

Health-seekers

Activity Guide

MONDAY

Yoga 8:15 - 9:15 am
Core & More 9:30 - 10:15 am
Sculpt & Tone 9:45 - 10:45 am
Sculpt & Tone 6:00 - 7:00 pm
40 minutes Strength / 20 minutes Cardio

TUESDAY

Core & More 8:15 - 9:00 am
Zumba 8:45 - 9:45 am
Tai Chi 9:00 - 10:00 am
Water Fitness 10:00 - 10:45 am
40 minutes Strength / 20 minutes Cardio

WEDNESDAY

Yoga / Pilates 8:15 - 9:15 am
Yoga / Pilates 6:15 - 7:15 pm
40 minutes Strength / 20 minutes Cardio

THURSDAY

Yoga 8:15 - 9:15 am
Tai Chi 9:15 - 10:15 am
Sculpt & Tone 9:15 - 10:15 am
Poolates 10:00 - 10:45 am
Yoga 6:15 - 7:00 pm
40 minutes Strength / 20 minutes Cardio

FRIDAY

Yoga 8:15 - 9:15 am
Sculpt & Tone 8:30 - 9:30 am
Zumba 8:45 - 9:45 am
Discover Pilates 9:30 - 10:15 am
40 minutes Strength / 20 minutes Cardio

SATURDAY

On the Ball 8:30 - 9:30 am
Yoga 10:30 - 11:30 am
40 minutes Strength / 20 minutes Cardio

SUNDAY

Pilates/Meditation 10:30 - 11:30 am
40 minutes Strength / 20 minutes Cardio

Beginners start-up guide Weeks 1 - 12

*The YMCA is a place to BELONG and be healthy -
sprint, mind and body!*

**Start out slow. Doing something is
better than doing nothing.**

Schedule an orientation to fitness center. It's free and important!
Schedule NOW at the front desk and write your appointment here:

Date _____ Time _____

Goal Week 1-2: Select 2 activities to do each week One cardio and one strength

Goal Week 2-6 Select 3 activities to do each week. One cardio and two strength.

Goal Week 6-12: Select 3-5 activities to do each week. Divide between cardio and strength.

Goal Week 12+: See Fitness Director for more advanced routine. Keep up the good work! If you want to push yourself even more, try an intermediate class, increase your cardio time, or increase your weight during strength training.

Workout Tips:

- Dress comfortable—that is what is comfortable to YOU! Sweat pants, basic cotton shorts, dry fit materials, spandex—all our perfect...as long as you feel good in them.
- Bring a small towel for when you work up a sweat (yes, that's the point!)
- If unsure about something, ask a YMCA staff person for help. That's what we're here for—YOU!
- If you plan on using a locker in the locker room, bring a lock with you. (Don't leave valuables in your car or in an unlocked locker)
- Showers are available. Bring a towel, shampoo / conditioner, etc. Soap and hair dryers are available in the locker room.

**The Fitness Director is available by calling 286-4444 ext. 244 or
email at crenner@ymcatreasurecoast.org**



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Mission Statement:

To put Christian principles into practice that build healthy spirit, mind and body for all.

Financial Assistance Policy:

Financial assistance for YMCA membership and programs is made possible through the generous donors to our YMCA Annual Strong Families Campaign and funding from Children Services Council and the United Way.

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Class Descriptions

Core and More: A challenging class that incorporates pilates exercises, weight training, resistance bands, stability balls, and body weight with a focus on your core muscles. *Strength Training.*

On The Ball Plus More: A combination class that works with stability balls, medicine balls, resistance bands and weights. Every class is a little different. *Strength Training.*

Pilates: A traditional approach to Pilates in which the exercises performed follow the Pilates method which focuses on “The Powerhouse” musculature which consists of the abdominal, back and hip muscles. *Strength Training.*

Poolates: All the results of traditional Pilates with the benefits of water for less stress on joints and bones. *Cardio.*

Sculpt & Tone: A non-impact workout designed to strengthen and sculpt muscles using weights, tubes and body resistance. This is a great class for all ability levels. *Strength Training.*

Tai Chi: Is an ancient form of martial arts that improves flexibility, balance, coordination and concentration. Helps build Muscular strength without straining your joints. *Strength Training.*

Water Fitness: A fun workout enhancing flexibility and strength, using all major muscles groups. *Cardio*

Yoga: Traditional postures that increase flexibility and strength, promoting a strong mind, body and spirit. All levels of fitness are welcome. *Strength Training.*

Yoga/Pilates: This class combines Yoga and Pilates into one for a great core workout that also emphasizes flexibility. Great for participants of all fitness levels. *Strength Training.*

Zumba: This class is a mixture of cardio and total body toning with easy to follow dance steps and sculpting movements to Latin and International music. For all fitness levels. *Cardio*

Strength Training vs. Cardio

Cardio: Examples walking, jogging, stair climber, elliptical, rowing machine, stationary bike, aerobic class

Strength Training: Select equipment in the fitness center which focus on building muscle strength by doing a set number or reps at a certain weight. You will receive a personal strength training routine during your fitness orientation.

Basic Stretches

Hold all stretches for at least 30- 60 seconds.

Hamstrings: Lie on back. Left leg straight on ground, raise right leg up and grab behind knee. Rotate ankle. Point and flex toe. Take a deep breath and pull right leg closer to body. Repeat with other leg.

Lower Back: Lie on back. Bend both knees and pull to chest. Roll shoulders upward.

Quadriceps: Lie on stomach. Left leg straight on ground. Bend right knee and grab right ankle with left hand. Note: Grabbing w/ same hand causes unnatural arch in spine> Best to use opposite hand to assist in extending the knee backwards. Take a deep breath and hold stretch. Repeat with other leg.

Abdominals: Lie on stomach. Legs straight out. Place forearms on floor w/ arms coming straight down from shoulders. Look up at ceiling. Take a deep breathe. Slowly straighten arms and walk them towards body. Keeping hip bones on floor.

Pectorals: Sit comfortably on floor. Pull both arms straight back clasping hands. Look up and take a deep breathe.

Upper back: Sitting comfortably on floor. Roll shoulders forward with arms stretching straight out. Hold stretch. Take a deep breath and pull stretch further.

Bicep and forearm: Hold right arm straight out, palm up, and bend fingers down, holding them with left hand. Repeat with opposite arm.

Tricep: Lift right arm straight up. Bend at elbow (so that hand is toward floor). Grab right elbow with left hand and pull behind head.