



# Y+STUDIO SCHEDULE

## Arthur Jordan YMCA –November

The YMCA's +Studio membership upgrade is for people who want an all-inclusive approach to their training. Small Group Training is led by Certified Trainers who serve as "coaches" to challenge small teams of 6-12 people to achieve a higher level of fitness through science-based, month-long, progressive training using circuit, interval and cardio equipment. The YMCA's Yoga programs are taught by highly qualified certified Yoga Instructors who can help clients work on flexibility, strength, mobility and making the mind body connection. Detailed descriptions of each class listed on other side.

MON	TUE	WED	THUR	FRI	SAT
PLAY & LEARN HRS: 8am-12pm, 4-8pm	PLAY & LEARN HRS: 8am-12pm, 4-8pm	PLAY & LEARN HRS: 8am-12pm, 4-8pm	PLAY & LEARN HRS: 8am-12pm, 4-8pm	PLAY & LEARN HRS: 8am-12pm, 4-8pm	PLAY & LEARN HRS: 8am-12pm
6:00 – 7:00 AM T.E.A.M. Level II	6:00 – 7:00 AM T.E.A.M. Level II	6:00 – 7:00 AM T.E.A.M. Level II	6:00 – 7:00 AM T.E.A.M. Level II		
	9:30-10:30 AM Power Yoga (+) MPR I – Denise/Dawn	8:15 – 9:15 AM Gentle Yoga (+) MPR I – Monica	9:30-10:30 AM Vinyasa Yoga (+) MPR I – Angie		
9:45 – 10:30 AM T.E.A.M. Level II	8:45 – 9:15 AM T.E.A.M. Level II	9:45 – 10:30 AM T.E.A.M. Level II		9:45 – 10:15 AM T.E.A.M. Level II	8:45 – 9:15 AM T.E.A.M. Level II
10:45-11:30 AM Pilates /Yoga(+) MPR I – Anne					11:15-12:00 PM Pilates (+) UP- Victoria
11:00 – 12:00 PM T.E.A.M. Active Living	11:00 – 12:00 PM T.E.A.M. Aqua	11:00 – 12:00 PM T.E.A.M. Active Living	11:00 – 12:00 PM T.E.A.M. Aqua	1:15 – 1:45 PM T.E.A.M. Level II	
	11:45 – 12:45 PM Tai Chi (+) MPR I – Mary Anna				
4:30 – 5:00 PM T.E.A.M. Level I		4:30 – 5:00 PM T.E.A.M. Level I			
6:45-7:45pm Pilates (+) MPR I – Victoria			5:45-6:45PM Pilates (+) MPR I-Victoria		
	7:00-8:00 PM Vinyasa Yoga (+) MPR I – Angie		7:00-8:00 PM Vinyasa Yoga (+) MPR I – Angie		

**CLASS COLOR CODE:**

MIND BODY	T.E.A.M.
ACTIVE LIVING	AQUA

**Y Members:** \$45/month

**Drop-in:** \$15/class

+STUDIO Memberships are for YMCA Members only

**MEMBERS TRYING A +STUDIO CLASS FOR THE FIRST TIME CAN ATTEND ONE FOR FREE!**

**Workouts are limited and are on a first come, first served basis.**

**For more information, please contact Anthony Ripley at: 317.610.3762 or [aripley@indymca.org](mailto:aripley@indymca.org).**



## +STUDIO CLASS DESCRIPTIONS

### ***SMALL GROUP TRAINING***

**T.E.A.M. Training Lvl I:** Moderate to High intensity workouts. (No jumping or floor work)

**T.E.A.M. Training Lvl II:** High intensity workouts encouraging participants to achieve target and maximum heart rates.

**T.E.A.M. Training Active Living:** Specifically created for older adults and health seekers working to move more while focusing on Strength, Balance, Bone Density, and Range of motion.

**T.E.A.M. Training Aqua:** Moderate to High intensity low impact workouts designed to use water as a resistance and force in the pool. Build core strength and stability.

### ***MIND BODY YOGA CLASSES***

**VINYASA YOGA:** A moderately paced class where students continue to build awareness, strength, skill, and focus. Vinyasa (also called Flow) classes maintain awareness and focus on the breath while moving through a series of postures.

**POWER YOGA:** For intermediate to advanced fitness levels. This class combines breathing techniques with balance and postural exercises in sequence for a more intense workout. A rigorous workout that develops strength, flexibility, and helps create a lean, total body while keeping students on the move.

**YIN YOGA:** is a slow style of yoga that targets the body's dense connective tissues through long-held, meditative floor poses. The postures are typically held between one and five minutes. This practice is particularly effective for people wanting to address chronic tightness in their hips and shoulders.

**GENTLE YOGA:** Appropriate for all levels, this class focuses on a slower flow and softer approach. Class will focus on supported and relaxing asanas to relieve stress and create a sense of calm.

### ***OTHER +PLUS STUDIO CLASSES:***

**PILATES:** a method of body conditioning designed to stretch and strengthen the body through a series of unique exercises. Pilates is designed to target the core but additional benefits include strengthening and toning the muscles while improving posture, flexibility and balance

**TAI CHI** is a noncompetitive, self-paced system of gentle physical exercise and stretching. To do Tai Chi, students perform a series of postures or movements in a slow, graceful manner. Each posture flows into the next without pausing. Anyone, regardless of age or physical ability, can practice Tai Chi

