



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

## LOYA FAMILY YMCA

Fall 2017

### MONDAY

8:30am	Spinning®	Belinda	Respect
8:30am	Yoga	Laura	Responsibility
8:45am	Step	Sandra	Faith
9:30am	Spinning	Laura	Respect
10:30am	Zumba® Gold	Alma	Faith
11:30am	Silver Sneakers® Classic	Laurie	Faith
5:00pm	Zumba®	Sandra	Faith
5:00pm	Spinning®	Belinda	Respect
6:00pm	Spinning®	Marcos	Respect
7:00pm	Cardio Sculpt	Brian	Faith
7:00pm	Yoga	Michelle	Responsibility

### TUESDAY

8:30am	Cardio Sculpt	Belinda	Faith
9:00am	Spinning®	Laura	Respect
9:30am	Zumba®	Alma	Faith
10:30am	Silver Sneakers® Classic	Alma	Faith
10:30am	Silver Sneakers® Cardio	Laurie	Responsibility
11:30pm	Beginning Line Dance	Alma	Faith
11:30pm	Silver Sneakers® Yoga	Laurie	Responsibility
5:00pm	Spinning®	Belinda	Respect
5:30pm	Zumba®	Gisselle	Responsibility
6:00pm	Spinning®	Marcos	Respect
7:00pm	Cardio Sculpt	Brian	Faith

### WEDNESDAY

8:30am	Spinning®	Belinda	Respect
8:45am	Step	Sandra	Faith
9:30am	Zumba®	Sandra	Faith
10:30am	Zumba® Gold	Alma	Faith
10:30am	Pilates	Michelle	Responsibility
11:30pm	Silver Sneakers® Classic	Laurie	Faith
5:00pm	Zumba®	Sandra	Faith
5:00pm	Spinning®	Belinda	Respect
6:00pm	Spinning®	Marcos	Respect
7:00pm	Yoga	Michelle	Responsibility

### THURSDAY

8:00am	Kickboxing	Michelle	Responsibility
8:30am	Turbo Kickboxing	Belinda	Faith
9:00am	Spinning®	Laura	Respect
9:30am	Zumba®	Alma	Faith
10:30am	Silver Sneakers® Classic	Alma	Faith
10:30am	Yoga	Michelle	Responsibility
11:30am	Silver Sneakers® Yoga	Alma	Faith
5:00pm	Spinning®	Belinda	Respect
5:30pm	Zumba®	Ruth	Responsibility
6:00pm	Spinning®	Monica	Respect
7:00pm	Cardio Sculpt	Brian	Faith

### FRIDAY

8:30am	Step	Belinda	Faith
8:30am	Spinning®	Laura	Respect
9:30am	Yoga	Laura	Responsibility
9:30am	Zumba®	Sandra	Faith
10:30am	Advanced Line Dance	Alma	Faith
11:30pm	Silver Sneakers® Classic	Alma	Faith
5:00pm	Spinning®	Marcos	Respect
6:00pm	HIIT	Roberto	Faith

### SATURDAY

8:30am	Spinning®	Monica	Respect
10:00am	Zumba®	Ruth, Gisselle	Faith
11:00am	Kickboxing	Roberto	Faith
12:00pm	HIIT	Roberto	Faith

### SUNDAY

11:15pm	Spinning®	Roberto	Respect
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### GROUP EXERCISE CLASS INFORMATION

- All classes are approximately 1 hour in duration.
- Detailed class descriptions are available on the back of this schedule or online at [www.elpasoyymca.org](http://www.elpasoyymca.org).
- Classes are suitable for all fitness levels. Instructors will show options and modifications to meet your needs.
- Cell phones must be on silent and not answered while in class. This is for your safety as well as not to disturb those taking class.
- Y Play is available during most group exercise classes. Please check the schedule at the front desk for hours.



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## GROUP EXERCISE CLASS DESCRIPTIONS

**ADVANCED LINE DANCE:** If you have the basics down and enjoy learning at a fast pace, this is the class for you. Advanced Line Dance will keep you moving with fun dance steps performed to a variety of music. This class is both fun and great exercise for the advanced dancer!

**BEGINNING LINE DANCE:** If you are new to line dancing, this is the class for you! Fun, easy dances are taught to help introduce the common steps used in line dancing.

**CARDIO SCULPT:** Incorporates intervals of cardio endurance and muscle conditioning to create a fitness training experience. Improve overall fitness, agility, speed and athleticism in this high-intensity class.

**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. This type of training gets and keeps your heart rate up and burns more calories in less time.

**KICKBOXING:** Strength, endurance and interval moves are all part of this workout. Kick, punch, and jab in this upbeat workout that improves overall fitness, coordination and stamina.

**PILATES:** A conditioning program that improves muscle control, flexibility, coordination, strength and tone. Based on proper breathing, good posture, and intense concentration, the exercises are performed on a mat and can make use of other equipment.

**SILVERSNEAKERS CLASSIC®:** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers® ball is alternated with low-impact aerobics choreography. A chair is used for standing support, stretching and relaxation exercises.

**SILVERSNEAKERS CARDIO®:** SilverSneakers® Cardio will bring heart-healthy aerobics to your workout using low-impact movements. The class focuses on building upper-body and core strength with added cardio endurance.

**SILVERSNEAKERS 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.

**SPINNING®:** Get an aerobic workout that's easy on your joints with Spinning® class. Our indoor Spinning® classes simulate outdoor riding with sprinting, hill climbing and other techniques. Classes may include core work, to strengthen your abdomen and lower back. All levels are welcome, and workouts can be adapted to fit your goals and needs.

**STEP:** This class uses a height-adjustable step and simple movements on, over and around the bench. Cardio blocks push fat-burning systems into high gear followed by muscle conditioning tracts that shape and tone your body.

**TURBO KICKBOXING:** This class is high energy and action packed. You will sweat during this energizing kickboxing based cardio workout. Whether you are new to kickboxing or have previous experience, this class will work your entire body.

**YOGA:** Yoga builds a strong body, mind and spirit. This class incorporates Yoga postures, breathing exercises and a mind focus to improve balance, strength and flexibility. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**ZUMBA®:** This cardio-Latin fusion class features aerobic interval training to maximize fat burning and total body toning, all to incredible music with moves that are easy to learn.

**ZUMBA GOLD®:** Zumba Gold® takes the popular Latin-dance inspired workout of Zumba® and makes it accessible for seniors, beginners or others needing modifications in their exercise routine. Zumba Gold® builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves.