

GROUP EXERCISE

Summer: June 28 - September 3, 2010

The Olean Family YMCA

For more information regarding Group Exercise Programs at the Olean Family YMCA, contact (716) 373-2400 or e-mail fitness@oleanymca.org.



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TIME		
5:15 AM		Cardio Cycling 5:15 am		Cardio Cycling 5:15 am			5:15 AM		
6:00 AM								6:00 AM	
8:15 AM				Cardio 8:15 am					8:15 AM
8:30 AM		Cardio 8:30 am					Cardio Cycling 8:15 am		Cardio Cycling 8:15 am
8:45 AM	Abs/Core 9:00 am	Strength 8:45 am		Strength 8:45 am			8:45 AM		
9:00 AM						Saturday Fitness <i>Formats rotate</i> 9:00 am	9:00 AM		
9:15 AM	AOA Summer Time 9:15 am	Mission:70X Workouts 9:30 am <i>*see description</i>	AOA Summer Time 9:15 am	Mission:70X Workouts 9:30 am <i>*see description</i>	AOA Strength and Stretch 9:15 am			9:15 AM	
10:00 AM							10:00 AM		
10:15 AM							10:15 AM		
10:30 AM	SilverSneakers® Muscular Strength and ROM 10:30 am	Cardio Kickboxing 10:15 am	SilverSneakers® Muscular Strength and ROM 10:30 am	Cardio Kickboxing 10:15 am				10:30 AM	
11:15 AM		SilverSneakers® Cardio Circuit 11:15 am		SilverSneakers® Cardio Circuit 11:15 am				11:15 AM	
12:00 PM								12:00 PM	
4:30 PM	Y-Zumba 4:30 pm	Cardio Step 4:30 pm	Y-Zumba 4:30 pm	Cardio Step 4:30 pm				4:30 PM	
5:30 PM		Abs/Core 5:30 pm		Abs/Core 5:30 pm				5:30 PM	
5:45PM	Cardio Kickboxing 5:30 pm		Cardio Kickboxing 5:30 pm					5:45PM	
6:00 PM		Total Training 5:45 pm		Total Training 5:45 pm				6:00 PM	
6:30 PM	Pilates 6:30 pm		Pilates 6:30 pm					6:30 PM	

Key - Red: Strength, Yellow: Cardio, Blue: Combination Class, Green: Spirit-Mind-Body

Olean Family YMCA 1101 Wayne Street Olean, NY 14760

Olean Family YMCA Group Exercise Class Types & Descriptions

Red: Strengthening Classes

These classes will strengthen and condition muscles. Most classes incorporate equipment such as dumbbells, body bars, bands, etc.

Benefits of taking YMCA Strength Classes:

- Feeling better, looking better and meeting friends
- Increased Metabolic Rate – burn more calories
- Increasing and restoring bone density
- Increase lean muscle, strength, power and endurance
- Injury prevention
- Improved balance, flexibility, mobility & stability
- Enhanced performance in sports or exercise

Abs/Core: This 15-minute class focuses on the abdominal/low back muscles and other core stabilizing muscles. Good core strength helps reduce back pain and improves over all fitness and stability.

Strength: A conditioning class to firm and strengthen muscles of the entire body. This class uses resistance exercises to develop muscle strength and endurance.

Yellow: Cardio Classes

These classes will increase heart rate and help improve your overall cardiovascular & cardio respiratory fitness. These classes are upbeat and fun to participate in. Some classes incorporate steps, dance, punching bags and bikes.

Benefits of taking YMCA Cardio Classes:

- Feeling better, looking better and meeting friends
- Healthier & stronger heart
- Reduce the risk of heart disease
- Reduce or prevent high cholesterol levels
- Increase & restore bone density
- Increased Metabolic Rate – burn more calories
- Enhanced performance in sports or exercise

Cardio: This cardiovascular workout will improve the efficiency of your heart, lungs and circulatory system through continuous efforts that will not only elevate your heart rate, but also burn calories and increase your endurance.

Cardio Cycling: This class is performed on a stationary bike. Instructors will guide you through an all-terrain ride while focusing on proper body alignment, heart rate and proper cycling techniques.

Cardio Step: This class uses an elevated platform (step). Moves are performed on, over and around the step. The instructor demonstrates basic through advanced moves.

Cardio Kickboxing: Sport specific techniques of boxing and martial arts are incorporated in this interval based workout. Punching, kicking, footwork, punch mitts and heavy bags may be utilized.

Blue: Combination Classes

Our Combination Classes combine together both the cardio and strength element of exercise into one class. Busy schedules and obligations often force us to limit the time we spend exercising. These classes use techniques that are both efficient and effective in burning calories, increasing muscular strength and endurance and giving you the variety you need to stay motivated.

Benefits of taking YMCA Combination Classes:

- Feeling better, looking better & meeting friends
- Saves time
- Efficient and effective
- Healthier & stronger heart
- Increased Metabolic Rate – burn more calories
- Increase lean muscle
- Enhanced performance in sports or exercise

Cardio & Strength: These classes generally follow a circuit or interval training format, alternating cardio and strength training exercises.

Cardio & Core: These classes start with cardiovascular workout and ends with core exercises.

Motion Plus: These classes offer a combination of low-impact aerobic exercise and strength training exercises.

Green: Spirit-Mind-Body Classes

These classes not only help improve your physical fitness, but allow quiet time for reflection and stress reduction. These classes generally focus on breathing control, flexibility, balance and mental focus.

Benefits of taking YMCA Strength Classes:

- Feeling better, looking better and meeting friends
- Union of spirit, mind and body
- Increased muscular flexibility
- Increased core strength
- Reduced stress levels
- Improved overall well-being

Fitness Yoga: Yoga is a class that creates a balance in the body through developing both strength and flexibility. It is designed to relieve stress and bring peace of mind, body and spirit to you by focusing on breathing techniques, stretching, toning and relaxation.

Pilates: A form of exercise which emphasizes the balanced development of the body through core strength, flexibility and awareness in order to support efficient, easy movement. Breathing control and flexibility exercises are incorporated to improve posture and alignment. Some classes may incorporate equipment such as rings, balls and weights.

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