


# HEALTHY LIVING

## Malden YMCA Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15-10:15am <b>Pilates</b> Helena/Room 21	9:15-10:15am <b>ZUMBA</b> Lisa/Room 17	9-10am <b>Yoga Flow</b> Terri/Room 17	9-10am <b>Zumba</b> Helena/Room 17	9-10am <b>Cycle &amp; Weights*</b> Helena/Room 21	8-9am <b>Power Yoga</b> Sarah/Room 21 8-9am <b>Strength Train Together*</b> Room 17	9-10am <b>Cardio Muscle</b> Kristina/Room 17
10:15-11am <b>Body &amp; Core Sculpting (Seniors)</b> Bobbi/Room 17	9:15-10:15am <b>Cycle/Weights/Abs</b> Colleen/Room 21	10:15-11am <b>Body &amp; Core Sculpting (Seniors)</b> Bobbi/Room 17	9:15-10:15am <b>Cycle/Weights/Abs</b> Colleen/Room 21	9:15-10:15am <b>ZUMBA</b> Emily/Room 17 10:30-11:15am <b>Low Impact Fitness</b> Emily/Room 17	9:15-10:15am <b>Cycle*</b> Edith/Room 21 10:30-11:15am <b>Zumba Toning*</b> Betty/Room 21	10:15-11:15am <b>Yoga 101</b> Diane/Room 17
10:30-11:30am <b>Enhance Fitness</b> Room 21	11:15-12pm <b>Moving for Better Balance</b> Diego/Room 21	10:30-11:30am <b>Enhance Fitness</b> Room 21	11:15-12pm <b>Moving for Better Balance</b> Diego/Room 21	10:30-11:30am <b>Enhance Fitness</b> Room 21	<div style="background-color: #800000; color: white; padding: 10px; border-radius: 15px;"> <p><b>Begins July 22<sup>nd</sup>, 2019</b></p> <p><i>* Sign-up at Welcome Center prior to attending class Schedule subject to change</i></p> <div style="text-align: center; margin: 10px 0;"> <p><b>Class description on the other side</b></p>  </div> <p><b>QUESTIONS?</b> Contact Diego Nascimento at 781.855.4441 or dnascimento@ymcamalden.org</p> <p><b>Malden YMCA</b> 99 Dartmouth Street, Malden, MA 02148 P 781 324-7680 F 781 324-7856 <a href="http://www.ymcamalden.org">www.ymcamalden.org</a> Serving Everett, Malden and Medford</p> </div>	
12:15-1pm <b>Octagon Class</b> Fitness Center	12:15-1pm <b>HIIT Class</b> Helena/Room 21	12:15-1pm <b>Cycle/Core*</b> Melanie/Room 21	12:15-1pm <b>Octagon Class</b> Fitness Center	11:40-12:10pm <b>Balance Class</b> Diego/Room 21		
6-7pm Studio <b>Cycle*</b> Helena/Room 21	5:30-6:30pm <b>Cycle with Weights*</b> Melanie/Room 21	4-4:45pm <b>Strength Train for Teens</b> Fitness Center	5:15-6:15pm <b>Yoga</b> Lisa/Room 17	4-4:45pm <b>Strength Train for Teens</b> Fitness Center		
7:15-8:15pm <b>Yoga Flow</b> Terri/Room 21	6:15-7:15pm <b>ZUMBA</b> Joy/Gymnasium	<b>NEW TIME</b> 6-7pm <b>Zumba Kids (Family)</b> Betty/Handball (3 <sup>rd</sup> Floor) 6-7pm <b>Cycle &amp; Abs*</b> Helena/Room 21	6:15-7:15pm <b>ZUMBA</b> Cheryl/Gymnasium	6:30-7:30pm <b>ZUMBA</b> Lisa/Room 17		
7:30-8:30pm <b>ZUMBA</b> Allyson/Room 17	6:30-7:30pm <b>Body Sculpting</b> Bobbi/Room 17 7:15-8:15pm <b>Power Yoga</b> Kate-Marie/Room 21	6-7pm <b>Octagon Class</b> Fitness Center <b>NEW</b> 7-8pm <b>Strength Train Together</b> Augie/Room 17 7:15-8:15pm <b>Yoga Flow</b> Terri/Room 21	6:30-7:30pm <b>Body Sculpting</b> Janelle/Room 17 7:15-8:15pm <b>Pilates</b> Helena/Room 21	7:00-7:45pm <b>HIIT</b> Helena/Room 21		

# MORE THAN EXERCISE, COMMUNITY

## Malden YMCA Group Exercise Schedule

**Body & Core Sculpting (level 1-3)**– This class is all about strengthening all muscle groups by using a variety of exercise through body weight and free weight movements.

**Cardio Muscle (level 2-3)**– Combines heart pumping cardio with weight training for an intense total body workout.

**Cycle (level 1-3)**– Get on the bike and ride – instructor will lead you through a motivating ride with sprints and climbs to provide a well-rounded ride. Some classes incorporate exercises with weights and abdominal exercises off the bike.

**Enhance@ Fitness (level 1)**– An evidence based program geared toward older adults, and those with a chronic condition. Chairs can be used and soft, adjustable wrist and ankle weights allows participants to perform at a level that is appropriate for them. Class combines strength, flexibility and cardiovascular conditioning.

**Healthy Weight Loss\*\*** – The Y’s weight loss approach is smart, effective and sustainable. There are no gimmicks, restrictive approaches or instant cures – just expert guidance and the tools you need to eat healthier, move more and lose weight. Contact Janice for more information – [jnaimy@ymcamalden.org](mailto:jnaimy@ymcamalden.org).

**HIIT** – A training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time.

**Low Impact (level 1-3)**– Designed to work the heart and major muscle groups using a combination of strength training with and without hand weights. With good music and easy to follow, this is a fun cardio class for all levels.

**Moving for Better Balance (level 1)**– This evidence-based class is designed to help improve strength, balance, flexibility and mobility through slow, therapeutic movements based on Tai Chi.

**Octagon Class (level 1-3)**– Speed, agility, flexibility or cardio – whatever your needs, this total body class will deliver. The Octagon Class will keep you engaged and leave you invigorated, feeling great and wanting more.

**Power Yoga (level 2-3)**– Intense Vinyasa Flow will get you sweating and your heart pumping—builds strength, flexibility and endurance.

**Strength Train Together (level 1-3)**– Be ready to blast all your muscles with a high-rep weight training workout. Using adjustable barbells and weights with functional exercises you will heart rate up as you reach new goals.

**Strength Train for Teens** – This drop-in class teaches participants how to properly perform a variety of exercise that includes free weights, cable machines and other functional exercises, with special attention to technique and safety.

**Yoga 101 (level 1-3)**– Keep the mind and body healthy. A series of static poses to build strength, stamina and flexibility with a mix of meditation and kindness for balance and well-being. All levels welcomed.

**Yoga Flow (level 1-3)**– Integrating flexibility and strength with meditation for the ultimate experience in stress reduction. This class is for all levels.

**ZUMBA (level 1-3)**– Latin infused fitness with dances such as the Rumba, Merengue, Salsa and Hip-Hop. Join the Party!

**ZUMBA Gold (level 1-2)**– With its foundation in ZUMBA, this class is modified with moves and pacing that is geared to the needs of the Active Older Adult. All the fun of ZUMBA!

**ZUMBA Toning (level 1-3)**– For those who want to party, but put extra emphasis on toning and sculpting to define those muscles. **Level 1** – Low Intensity or beginners

**Level 2**– Moderate Intensity

**Level 3**– High Intensity or advanced

**\*\*Sign-up Required**

Our success depends on your success. Set up your member orientation today! Appointments can be made at the Welcome Center.