




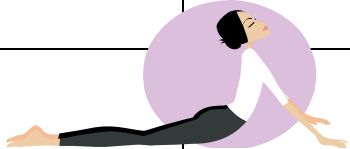




YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Malta Branch

Winter 2010

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	Cardio Sculpt 55 min Laurie II	Fitness Cycle 55 min Norm M ALL	Kickboxing 55 min Vicky I-II	Fitness Cycle 55 min Norm M ALL	Cardio Intervals 55 min Cathy II	
8:00 AM						Fitness Cycle 55 min Andrea II
8:15am	Cycle Training 55 min Norm ALL	Cycle Training 55 min Norm ALL	Cycle Training 55 min Norm ALL	Cycle Training 55 min Norm ALL	Cycle Training 55 min Norm ALL	
9:00 AM				NEW!		Cardio Sculpt 55 min Laurie II-III
9:30 AM	Circuit Training 75 min Amy W. II-III	Fitness Cycle 55 min Staci W. ALL	Fitness Cycle 55 min Amy W. II-III	NEW! Pilates Diane G. 55 min ALL	Circuit Training 55 min Amy W. II-III	
10:00 AM				NEW!		Pilates 55 min Aimee II
10:30 AM	10:45am Abs Only Amy W. ALL	Yoga 55 min Martina ALL	PowerPump 55 min Diane G. II	NEW! Dynamic Yoga Diane G. 30 min ALL	Abs Only 25 min Amy W. I-II	SUNDAY Endurance Ride Norm 9am-11am II Begins 1/3/10
11:00 AM	Yoga Stretch 25 min Amy W. ALL				Yoga Stretch 25 min Amy W. ALL	
4:30 PM	4:45pm YogaKids 45 min Stacey Ages 5-10	NEW! Fitness Cycle 45 min Amy W. I-II	NEW! Yoga 55 min Martina ALL	4:45pm Kids Fitness 45 min Staci W. Ages 5-10		
5:00 PM						
5:30 PM	NEW! Zumba 55 min Stacey ALL	NEW! Kickboxing 55 min Sue M. ALL	Step & Sculpt 55 min Julie F. II	Fitness Cycle 55 min Vicky II	NEW!	
6:00 PM						 YMCA We build strong kids, strong families, strong communities.
6:30 PM	Yoga 75 min Arthur ALL	PowerBall 45 min Aimee I-II	Circuit Training 55 min Laurie I-II	Yo-Lates 55 min Aimee G ALL		

*Revised 1/27/2010

Levels: I:Beginner II:Intermediate III:Advanced ALL:All Levels

*(Schedule is subject to change without notice. Please check regularly for updated schedule)

Malta's Class Descriptions

- Level I** This is suited for anyone who is new to the class, just getting back into exercising, or anyone looking for an effective workout at a moderate intensity level. Detailed instructions given.
- Level II** This is suited for anyone who exercises regularly, and who is ready for a challenging workout.
*Heart rate monitor preferred for cycling.
- Level III** This is not for the faint of heart! This advanced level is for anyone ready for an intense workout. This workout will challenge you in ways you have not been challenged before! Get ready to sweat!
*Heart rate monitor required for cycling.
- ALL** These classes are suitable to all levels. All exercises have modifications.
- Express** A Shorter version of your favorite classes. For those who love variety and/or are short on time.
You must warm up on your own before class.
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- 5K Training Group** Whether you are a seasoned runner or just beginning, this group run will get you outside, running, and feeling confident. We will run in the lobby and head to the roads around Malta. You will run with a coach that provides you with motivation, encouragement, and gear and safety tips. You will run intervals, hills, sprints, and at a steady pace to build endurance and speed effectively.
- Abs Only** This quick effective workout focuses on your core muscles with various methods and equipment.
- Cardio Intervals** Total body weight training with cardio bursts after each body part exercise to blast fat and burn more calories
- Circuit Training** This class is designed to tone and sculpt all major muscles while keeping your heart rate up and fat burning. You will use light weight resistance bands, and barbells to tone with bursts of cardio in between exercises to keep the sweat pouring! Bring your towel and your water bottle!
- Cycle Express** An intense half-hour cycling class.
- Cycle Training** An intermittent cycling class that is designed to get your heart rate into a target heart rate range depending upon your age and physical condition. We use music, spin bicycles, and positive coaching methods including visualization to help you achieve the maximum results from your workout. Remember to bring your towel and water bottle!
- Fitness Cycle** A great workout that is fun, effective and easy to learn. A customized stationary racing bike gives you a smooth workout for a beginner or an advanced. Learn how to incorporate the use of heart rate monitors to get a safe and effective cardio vascular workout. Don't forget your water bottle and towel- YOU WILL SWEAT!!
- Core & More** A low impact workout that focuses on your "powerhouse". You will work all aspects of the core muscles using different props and consistently challenging you to increase your fitness level.
- Cardio Kickbox** Punches and kicks sure to get the heart pumping and the fat burning. Easy to follow.
- Pilates** A series of exercises based on Pilates principles geared to strengthen and lengthen muscles as well as focusing on the core. **Pilates Props** utilizes weights, balls, and more to increase intensity of your Pilates routine.
- PowerBall** this unique workout involves the use of a stability ball continuously engaging your core while sculpting all the major muscle groups using light weights, barbells, and resistance bands while blasting fat.
- Power Pump** Shaping and sculpting your body through light weight training
- Sculpt** Full body toning class designed to get your body stronger and sculpted.
- Step** A fun, high energy, choreographed cardio class using the step bench. Customize the intensity with the addition of risers.
- Yoga** Come join us as for meditation, breath work/pranayama, postures (asanas), and relaxation! We practice balance, strength, and flexibility. **Yoga Stretch** focuses on increasing flexibility. **Dynamic Yoga** moves at a faster pace with all the benefits of yoga for more calorie burn.
- Yo-lates Fusion** This toning class combines traditional Pilates strengthening exercises with Yoga stretches & relaxation. All exercises have modifications to suit any level!
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- Zumba** A fusion of Latin rhythms and international music with easy-to-follow moves to create a dynamic, fun, and effective cardio workout. The class features an interval training format incorporating fast and slow rhythms and resistance training to tone and sculpt your body while burning fat. You will have a GREAT time and sweat!