

Cambridge YMCA Fitness Class Schedule (Beginning 1/21/19)

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Monday Run Day* 6:00 - 6:45am		Spinning* 6:00-7:00am		Sprint 45 6:00-6:45am		Spinning* 6:00-7:00am		Breakfast of Champions 6:00-6:45am					
Spinning* 6:30-7:30am		Tabata Tuesday 6:30-7:30am		Spinning* 6:30-7:15am		*TRX® Cross Training 6:30-7:30am							
				Iyengar Yoga 6:30-7:45am		Yin Yoga 6:45-8:00am							
				LZB: Extreme Cardio 7:00-8:00 AM				LZB: Extreme Cardio 7:00-8:00 AM					
								Gentle Yoga 9:00-10:15am		Vinyasa Flow 8:00-9:15am		HIIT Spinning* 8:15-8:45am	
Aqua Aerobics 9:00-10:00am				Aqua Aerobics 9:00-10:00am				Aqua Aerobics 9:00-10:00am		Beginner Boot Camp 8:45 - 9:45am			
		Gentle Sculpt 10:00-11:00am				Gentle Sculpt 10:00-11:00am				Zumba® 10:00-11:00am		Power Yoga 10:00 - 11:00am	
Zumba Gold® 10:15-11:15am				Function Junction 10:15-11:15am				LaBlast® 10:15 - 11:15am		Beginning Yoga 10:00-11:15am			
Restorative Yoga 10-11:15am		Gentle Yoga 10:00-11:15am		Restorative Yoga 10-11:15am		Slow Flow 10:00-11:15am				Boxing Conditioning 10:30-11:30AM			
Power Lunch 12:00-12:30pm		Vinyasa Flow 12:00-1:00pm		Power Lunch 12:00-12:30pm		Desk Dweller Yoga 12:00-1:00pm		Power Lunch 12:00-12:30pm					
												Yin Yoga 11:15 - 12:15pm	
Iyengar Yoga 6:00-7:15pm		Form & Flow 6:00-7:15pm		Ashtanga Flow 6:00-7:15pm		Vinyasa Flow 6:00-7:15pm		Runner/Cyclist Yoga 6:00-7:15pm		Spinning* 4:00-5:00pm		Spinning* 4:00-5:00pm	
										• Full access to all the classes costs Cambridge YMCA members just \$5 a month			
Carved from Stone 6:00-7:00pm		Boot Camp 6:00-7:00pm		Carved from Stone 6:00-7:00pm		Jump Rope 360 6:00-7:00pm				• For Non members classes are \$15 each or \$99 for a 10 Class pass			
Bolly X® 6:00 - 7:00pm		Hip Hop Fusion 6:00-7:00pm		Zumba® 6:00-7:00pm		Bolly X® 6:00 - 7:00pm		Zumba® 5:30-6:30pm		• All classes require a pass from the Front Desk			
		Ab-Dominator 7:00-7:30pm				Push Pull Strength 7:00-7:30pm				• Passes will not be available until half hour before the scheduled class with the exception of back-to-back classes			
LZB: Extreme Cardio 6:30-7:30pm		Boxing Conditioning 6:00PM-7:00PM		LZB: Extreme Cardio 6:30-7:30pm		LZB: Extreme Cardio 6:30-7:30pm				• No admittance beyond 10 minutes beyond class start time, except for Treadmill and Spinning classes which is 5 minutes			
								Spinning* 6:45-7:30pm		• It is recommended you bring water to class			
Spinning* 7:15 - 8:15pm		Spinning* 7:15 - 8:00pm								• Class passes should be given directly to the Instructor			
LZB: Boxing Technique 7:30-8:30pm						LZB: Boxing Technique 7:30-8:30pm				• Class schedule is subject to change			
Class Location Key:													
Pool	Aerobic	Yoga	Boxing	Basketball	Dance	Cycling	Free Weight	Track	Cardio				

B r e a t h	Aqua Aerobics	Michelle	M, W, F	Designed to get you off the couch and into the pool, this class aims to increase aerobic fitness, muscular strength, & endurance.
	Carved from Stone	Scout, Max	M, W	60 minutes of chiseling, full-body resistance training to help challenge and define your muscles. Includes core work.
	Power Lunch	Tiara	M, W, F	A 30-min. interval workout using large muscle groups & total body exercises to burn calories w/moderate to high intensity work.
	Tabata Tuesday	Tiara	T	20 Seconds of work separated by 10 seconds of rest performed 8 times is all that separates you from achieving your fitness goals
	Gentle Sculpt	Michelle	T / Th	Ideal for seniors or beginners that features mild to moderate cardiovascular & muscular training in a comfortable and open environment.
	Boot Camp	Max	T	A high-intensity class designed to not only burn calories but to burn your arms, thighs, butt, & abs down to a stronger, more toned physique.
	Function Junction	Michelle	W	You don't stop working when you leave the gym and neither does your body. Learn how activities of daily life can be utilized to keep you fit and healthy.
	Ab-Dominator	Max	T	30-minutes to show your core who's boss.
	TRX ® Cross Training	Ryan	Th	TRX Cross training uses the TRX suspension trainer in a circuit style interval class that will get your heart pumping and core toned!
	Push Pull Strength	Bean	Th	Put the weights down and pick yourself up in this bodyweight based strength training class.
	JUMP ROPE 360®	Bean	Th	A high-energy fitness class that combines rope jumping with a wide variety of conditioning drills. No previous experience or equipment necessary.
	Breakfast of Champions	Tiara	F	A 45-minute mix of cardio & strength conditioning, adaptable to all fitness levels. Eat a sensible breakfast before class so you can work out like a champ.
	Beginner Boot Camp	Max	Sat	A slightly less intense but still challenging workout to tone & strengthen your heart & muscles.
Lion Zone Boxing	SPRINT 45	Tiara	W	Train like a sprinter in the 45-Minute interval-based running class. Sprint intervals, tempo runs, and fartleks help gain control, speed, and endurance.
	Boxing Conditioning	Tracy	T, Sat	This class combines calisthenics with boxing drills for a heart and heavy bag pounding boxing workout. No sparing drills, no boxing experience necessary.
	Extreme Cardio	Wahset	M,W(am),W,Th,F(am)	Train like a fighter without contact. This is a fast-paced boxing workout suitable for beginners and experienced boxers, alike.
	Boxing Technique	Wahset	M, W, Th	Building up the skills of the Lion Zone Team Boxers through Pad work & Full Contact Sparring
Run	Monday Run Day*	Tiara	M	A 45 minute, hybrid class incorporating body-weight circuits with cardio intervals using the treadmill. This is an all-level class for both beginner and advanced runners.
C y c l e	Indoor Cycling*	Ava	M,T,Th(AM)	Indoor Cycling: Increase your cardio and muscular endurance with this challenging and motivating workout based on the stationary bike. All levels welcome. Please come 5 minutes before the start of class to get properly setup on the bike. Bring a water bottle. **No longer need to register online. Grab a pass, and come to class**
		Jeanette	W(AM). S	
		Jenny, Janella	M (PM), Sun	
	Indoor Cycling Express*	Leah, Ava	T & F (PM)	HIIT Cycle: This 30 minute High Intensity Interval Training Class will sufficiently kick your butt in a timely manner. Please come 5 minutes before the start of class to get properly setup on the bike. Bring a water bottle.
HIIT Cycle*	Caroline	Sun (AM)		
D a n c e	Zumba Gold ®	Michelle	M	For older active adults or Zumba ® newbies, this class focuses on movement, balance, stability, & working the hips & shoulders to relieve arthritic pain.
	BollyX ®	Ellie, Sindhura	M / Th	BollyX ® is a Bollywood-inspired dance-fitness program that combines dynamic choreography and intensive workouts with upbeat music from around the world.
	Hip Hop Fusion	Chad	T	All-levels class fusing new and classic hip hop music/moves to get your body moving, enhancing muscle control/staying on beat and simply being the life of the party!
	LaBlast ®	Michelle	F	LaBlast ® is a dance fitness program that inspires the mind and transforms the body while teaching the true skill of dance.
	Zumba ®	Michelle, Nanci Tracy	W / F Sat	Zumba ® uses Latin and international rhythms & easy-to-follow moves to create a unique fitness program that will make you sweat.
S t r e t c h	Power Yoga	Paige	Su	Start your day right with a class that emphasizes moving with strength and grace from pose to pose while maintaining a strong, even breath.
	Beginning Yoga	Nike	Sat	New to Yoga? Interested in trying a class? Come try our beginner yoga class and introduce yourself to a new style of exercise. All levels welcome.
	Yin Yoga	Sandra, Paige	Th / Sun	Target the body's dense connective tissues through long-held, meditative floor poses (1-5 min). Complements busy lifestyles & active yoga practices.
	Iyengar Yoga	Vered	M / W	Iyengar Yoga is precise, safe, & beneficial for all ages & conditions of student. It emphasizes correct alignment, breath, & therapeutics.
	Gentle Yoga	Debbera	T / F	For those over the age of 50 or beginners, this class features gentle poses that help you reduce your stress & achieve a state of relaxation.
	Vinyasa Flow	Nike, Sandra	T,Th,Sat	A challenging all-levels class that links breath with movement to warm the body & relax the mind. Improve strength & flexibility while relieving stress.
	Form & Flow	Esteban	T	Form and Flow focuses on integrating breath into vinyasa flow with balance.
	Restorative Yoga	Debbera	M / W	Use breathing techniques with active and passive stretches to explore the mind/body practice that is yoga. This approach is gentler than active or hot forms.
	Ashtanga Flow	Sandra	W	An energetic class that generates body heat and induces sweat to help students achieve strength and balance. Prior yoga experience is highly recommended.
	Desk Dweller Yoga	Rui	Th	Specifically designed to help you avoid (or recover from) computer posture where the head juts forward, shoulders hunch, & hips stiffen.
	Yoga for Runners / Cyclists	Devon	F	This class is for athletes who run, bike &/or have tight hips or hamstrings. Fans of yoga who just appreciate an IT band stretch are also welcomed.
Slow Flow	Nike	Th / Sat	A mindfully paced class focused on alignment as well as breath work and dynamic asanas with the objective to develop introversion and explore range of motion.	