken the body. Held outdoors on our terrace as weather permits.

**Universal YOGA:** A powerful and dynamic practice integrating asanas (postures), vinyasas (postures linked with breath), and turns on the mat. This class carefully uses a variety of postures, and is therefore open to any level of practitioner.

**Vinyasa YOGA:** Vinyasa means "flow" or linking one posture to the next. This powerful and vigorous class will connect one movement to the next through breath, balance, strength, focus and flexibility.

**Yin YOGA:** Yin Yoga is a balanced Yoga practice that has many benefits. Yin Yoga focuses on stretching targeted areas each class by holding poses longer, you will find more openness and release.

**YOGA Nidra:** Often referred to as "yogic sleep". It is a guided practice, which brings you the deepest stages of relaxation, while still maintaining full consciousness. This practice may help reduce stress, anxiety, depression, insomnia, chronic pain, and PTSD.

### MIND | BODY CLASS ETIQUETTE

- > Please arrive on time to class. If you must leave early, please do so quietly and discreetly.
- > Please do not enter group exercise studios until the previous class has had an opportunity to clean and put away equipment and exit.
- > Please do not reserve space/equipment for others.
- > Please set up equipment from the center of the room, working out toward the perimeter. Please be considerate of others' personal space.
- > For safety reasons, please do not block doors.
- > Please silence your cell phones and refrain from personal conversations during class. Questions directed to the instructor are always welcome.
- > Please refrain from wearing strong scents (perfume, lotion, cologne, aftershave etc) to class.
- > Personal mats and towels are recommended.
- > Participants in mind/body classes must remove shoes prior to entering.
- > Please practice appropriate modifications/advancements to the exercises shown to avoid confusion for others within the class.
- > Please wipe down equipment before and after class and return all equipment to the correct place.
- > For the safety of our members, all persons within the studio must be actively participating in the class.

### INTENSITY LEVELS

1 = Low

2 = Moderate

3 = Hard

3x = Very Hard

### SKILL/CHOREOGRAPHY LEVEL

B = Beginner

I = Intermediate

A = Advanced

Senior and novice participants are encouraged to attend classes that marked B:1

All members are required to wear appropriate clothing.