



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

BOWLING FAMILY YMCA

**Schedule
Fall 2018**

Schedule Begins
Monday, Oct. 10
and is subject to
change

Shaded classes are in
the pool

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

Class Descriptions

The class
descriptions may be
found on 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 has
fees, such as,
W.O.W. please see
the front desk for
more information on
other classes
available.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				7:00-8:00 Zumba Tone (Edmundo) Group Ex			
	8:00-9:00 Zumba Gold (Edmundo) Gym	8:00-9:00 Line Dancing Group Ex	8:00-9:00 Zumba (Edmundo) Gym	8:00-9:00 Line Dancing Group Ex	8:00-9:00 Zumba (Edmundo) 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 Turbo Kick (Lizeth) Group Ex	9:00-10:00 Zumba (Cynthya) Gym	9:00-10:00 Turbo Kick (Lizeth) Group Ex	9:00-10:00 Zumba (Cynthya) Gym	9:00-10:00 Silver Circuit (Maria/Yolette) Group Ex	9:00-10:00 Zumba (Oziris) Group Ex	
	9:00-10:00 Rapid Liquid (Maria)	9:00-10:00 HIIT it Hard (Juan)	9:00-10:00 Rapid Liquid (Maria)	9:00-10:00 HIIT it Hard (Juan)	9:00-10:00 Aqua Dance (Juan)		
		9:00-10:00 Spin (Monica) Sun Room	10:00-11:00 SS Yoga (Mary D) Group Ex	9:00-10:00 Spin (Monica) Sun Room	9:00-10:00 Spin (Monica) Sun Room		
	10:00-11:00 SF Exel/ SF Circuit (Kathy) Group Ex	9:30-10:30 A.O.A. (Mary D) Group Ex		9:30-10:30 A.O.A. (Mary D) Group Ex		10:00-11:00 Get to Step (Mary R) Group Ex	
		11:00-12:00 SS Classic (Mary D) Group Ex	11:00-12:00 Spin (Monica) Sun Room	11:00-12:00 SS Classic (Mary D) Group Ex			
	12:30-1:30 Twinges (Mona)		12:30-1:30 Twinges (Mona)		12:30-1:30 Twinges (Mona)		
	5:30-6:30 Turbo Kick (Melissa) Group Ex	5:30-6:30 Zumba (Oziris) Group Ex	5:30-6:30 Zumba (Cynthya) Group Ex	5:30-6:30 Zumba (Edmundo) Group Ex			
		5:30-6:30 Deep Water (Mary R)		5:30-6:30 Deep Water (Mary R)			
	6:00-7:00 Spin (Monica) Sun Room			6:00-7:00 Yoga (Kathy) Sun Room			
	6:30-7:30 Zumba (Cynthya) Group Ex	6:30-7:30 Ripped (Marisa) Group Ex	6:30-7:30 Turbo Kick (Melissa) Group Ex	6:30-7:30 Ripped (Marisa) Group Ex			



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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.

Get to Stepping: A great cardio workout for all fitness levels. Using an aerobic step with or without risers, class members step up and down to the music giving a complete upper and lower body.

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

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.

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)