



West Roxbury • Roslindale • Dedham

15 Bellevue Street, West Roxbury, MA. 02132
617-323-3200 • www.ymcaboston.org



ADULT FITNESS : STUDIO CLASSES

UPDATED 1/29/08

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	SPIN 6:05-7:00 DULCE	TOTAL BODY WORKOUT 6:05-7:00 DULCE	SPIN 6:05-7:00 DULCE	SUNRISE YOGA 6:30-7:15 ERIN	SPIN 6:05-7:00 CINDY	
BOOTCAMP 8:05-9:00 DULCE	MUSCLE / YOGA COMBO 8:15-9:00 MARCIA	A Gift of YOGA 8:05-9:00 Cathy	Will, Strength, & Grace 8:15-9:00 Marcia	STRAIGHT UP STRENGTH 8:15-9:00 JANICE	CUTZ 8:00-8:45 LIZ	BOOTCAMP 8:10-9:00 WENDY
SPIN 9:15-10:15 MEGHAN	SPIN 9:05-10:00 KRISTINE	20/20/20 9:05-10:00 PAT	ZUMBA 9:05-10:00 PAT	SPIN 9:05-10:00 JAN	SPIN/ABS 9:05-10:00 HILDI	STEP 9:05-10:00 CAROLE
	PILATES REFORMER* 10:05-11:00 JANICE	SENIOR-CISE 10:05-11:00 JANICE	BOSU PILATES* 10:05-11:00 JANICE / DROP -IN	REFORMER* 10:05-11:00 JANICE	MAT PILATES* 10:05-11:00 JANICE	PUMP IT UP 10:05-11:00 CAROLE
	SENIOR-CISE 11:15-12:15 MICHELE	PILATES REFORMER* 11:05-12:00 JANICE	SENIOR-CISE 11:15-12:15 ALLAYNE	GENTLE YOGA 11:05-12:00 SANDY	SENIOR-CISE 11:15-12:15	Spin Class: Call 30 minutes prior to class to reserve a space. Participants are required to bring a towel to class. *These classes require registration and/or drop-in fee.
	SPIN 5:40-6:30 NORA	MAT PILATES* 6:05-7:00 JANICE	TURBOKICK 6:05-7:00 KRISTINE	SPIN 6:05-7:00 NORA	BELLYDANCING* 6:30-7:30 MARIA	
	BOSUBOOTCAMP 6:40-7:30 WENDY	STEP 7:05-8:00 CAROLE	PILATES REFORMER* 7:05-8:00 JANICE	PILATES REFORMER* 7:05-8:00 JANICE		
	PILATES REFORMER* 7:35-8:30 JANICE	YOGA* 8:05-9:20 INEZ		BODY SCULPTING 8:05-8:55 CAROLE		
DEEP WATER AEROBICS	6:30-7:15 PM Priscilla		6:30-7:15 PM Bernadette			
SHALLOW WATER AEROBICS	7:15-8:00 PM Priscilla		7:15-8:00 PM Bernadette			

Babysitting Hours: Monday-Friday 8am-1:30pm, Monday & Wednesday: 5:30pm-8:00pm, Saturday 8:00am-12:00pm



WEST ROXBURY. ROSLINDALE. DEDHAM YMCA GROUP EXERCISE

20/20/20	This is a varied class with 20 minutes traditional aerobics, 20 minutes of step & 20 minutes of strength.
CUTZ	25 minutes of cardio and upper body exercises followed by lower body and abdominal strengthening
BOOT CAMP	A fun, intense interval based class. Jump rope, lift weights, perform push-ups & jumping jacks. Go for it!
BOSU	A fun versatile class that incorporates static & dynamic balance training on the Bosu ball-half ball. The class includes cardiovascular, muscular strength & endurance, core & flexibility training.
Bosu Pilates* Drop in fee	Take your Pilates practice to a new level. The Bosu adds wonderful support to Pilates stretches & adds balance & strength to traditional Pilates exercises. This class is ABSolutely intense! \$5.00 member / \$10.00 nonmember.
BELLY DANCE	Maria is back on Friday nights with her fun and energetic Greek Belly Dance class. Snake arms, figure eights, hip rolls and shimmies are all part of the repertoire of a Belly Dance class. All levels are incorporated and welcome. This class requires registration*
KICKBOX	An intense 55-minute class that combines elements of shadow boxing, tae kwon doe & aerobics. Tone abs, glutes & upper body while burning some serious calories!
MAT PILATES	This is a mat workout based on the method of Joseph Pilates. Improves posture, increases flexibility, balance, core strength & stability. The mind/body connection reduces stress. . Some classes require registration.
BODY SCULPTING	Body building and toning using dumbbells and body bars.
REFORMER PILATES	Use the machines to lengthen your spine & strengthen your body. Incorporating the spring tension of the reformer will add resistance & variety to the Pilates repertoire. Class runs in sessions. Contact Janice O'Connor at (617) 323-3200 X 404. Requires registration.
SENIORCISE	This class is geared toward the mature audience. Please refer to the AOA schedule for specific details.
SPIN	Group stationary cycling class that will greatly increase your cardiovascular endurance while toning your lower body. Great music! Please bring a towel. Call ahead to book your spot.
WILL,STRENGTH AND GRACE	Improve your cardiovascular stamina and develop strength and flexibility in this eclectic class. High/low impact intervals flow into a series of strength moves ending in a yoga pose to both increase your flexibility and improve muscle strength. This class will leave you feeling invigorated and refreshed to take on the day!
STEP	Tone your glutes & legs while increasing your cardiovascular endurance on the Reebok Step.
STRAIGHT UP STRENGTH	Just like it sounds! Squats, lunges, dead lifts, presses, curls....work the major muscle groups using dumbbells and body bars. Your muscles will love this workout.....definition and strength combined in this 45 minute workout.
STRIVE	Get pumped up in this challenging and fun strength class utilizing Strive's Smart Strength Circuit! Takes the "boring" out of training. Do more work in less time with better results. Rapid results in 20-30 minutes, 2-3 days a week.
TOTAL CONTROL	For women, this class will educate you and get you fit from the inside out- sleep better, stand taller, have less back pain- designed by a physical therapist. Requires registration.
TOTAL BODY	A Bootcamp style class with an emphasis on entire body shaping and toning. Start your day off right with this energetic class.
TURBO KICK	Combines the cardio intensity of kick boxing, aerobic dance moves, and a bit of yoga and tai chi. One great workout!
WATER AEROBICS	Great fun way to exercise while in the water. Designed to increase flexibility and is great for rehabbing an injury. Choose from either shallow or deep end classes. Drop in class.
YOGA/ GENTLE YOGA	Learn the correct execution, transitions & modifications while improving your flexibility, muscle tone & total body strength. Class ends with a wonderful meditation that promotes inner peace leaving you feeling relaxed & centered. Some classes require registration.
ZUMBA	A fusion of Latin and international music/dance creating a dynamic, exciting and effective fitness workout. ZUMBA is fun and the dance steps are easy to follow. Its a party!!!!