


# WINTER Health & Wellness Schedule

January 11 - March 6, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Energize Step-Diane M.</i> 6:00a.m.-7:00a.m.	<i>Powersculpt-Sifu Mike</i> 6:00a.m.-7:00a.m.	<i>Energize Step-Diane M.</i> 6:00a.m.-7:00a.m.	<b>Indoor Rowing Class</b> 5:30am - 7:00am		<b>Indoor Rowing Class</b> 7:00am - 8:30am
<i>Cardio Kung Fu - Sifu Mike</i> 7:00am-8:00am	<b>Indoor Rowing Class</b> 6:00am - 7:00am	<i>Cardio Kung Fu - Sifu Mike</i> 7:00am-8:00am	<i>Powersculpt-Sifu Mike</i> 6:00a.m.-7:00a.m.	<i>Low Impact Aerobics</i> 8:00a.m.-9:00a.m.	<i>Energize Step-Diane M.</i> 7:30a.m.-8:30a.m.
<i>Low Impact Aerobics-Colleen</i> 8:00a.m.-9:00a.m.	<i>Beginner Pilates - Michael G</i> 7:00am - 8:00am	<i>Low Impact Aerobics-Tammy S.</i> 8:00a.m-9:00a.m	<i>Beginner Pilates - Michael G</i> 7:00am - 8:00am	<b>Core Yoga - Sheri B.</b> 9:15-10:15	<i>Pilates - Nancy M.</i> 8:45a.m.-9:45a.m.
<i>Cardio Kickboxing-Sifu Mike</i> 9:30a.m.-10:30a.m.	<i>Pilates - Michael G.</i> 8:00a.m.-9:00a.m.		<i>Pilates - Michael G.</i> 8:00a.m.-9:00a.m.		<b>Pre-Ballet</b> 9:00am - 9:45am
<b>Children's Yoga</b> 10:30am-11:15am	<b>Live 4 Life Exercise- Denise</b> 8:00am - 9:00am		<b>Live 4 Life Exercise- Denise</b> 8:00am - 9:00am	<i>Cardio Kickboxing-Colleen</i> 9:30a.m.-10:30a.m.	<b>Youth Karate-Dan K.</b> 10:00a.m.-11:00a.m.
	<i>Powersculpt-Sifu Mike</i> 9:00am-10:00am	<i>Cardio Kickboxing-Sifu Mike</i> 9:30a.m.-10:30a.m.	<i>Powersculpt-Sifu Mike</i> 9:00am-10:00am	<b>Sports Mania</b> 10:30am - 11:15am	<b>Youth Xergames</b> 10:00am - 11:00am <b>Teen Xergames</b> 11:00am - 12:00pm
<i>Boot Camp - Colleen</i> 10:45am-11:45am	<b>Live for Life Yoga</b> 9:00am - 10:00am	<i>Boot Camp - Colleen</i> 10:45am-11:45am	<b>Live for Life Yoga</b> 9:00am - 10:00am		
<b>Preschool Tumbling</b> 1:30pm - 2:15pm	<i>Yoga Flow - Sheri B.</i> 10:15a.m.-11:30a.m.		<i>YOGA Conditioning - Stefanie</i> 10:15a.m.-11:30a.m.	<i>Morning Tai Chi - Joe</i> 10:45-11:45	
<b>Preschool Hip-Hop&amp;Jazz</b> 2:30pm - 3:15pm	<b>Preschool Xergames</b> 1:00pm - 1:45pm	<b>Youth Xergames</b> 4:00pm - 5:00pm	<b>Youth Indoor Rowing</b> 2:45pm-4:00pm		<b>Youth Karate-Dan K.</b> 11:00a.m.-12:00p.m.
<b>Youth Indoor Rowing</b> 2:45pm-4:00pm	<b>Youth Indoor Rowing</b> 3:45pm-5:00pm		<b>Teen Xergames</b> 5:00-6:00pm	<b>Indoor Youth Rowing</b> 3:45pm-5:00pm	<b>Adult Karate - Dan K.</b> 12:00p.m.-1:00p.m.
<b>Youth Xergames</b> 4:00pm - 5:00pm	<b>Teen Xergames</b> 5:00-6:00pm	<i>Boot Camp - Colleen</i> 4:00-5:00pm			
	<i>Cardio Kung Fu - Sifu Mike</i> 5:00 - 6:00p.m.	<i>Mix It Up- Lonni C.</i> 5:00pm -6:00pm	<i>Cardio Kung Fu - Sifu Mike</i> 5:00 - 6:00p.m.		
<i>Boot Camp-Colleen</i> 4:00-5:00pm	<b>Indoor Rowing Class</b> 6:30pm - 8:00pm	<i>Zumba - Laura S.</i> 6:15pm-7:15pm	<i>Zumba - Caryl S.</i> 6:15pm-7:15pm	<i>Mix It Up- Lonni C.</i> 6:30pm -7:30pm	
<i>Cardio Blast - Anne B.</i> 5:00pm - 6:00pm	<b>Hockey Conditioning</b> 6:30-7:30				Visit our website at <a href="http://www.ymcacapecod.org">www.ymcacapecod.org</a>
<i>Core Combo - Anne B.</i> 6:15 - 7:15	<b>Youth Karate-Dan K.</b> 6:15p.m-7:00p.m	<b>Indoor Rowing Class</b> 6:00pm - 7:30pm	<i>Aikido-Larry M.</i> 7:30p.m.-8:30p.m.		
<i>Zumba - Caryl S.</i> 6:15pm-7:15pm	<b>Youth Karate-Dan K.</b> 7:00p.m.-7:45p.m.	<b>Tai Chi</b> 7:30-8:30			
<b>Hatha Yoga - Paul H.</b> 7:30p.m. - 8:30p.m.	<b>Adult Karate-Dan K.</b> 7:45p.m.-8:45p.m.				

Class in the Xergame Room  
**Registration Fee Required**  
 Class in the After school Enrichment Center



**Class Suggestions?**  
**Time Requests?**  
 Please give us your input!

Last Updated 2/18/10 16:52

# CLASS DESCRIPTIONS

## ADULT CLASSES

### Aikido

A workout that increases strength and flexibility while helping increase confidence.

### Boot Camp for Beginners

Boot camp style strength & conditioning uses technology including gliding disks and flex bars.

### Cardio Blast

Mix of low impact aerobics and high energy step training for a great cardio workout.

### Core Combo

Unique combination of core strengthening and cardio training to chisel and challenge the body.

### Cardio Kung Fu - Sifu Mike of USA Kung Fu Academy

High energy, fun workout mixes basic Kung Fu movements with a cardio pace.

### Cardio Kickboxing

Cardio program that incorporates punches, jabs, and boxing techniques.

### Cardio Powersculpt

A combination of cardio, core and strength training workouts.

### Core Yoga

This yoga class will emphasize core and back strengthening through traditional yoga postures and breath work.

### Energize Step

Combination of low impact, high energy step routines designed for body sculpting and fat-burn.

### Forever Fit

A certified personal trainer will coach active older adults through a range of efficient workouts.

### Hatha Yoga

The gentle art of stretching and relaxation. Increase flexibility and improve muscle tone.

### Karate

Build strength, flexibility, confidence, and discipline through Tang Soo Do Karate.

### Live for Life: Exercise Program

A senior fitness class emphasizing balance/fall prevention, stretching and strengthening.

### Live for Life: Yoga

Designed to help with common ailments including: arthritis, back pain, headaches and sleep problems.

### Low Impact Aerobics

Great class for beginners and people who are looking to get back in shape.

### Mix It Up

A body toning class that gets your heart pumping, burns fat and builds lean muscle.

### Pilates, Traditional Pilates of Cape Cod

Traditional Pilates Mat Class, Presented by Traditional Pilates of Cape Cod.

### Powersculpt

Improve your overall strength and muscle tone while increasing your energy level.

### Tai Chi

Ancient martial art known for exercises that improve balance, flexibility, and coordination.

### Yoga Conditioning

Focus on strength, grace and flexibility through a variety of poses and relaxation techniques.

### Yoga Flow

Challenging style of yoga blends continuous movement with holding of traditional poses.

### Indoor Rowing Class

Low impact high calorie burning workout with Cape Cod Rowing instructor Alyse Demary.

## Youth Classes

### Youth Karate

Tang Soo Do helps build strength, flexibility confidence, discipline and control.

### Youth Xergames

Fun games improve cardiovascular fitness, core strength, agility, coordination, and reaction time.

## Preschool Classes

### Pre-Ballet

Basics of ballet and performance opportunities instructed by Atlantic Coast Dance Academy.

### Preschool Intro to Tumbling

Introduces the fundamentals of gymnastic tumbling, enhances balance and coordination.

### Preschool Intro to Hip Hop & Jazz

Basic dance moves for Hip Hop & Jazz. Kids develop confidence and balance.

### Preschool Xergames

Fun games improve cognitive development, coordination and social skills.

### Core Yoga

This yoga class will emphasize core and back strengthening through traditional yoga postures and breath work.