



Parkville Family Center Y

Spring I: 2/27/12 – 4/22/12

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45 – 6:30am Body Sculpt (01) A		5:45 – 6:45am Yoga (02) B		5:45 – 6:30am Cycle (07) C	
		9:00 – 9:45am Cardio Dance (01) B		9:00 – 9:45am Core Hoop (01) B		8:00 – 8:45am Cycle (09) C
9:15 – 10:00am Step & Strong (01) A	9:15 – 10:00am Cardio Kickboxing (01) A		9:15 – 10:00 am Step & Strong (02) A	9:15 – 10:00am Cycle (05) C	9:15 – 10:00am Cycle (08) C	9:00 – 10:00am Body Pump (06) A
		9:45 – 10:45am Body Pump (02) A				9:15 – 10:15am Yogalates (02) B
10:15 – 11:00am Body Sculpt (01) A	10:15 – 11:00am Body Sculpt (02) A	10:45 – 11:15am CX WorX (01) A	10:15 – 11:00am Body Sculpt (03) A	10:15 – 10:45am CX WorX (02) A	10:15 – 11:15am Body Pump (05) A	10:15 – 10:45am CX WorX (04) A
		11:15am – 12:00pm Flexibility (01) A	11:15am – 12:00pm Everfit (01) A			11:00 – 11:45am Zumba* (02) A
						Stay & Play: Mon – Sat 9:00am - 1:00pm Mon – Fri 5:00pm - 8:00pm <i>*Classes are fee based. See member/open rates.</i>
	5:15 – 6:00pm Zumba* (01) A	5:15 – 6:00pm Cardio Blast (02) A	5:15 – 6:00 pm Body Sculpt (04) A	5:15 – 6:00pm Cardio Dance (02) A		
		5:30 – 6:30 pm Yoga (04) A				
	6:15 – 7:00pm Cycle (01) C	6:00 – 6:45pm Cycle (02) C	6:00 – 6:45pm Cycle (04) C	6:15 – 7:15pm Body Pump (04) A		
 Introducing the new Les Mills exercise class, CXWorX!	6:15 – 7:00pm Cardio Blast (01) A		6:00 – 6:45pm Zumba* (02) A	6:30 – 7:30pm Yoga (03) B		
	6:30 – 7:30pm Yoga (01) B	7:00 – 8:00pm Y Fitness Challenge* Activity Room	6:15 – 7:15pm Yogalates (01) B			
	7:15 – 8:00pm Core Conditioning (01) A	7:00 – 8:00pm Body Pump (03) A	7:00 – 7:45pm Step & Strong (02) A	7:15 – 7:45pm CX WorX (03) A		
	7:30 – 8:15pm Pilates (01) B			7:30 – 8:00pm Pilates (02) B		Location Key: Studio A – A Studio B – B Cycle Room – C Pool – P

Health & Well-being Program Fees

Members Only—Free Programs

Program Code	Class Name	Member Rate	Yth Member Rate
02178	Body Pump	FREE	FREE
02176	Body Sculpt	FREE	FREE
02151	Cardio Blast	FREE	FREE
02185	Cardio Dance	FREE	FREE
02166	Cardio Kickboxing	FREE	FREE
02155	Circuit Training	FREE	FREE
02182	Core Conditioning	FREE	FREE
02190	Core Hoop	FREE	FREE
02158	CXWorX	FREE	FREE
02167	Cycle/Hour Cycle	FREE	FREE
02372	Everfit	FREE	FREE
02245	Flexibility	FREE	FREE
02403	Pilates	1x/wk (45min)	FREE
02361	Step and Strong	FREE	FREE
02231	Yoga	1x/wk (60 min)	FREE
02229	Yogalates	1x/wk (60 min)	FREE

Free programs are reserved for members only. If you would like to participate in these programs, please inquire about our membership options.

Fee-Based Open Programs

Program Code	Class Name	Frequency	Member Rate	Yth Member Rate	*Open Rate
02192	Y Fitness Challenge	1x/wk	\$65	NA	\$130
02189	Zumba	1x/wk	\$30	\$45	\$65

Y-Fitness Challenge (02192)

This 10-week weight loss program is for participants that have at least 15lbs to lose and includes a weekly group class led by a personal trainer/group exercise instructor. Participants will be separated into teams, each having a team captain, and will receive a t-shirt to coordinate them with their team color. Earn points for your team and work together to lose weight! Prizes for top female, male, and team weight loss; and for the team with the most points earned. If you are looking for competition, support, accountability, and true motivation.. Join our next Y Fitness Challenge!

Orientation class starts on March 22, 2012.

Fee: Member \$65 Open Rate \$130

Personal Training

Personal Training is built around your schedule. Must purchase in packages.

Pkg	Member Rate	Open Rate:
1 Session	\$60	\$120
3 Sessions	\$174	\$348
6 Sessions	\$336	\$672
12 Sessions	\$654	\$1,308
18 Sessions	\$954	\$1,908
25 Sessions	\$1,300	\$2,600

Schedules subject to change without notice.

Online Registration Available • ymaryland.org



FitLinxx®

Our digital training partner that takes the “work” out of “working out”. FitLinxx® provides instant training feedback and recommended exercise programs. It also measures your fitness progress

Personal Training

Led by a certified Personal Fitness Trainer who will develop a fitness routine that is tailored to your specific needs, including cardio and strength machines, free weights, stretching, plyometrics, agility drills and sport-specific training.

Wellness Assessment

Our wellness assessment is a fitness evaluation that measures your cardiovascular endurance, body composition, strength and flexibility.

Health & Well-being Classes

Body Pump (02178)

BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – fast!

Body Sculpt (02176)

A conditioning class that sculpts your muscles and increases muscular strength and muscular endurance. Classes may use dumbbells, bands, body bars, stability balls, or other tools to sculpt your muscles.

Cardio Blast (02151)

A total body workout combining multiple strength and cardio workouts to build strength and burn calories. Classes may use steps, cycles, stability balls, and more to achieve a total body workout.

Cardio Dance (02185)

A choreographed dance class using low to high impact aerobic dance movements to burn calories.

Cardio Kickboxing (02166)

High intensity cardiovascular workout that combines martial arts, boxing, and aerobics.

Circuit Training (02155)

Circuit training is designed to boost metabolism and burn calories by alternating between quick intervals of cardio and strength exercises.

Core Conditioning (02182)

An abdominal workout using body weight, stability balls, bands or other tools to strengthen the abs, low back, and hip areas – your “core” muscles.

Core Hoop (02190)

A fun cardio dance that incorporates the use of weighted hoops while increasing enduring and strengthening your core. No experience needed, equipment included.

CXWorX (02158)

Looking for a short, sharp workout that’ll inspire you to the next level of fitness, while strengthening and toning your body? CXWORX™ is for you! CXWORX™ really hones in on the torso and sling muscles that connect your upper body to your lower body. It’s ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

Cycle (02167)

An instructor led indoor cycling class that includes various drills and cardio challenges for all participant levels.

Everfit (02372)

Suited for the active older adult; a low impact class with emphasis on stretching, strengthening, joint mobility, flexibility, and balance.

Flexibility (02245)

A 45 minute session including warm up and static flexing of major muscle groups designed to increase range of motion while releasing muscular stress.

Pilates (02403)

Activate deep muscles, tone, streamline and improve posture with Pilates. Class focuses on total body conditioning with an emphasis on core muscle training and flexibility.

Step and Strong (02361)

A cardio workout using traditional and innovative step choreography. Some classes may include multiple steps or a strength training component.

Y-Fitness Challenge (02192)

This 10-week weight loss program is for participants that have at least 15lbs to lose and includes a weekly group class led by personal trainer/group ex instructor. Participants will be separated into teams, each having a team captain, and will receive a t-shirt to coordinate them with their team color. Earn points for your team and work together to lose weight! Prizes for top female, male, and team weight loss; and for the team with the most points earned. Were you looking for competition, support, accountability, and true motivation.

Yoga (02231)

A relaxing but invigorating workout that burns calories, sculpts your body, increases flexibility and promotes a sense of inner calmness.

Zumba (02189)

A fusion of body sculpting movements with easy to follow dance steps to the tune of Latin and International music. Featuring aerobic/fitness interval training, instructed by a Zumba certified instructor.

Parkville Book Group

1st Tuesday of every month

Join fellow ADULT members for monthly book discussions facilitated by Y staff member, Leslie Dohler.

Fee: Members only, FREE

Spring I Meetings:

March 6, April 3, 11:00am.

Join us for Aqua Zumba (01420)

A pool-based fusion of body sculpting movements with easy to follow dance steps to the tune of R & B and international music. Featuring aqua aerobic/fitness interval training, instructed by a Zumba certified instructor. Class is Wednesday nights, 7:00pm to 7:45pm.