



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

## BOWLING FAMILY YMCA

### Winter Schedule 2017

Schedule Begins:

**Monday December 11, 2017** and is subject to change.

Light shaded classes are held in the pool.

Classes may occur in the Group Ex Room, Gymnasium, or the Sun Room.

#### Class Descriptions:

The class descriptions may be found in the back of this sheet. Y-play is available during most of the classes- please see the Y-play hours for schedule.

#### Additional Programs

There are some other programs for exercise which have fees, such as H.I.I.T and the YMCA Diabetes Prevention Program. Please see the front desk for more information on other classes available.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			7:00-8:00 Zumba Toning (Edmundo)			
8:00-9:00 Zumba (Karen) Gym	8:00-9:00 Line Dancing Group Ex	8:00-9:00 Zumba (Karen) Gym	8:00-9:00 Line Dancing Group Ex	8:00-9:00 Zumba (Karen) Gym		
8:00-9:00 Cardio Kick (Kathy)	8:00-9:00 Splash&Build (Mona)	8:00-9:00 SilverSplash (Kathy)	8:00-9:00 Splash&Build (Mona)	8:00-9:00 Cardio Kick (Kathy)	9:00-10:00 Zumba (Oziris) Group Ex	
9:00-10:00 Turbo Kick (Jessica) Group Ex	9:00-10:00 Zumba (LaShaune) Gym	9:00-10:00 Turbo Kick (Jessica) Group Ex	9:00-10:00 Zumba (LaShaune) Gym	9:00-10:00 Silver & Fit (LaShaune) Group Ex		
9:00-10:00 Rapid Liquid Cardio (Edith)	9:00-10:00 Agua Caliente (Edith)	9:00-10:00 Rapid Liquid Cardio (Edith)	9:00-10:00 HIIT it Hard (Edith)	9:00-10:00 Aqua Dance (Edith)		
9:00-10:00 Spin (Monica) Sun Room	9:30-10:30 A.O.A. (Mary D) Group Ex	9:00-10:00 Spin (Monica) Sun Room	9:30-10:30 A.O.A. (Mary D) Group Ex	9:00-10:00 Spin (Monica) Sun Room		
10:00-11:00 SF/ Excel / SS/ Circuit (Kathy) Group Ex	11:00-12:00 SS Classic (Mary D) Group Ex	10:00-11:00 SS Yoga (Mary D) Group Ex	11:00-12:00 SS Classic (Mary D) Group Ex			
1:00-2:00 Twinges & Hinges (Mona)		1:00-2:00 Twinges & Hinges (Mona)		1:00-2:00 Twinges & Hinges (Mona)		
5:30-6:30 Turbo Kick (Jessica) Group Ex	5:30-6:30 Zumba (Oziris) Group Ex	5:30-6:30 Zumba (Lashaune) Group Ex	5:30-6:30 Zumba (Edmundo) Group Ex	5:00-6:00 Zumba (Karen) Group Ex		
6:00-7:00 Spin (Monica) Sun Room	5:30-6:30 Deep Water (Mary R) Group Ex	6:30-7:30 Turbo Kick (Jessica) Group Ex	5:30-6:30 Deep Water (Mary R) Group Ex			
6:30-7:30 Zumba (Lashaune) Group Ex	6:30-7:30 Ripped (Marisa) Group Ex	7:00-8:00 Yoga (Tamie) Sun Room	6:30-7:30 Ripped (Marisa) Group Ex			



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE DESCRIPTION

## BOWLING FAMILY YMCA

**Active Older Adults (AOA):** A workout designed to increase balance and stability using standing and seated exercises that incorporate various tools for resistance.

**Cardio Kick:** This class is full of constant active movement and you will get your hair wet.

**Deep Water Workout:** This class is taught in the deep end of the pool, it's an active workout, you don't need to know how to swim, water belts will be worn.

**HIIT it Hard:** This high, intensity, interval training class will push you to your limits.

**Kickboxing:** Get a knock out body using traditional martial arts moves mixed with high intensity athletic drills.

**Line Dancing:** Learn the latest line dancing routines as well as the classics while getting a great cardiovascular workout.

**Rapid Liquid Cardio:** Non-stop cardio challenges. This class is challenging and exciting-working in this liquid room will keep you inspired and wanting more!

**RIPPED®:** Is a total body workout that includes: Resistance, Intervals, Power, Plyometrics, Endurance and Diet

**SilverSneakers Classic® (SS Classic):** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities of daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

**SilverSneakers Yoga® (SS Yoga):** SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Silver & Fit Excel® (Circuit):** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout.

**Silver & Fit Excel® (Silver & Fit):** Silver & Fit Excel is for very active older adults who regularly exercise. The class is designed to increase the participant's flexibility, joint stability, dynamic balance, coordination, agility, reaction time, muscular strength, power and cardiovascular endurance.

**SilverSplash:** Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

**Spin:** A cycling workout designed to increase cardiovascular and muscular endurance as well as firm your butt and legs.

**Splash & Build:** This class will focus on strength and conditioning.

**Strong by Zumba:** Moving in sync with music makes you work harder. This class will push you past your plateaus to help you reach your fitness goals faster. Using your own body weight, you will gain muscular endurance, tone, and definition, and you will experience an increased after-burn.

**TurboKick®:** A combination of intense kickboxing paired with dance moves set to the latest music creating a calorie blasting workout.

**Twinges & Hinges:** The class will focus on low intensity and range of motion.

**Women on Weights (WOW):** Women's weight lifting class designed to empower women to lift weights and transform their bodies.

**Yoga:** Simple meditation and adoption of specific bodily postures with help in health and relaxation.

**Zumba®:** A high energy Latin based workout in a DANCE PARTY atmosphere. Burning calories has never been more fun.

**Zumba Toning:** with weights (dumbbells)