









# YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

## Malta Branch

## Summer 2010

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	Cardio Sculpt 55 min Laurie II	Fitness Cycle 55 min Norm M ALL	PowerPump 55 min NEW! Vicky I-II	Fitness Cycle 55 min Norm M ALL	Tabata 55 min Cathy II	
8:00 AM						NEW! Zumba 55 min Stacey ALL
8:15am		Cycle Training 55 min Norm ALL		Cycle Training 55 min Norm ALL		
9:00 AM				NEW! 9:15am PowerPump 55 min Diane G. ALL		Cardio Sculpt 55 min Laurie II-III
9:30 AM	10:00am Circuit Training 55 min Diane G II-III	9:30am Running Group Peter ALL	NEW! ZUMBA 55 min Stacey ALL	NEW! 9:30am Running Group Peter ALL	Circuit Training 55 min Cathy/Laurie II-III	
9:45 AM		9:30 Core & More 55 min Diane G. ALL				
10:30 AM	NEW! 10:30am Silver Sneakers 45 Min Yonka I	Yoga 55 min Martina ALL	10:30am Silver Sneakers 45 Min Yonka I	NEW! 10:15 AM Pilates 55 min Diane G. ALL	NEW! BLT Buns, Legs, 25 min Cathy/Laurie ALL	
11:00 AM	11:00am Abs Only Diane G ALL				Yoga Stretch 25 min Cathy/Laurie ALL	
4:30 PM		Fitness Cycle 55 min Chris K. I-II	Yoga 55 min Martina ALL			
5:00 PM						
5:30 PM	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		
6:00 PM					 <b>YMCA</b> We build strong kids, strong families, strong communities.	
6:30 PM	Yoga 55 min Martina/Carrie ALL	Pilates 50 min Sue M. I-II	NEW!	Power Pump Vicky 55min I-II		

\*Revised 8/20/2010

**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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<b>Abs Only</b>	This quick effective workout focuses on your core muscles with various methods and equipment.
<b>BLT</b> <i>Buns, Legs &amp; Thighs</i>	This is low impact, done completely on the floor, and targets your glutes, hamstrings, and inner/outer thighs. The focus is controlled movements ensuring core stability with high repetitions of exercises to make sure you feel the "burn" right where you
<b>Circuit Training</b>	This class is designed to tone and sculpt all major muscles while keeping your heart rate up and fat burning. You will use light weights, 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!
<b>Cycle &amp; Circuit</b>	This high energy class combines the calorie blasting cardio of cycling with circuit training for toning and strengthening. The class total is split into two groups. One group performs drills on the bike while the other group moves from station to station performing full body, moderate to advanced, strength training exercises. This class is fun, challenging, and will definitely change up your workout routine! Be prepared to blast fat and sculpt lean, strong muscles.
<b>Cycle Training</b>	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!
<b>Fitness Cycle</b>	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!!
<b>Cardio Kickbox</b>	Punches and kicks sure to get the heart pumping and the fat burning. Easy to follow.
<b>Pilates</b>	A series of exercises based on Pilates principles geared to strengthen and lengthen muscles as well as focusing on the core.
<b>Power Pump</b>	Shaping and sculpting your body through light weight training
<b>Running Group</b>	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. Class duration depends on the length of the run: 30-60 min.
<b>Step</b>	A fun, high energy, choreographed cardio class using the step bench. Customize the intensity with the addition of risers.
<b>Tabata</b>	This is hot, new, intense workout!! The hour consists of alternating cardio and strength training drills; first 20 seconds of intense work followed by 10 seconds of lower intensity work repeated 8 times in a row per circuit. You will sweat, burn major calories, and the time will fly by.
<b>Yoga</b>	Come join us as for meditation, breath work/pranayama, postures (asanas), and relaxation! We practice balance, strength, and flexibility. <b>Yoga Stretch</b> focuses on increasing flexibility.
<b>Zumba</b>	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!