



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Schedule

Loya Family YMCA

All classes are designed to be 50 minutes in length. The extra 10 minutes is for set up and exit.

MONDAY

6:00am	Spin	Brandon
8:30	Spinning	Belinda
8:30	Yoga	Laura
8:45	Step	Sandra
9:30	Zumba	Tammy
9:30	Spinning	Laura
10:30	Zumba Gold	Alma
11:30	SS Classic	Laurie
5:00	Zumba	Sandra
5:00	Spinning	Belinda
6:00	Spinning	Marcos
6:00	H.I.I.T.	Brian
7:00	Cardio Sculpt	Brian

WEDNESDAY

6:00	Spin	Brandon
8:30	Spin	Belinda
8:45	Step	Sandra
9:30	Zumba	Sandra
10:30	Zumba Gold	Alma
11:00	Strong by Zumba	Bronia
11:30	SS Classic	Michelle
5:00	Zumba	Sandra
5:00	Spin	Belinda
6:00	Spin	Marcos
6:00	H.I.I.T.	Brian
6:00	Zumba	Brandon

FRIDAY

6:00	Spin	Brandon
8:30	Low level Step	Belinda
8:30	Spinning	Laura
9:30	Yoga	Laura
9:30	Zumba	Sandra
10:30	Advanced Lir	Alma
11:30	SS Classic	Alma
5:00	Spinning	Marcos
5:30	Zumba	Cinthya

TUESDAY

6:00am	Strong by Zumba	Brandon
8:30	Power Pump	Belinda
9:00	Spin	Laura
9:30	Fitness	Bronia
9:30	Zumba	Alma
10:30	SS Clasic	Alma
10:30	SS Cardio	Michelle
11:30	SS Yoga	Michelle
11:30	Line Dance	Alma
5:00	Spin	Belinda
5:30	Zumba	Cinthya
6:00	Spinning	Marcos
6:00	Muscle Inc	Belinda
7:00	Cardio Sculpt	Brian
6:30	Bronia	Zumba

THURSDAY

6:00am	Strong by Zumba	Brandon
8:00	Kickboxing	Michelle
8:30	Turbo Kickbox	Belinda
9:00	Spinning	Laura
9:30	Zumba	Alma
9:30	Strong by Zumba	Bronia
10:30	SS Classic	Alma
10:30	SS Cardio	Michelle
11:30	SS Yoga	Alma
11:30	Zumba	Bronia
5:00	Spinning	Belinda
5:30	Zumba	Ruth
6:00	Muscle Inc.	Belinda
6:00	Spinning	Monica
7:00	Cardio Sculpt	Brian

SATURDAY

9:00	Spinning	Monica
10:00	Zumba	Ruth

SUNDAY

11:15	Spinning	Roberto
12:15	Zumba	Tammy

Class Descriptions
Loya Family Branch
2044 Trawood Dr; EL PASO, TX 79935
(915) 590-9622

- Basic Yoga** - Just getting started or wanting to go at a slower pace? This is the perfect class for you! Learn the proper technique of yoga while improving your flexibility, strength and balance.
- Beg-Int Yoga** - Combination of dynamic postures which help to develop balance, coordination, flexibility and strength. Add in some relaxation and come away feeling truly refreshed.
- Cardio Sculpt** - Weights interwoven with high intensity cardio for total body toning. Each participant can expect to be pushed to their limit; however, modifications are given when needed.
- Cycling** - Get ready to sweat! A cardiovascular cycling workout with varying speeds, resistance levels and intensities that you can tailor to meet your personal goals. Newcomers should plan to arrive 10 minutes early to be fitted to a bike.
- HIIT** - High Intensity Interval Training (HIIT) is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods.
- Kickboxing** - Kickboxing is a workout that combines martial arts, boxing, and dance moves. You get a challenging cardiovascular and full body workout as you kick, punch, block, and move in each class.
- Line Dance** - Line Dancing is a class that includes an introduction to step, cardiovascular, and dancing exercises to fun country music.
- Pilates** - Mat Pilates, using core movements and breathing techniques for control. Helps build strong lean muscle and improve posture, flexibility and concentration
- Silver Sneakers Cardio** - The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.
- Silver Sneakers-Classic** - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are used for resistance.
- Silver Sneakers-Yoga** - 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.
- Spin** - Our Spin class will burn calories, build strength, and improve fitness. The energetic music motivates each rider through a variety of speed and resistance challenges. Each class will push you to maximize your full fitness potential.
- Spinning** - This class will use routines that stimulate terrain and situations similar to riding a bike outdoors. They use music, motivation and enthusiastic coaching to lead.
- Step** - A great low impact and moderate intensity workout that combines patterns on and around the step. Also includes muscle conditioning and stretching.
- Turbo Kickbox** - The evolution of kickboxing is here! Turbo Kick is an interval based, full body workout that begins with a sports-specific warm-up. High-paced intervals follow with kickboxing-specific strength/endurance training sequences and easy-to-follow.
- Zumba** - Zumba classes feature exotic rhythms set to high-energy Latin and international beats. It's easy to do, effective, and totally exhilarating, often building a deep-rooted community among other participants.
- Zumba Gold** - The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination.