

**MAPLETON
CENTER**

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

**SUMMER
UPDATED
5/1/08**

MON	TUE	WED	THU	FRI	SAT	SUN
		ALL ABOUT LEGS 6:15am-7:30am Shelley <small>CYCLING/GRP EX. STUDIO</small>		UPPER HALF 6:15am-7:30am Shelley <small>CYCLING/GRP EX. STUDIO</small>		
Cardio Sculpt 8:00-9:00am Patty	★TOTAL STRENGTH AND CONDITIONING 7:30am-8:30am Richard	Step and Sculpt 8:00-9:00am Patty	★YOGALATES 7:30am-8:30am Shane		CORE STRENGTH 9:05am-9:20am Tricia	
SILVERSNEAKERS® II ★CARDIO CIRCUIT 9:15am-10:00am Karen	★CAROL'S KIDS STRETCH & STRENGTH 9:00am-10:00am Carol G.	SILVERSNEAKERS® I ★STRENGTH 9:15am-10:00am Karen	★CAROL'S KIDS STRETCH & STRENGTH 9:00am-10:00am Carol G.	SILVERSNEAKERS® II ★CARDIO CIRCUIT 9:15am-10:00am Bonnie	★STEP & SCULPT 9:30am-10:30am Sally	★STEP & SCULPT 9:30am-10:30am Linda
★LAUGHTER YOGA 10:05-10:35am Ellen	CARDIOKICK 10:00-11:00am Heather <small>SMB Room</small>	★GENTLE SEATED YOGA 10:05am-10:35am Shelley/Karen		★GENTLE SEATED YOGA 10:05am-10:35am Bonnie	YPUMP 10:45am-11:45am Instructor Rotation	
SILVERSNEAKERS® I ★STRENGTH 10:40am-11:25am Bonnie	SENIOR FITNESS 10:15am-11:15am Richard	SILVERSNEAKERS® II ★CARDIO CIRCUIT 10:40am-11:25am Heather	SENIOR FITNESS 10:15am-11:15am Richard	SILVERSNEAKERS® I ★STRENGTH 10:40am-11:25am Richard		
★STEP & SCULPT 11:30am-12:25pm Linda	YPUMP 11:30am-12:25pm Sally	★STEP & SCULPT 11:30am-12:25pm Linda	YPUMP 11:30am-12:25pm Sally	★Step and Sculpt 11:30-12:25pm Sally	★ NIA 12:00pm-1:00pm Su Ping	
STABILITY BALL 12:30-1:15pm Lisa B.	BOSU® 12:30pm-1:30pm Kitty	PILATES BALL 12:30-1:30pm Lisa B.		YPUMP 12:30am-1:25pm Courtney	NIA WORKSHOP \$ 1:30pm-3:30pm Jackie	
YPUMP 1:30pm-2:30pm Sally						
★ NIA 3:45-4:45 Jackie (starting May 12)						
BODY SCULPT 5:30pm-6:15pm Paige	★STEP & SCULPT 5:00pm-5:55pm Linda	BODY SCULPT 5:30pm-6:15pm Paige	★STEP & SCULPT 5:00pm-5:55pm Linda			
KIDS KARATE \$ 6:20pm-7:05pm CJ (Starting May 12)	YPUMP 6:00pm-6:55pm Lisa K.	KIDS KARATE \$ 6:20pm-7:05pm CJ (Starting May 14)	YPUMP 6:00pm-6:55pm Kenda / Heather	BALLROOM DANCE \$ (WALTZ, TANGO, FOXTROT) 5:45-6:45pm Keath		
	CORE STRENGTH 7:00pm-7:20pm Lisa K.		CORE STRENGTH 7:00pm-7:20pm Kenda / Heather			
PICKUP VOLLEYBALL Coed/Non-competitive 7:00pm-10:00pm EAST GYMNASIUM		PICKUP VOLLEYBALL Coed/Non-competitive 7:00pm-10:00pm WEST GYMNASIUM	LATIN DANCE \$ (SALSA, CHA CHA, MERINGUE) 7:30pm-8:30pm Keath			
KARATE \$ 7:15pm-8:30p Bruce		KARATE \$ 7:15pm-8:30pm Bruce		KARATE \$ 7:00pm-8:15pm Bruce		

NEED MORE?
If you are looking for more personalized or advanced instruction, please inquire in the wellness office for information on one-on-one sessions of Dance, Yoga, Pilates, Tai Chi, or Personal Training.

PLEASE NOTE
Joining class more than 10 minutes after it has started may be unsafe and put you at risk of injury.

★ Denotes fee & registration required prior to attending. See the Y Program Guide for descriptions & dates.
New to exercise or just starting back up? Look for this symbol for a class to get you started.
Schedule subject to change at any time. www.ymcabv.org/schedules.html

YMCA of Boulder Valley – Mapleton Center
2850 Mapleton Avenue (28th & Mapleton) – 303-442-2778
Child Watch hours: M-TH 8:00am-7:30pm, Fri. 8:00am-1:30pm, Sat. 8:00am-1:30pm, Sun. closed

CLASS	LEVEL	DESCRIPTION
ALL ABOUT LEGS & THE UPPER HALF	Int.-Adv	Please see the cycling schedule for a description of these classes.
BODY SCULPT	All	Muscle toning and strengthening using lunges, squats, crunches, balls, resistance tubes, dumbbells and more are used in this muscle strengthening workout.
BOSU®	All	A completely unique and multidimensional training device that integrates: Core Training, Functional Sports Training, Balance Training. Training with the BOSU® Balance Trainer creates a movement continuum from easy to incredibly challenging, from static to dynamic and from subtle balance adjustments to dramatic and highly reactive responses. Class may include cardio/aerobic, strength, and balance work.
CARDIO SCULPT	All	Anything goes in this class. You will use a variety of different props (balls, bands, BOSU, DBs) to do intervals of cardio, to keep your heart rate up, and strength, to challenge every muscle group.
CORE STRENGTH	Int.-Adv	Core Strength targets abdominals & low back in this core muscle training class. The goal is development of the body's core--rock hard abs and a strong, supportive back.
GENTLE SEATED YOGA	Beg.	A gentle introduction to yoga basics from a seated position to gradually introduce body awareness, breath control and flexibility.
LAUGHTER YOGA	All	Bring your lungs and experience the powerful benefits of laughter! Physically-oriented technique blends playful, empowering and otherwise "tension-releasing" laughter and breathing exercises.
PILATES BALL	All	Learn Pilates basics for strengthening your core (abdominal and low back) muscles and improve balance with the stability ball.
POOL FITNESS	All	Combines cardiovascular training with strength and flexibility training all done in the pool. Ability to swim not necessary.
NIA	All	NIA (Neuromuscular Integrative Action) low-impact aerobic movements using dance, tai chi, martial arts, and self-expression. If you still haven't tried it, now is the time. Fun for everybody!
SENIOR FITNESS	Int.-Adv.	Senior Fitness is for SilverSneakers® and Fit After 50 participants who are ready for a more challenging strength training experience. Expect hand and bar weight exercises as well as floor/mat & body weight exercises. Come learn, grow strong, and have fun in a supportive environment.
SILVERSNEAKERS® I STRENGTH	Senior (Beg.)	Have fun & move to the music through a variety of exercises designed to increase muscular strength, range of movement, & activity for daily living skills. Hand-held weights, elastic tubing with handles, & a ball are offered for resistance, a chair is used for seated and/or standing support.
SILVERSNEAKERS® II CARDIO CIRCUIT	Senior (Fit)	Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, & a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.
STABILITY BALL	All	Get fit with the stability ball. Some weights & Pilate's ball. A full body balance and conditioning class in 45 minutes.
STEP & SCULPT	All	A fun-filled cardio and strength workout using steps, weights, lunges, squats, and abdominal and flexibility conditioning. Leave this class feeling great for the rest of the day!
CAROL'S KIDS STRETCH & STRENGTH	All	Offers older adults a fun, friendly workout, adaptable to any ability level. Flexibility, incorporating gentle yoga, is the main focus, with emphasis also on strength & balance. Strength training equipment includes free weights and resistance balls. A lively, supportive group shares enthusiasm for fitness in a non-competitive atmosphere.
YOGALATES	All	Combines the best of both Yoga and Pilates into one terrific workout.
TOTAL STRENGTH AND CONDITIONING	All	A variety of exercises combining strength training, balance, and flexibility for total body conditioning.
YPUMP	All	Come try a muscle strength & endurance workout like you've never felt before! Uses a 3 pound barbell that you can add weight to for an intense full body workout.
BELLY DANCING\$ CHINESE DANCES\$ CREATIVE MOVEMENT \$ HIP HOP DANCE \$ JAZZ/TAP/BALLET \$ KARATE \$ NIA WORKSHOP\$	Ages 18+ Ages 5-10 Ages 3-4 Ages 12+ Ages 5-8 All All	See the Y Program Guide for information and pre-register at the member services desk.