



GROUP EXERCISE SCHEDULE

Loya Family YMCA

All classes are designed to be 50 mins in length, the extra 10 mins for each is for set up and exit from rooms.

MONDAY

8:30	Spinning	Belinda	Respect	11:30	S.S. Classic	Laurie	Faith
8:30	Yoga	Laura	Responsibility	5:00	Zumba	Sandra	Faith
8:45	Step	Sandra	Faith	5:00	Spinning	Belinda	Respect
9:30	Zumba	Tammy	Responsibility	6:00	Spinning	Marcos	Respect
9:30	Spinning	Laura	Respect	6:00	H.I.I.T.	Brian	Faith
10:30	Zumba Gold	Alma	Faith	7:00	Cardio Sculpt	Brian	Faith
10:30	Silver Splash	Laurie	Pool				

TUESDAY

8:00	Yoga	Ruth	Responsibility	11:30	Line Dance	Alma	Faith
8:30	Power Pump	Belinda	Faith	5:00	Spinning	Belinda	Respect
9:00	Spinning	Laura	Respect	5:30	Zumba	Cinthya	Responsibility
9:30	Zumba	Alma	Faith	6:00	Spinning	Marcos	Respect
10:30	S.S. Classic	Alma	Faith	6:00	Muscle Inc.	Belinda	Faith
10:30	S.S. Cardio	Laurie	Responsibility	7:00	Cardio Sculpt	Brian	Faith
11:30	S.S. Yoga	Laurie	Responsibility				

WEDNESDAY

8:30	Spinning	Belinda	Respect	5:00	Zumba	Sandra	Faith
8:45	Step	Sandra	Faith	5:00	Spinning	Belinda	Respect
9:30	Zumba	Sandra	Faith	6:00	Spinning	Marcos	Respect
10:30	Zumba Gold	Alma	Faith	6:00	H.I.I.T.	Brian	Faith
10:30	Pilates	Michelle	Responsibility				
10:30	Silver Splash	Laurie	Pool				
11:30	S.S. Classic	Laurie	Faith				

THURSDAY

8:00	Kickboxing	Michelle	Responsibility	11:30	S.S. Yoga	Alma	Faith
8:30	Turbo Kick-box	Belinda	Faith	5:00	Spinning	Belinda	Respect
9:00	Spinning	Laura	Respect	5:30	Zumba	Ruth	Responsibility
9:00	Yoga	Ruth	Responsibility	6:00	Muscle Inc.	Belinda	Faith
9:30	Zumba	Alma	Faith	6:00	Spinning	Monica	Respect
10:30	S.S. Classic	Alma	Faith	7:00	Cardio Sculpt	Brian	Faith
10:30	S.S. Cardio	Laurie	Responsibility				

FRIDAY

8:30	New Level Step	Belinda	Faith	10:30	Advanced Line Dance	Alma	Faith
8:30	Spinning	Laura	Respect	11:30	S.S. Classic	Alma	Faith
9:30	Yoga	Laura	Responsibility	5:00	Spinning	Marcos	Respect
9:30	Zumba	Sandra	Faith	5:30	Zumba	Cinthya	Faith

SATURDAY

9:00	Spinning	Monica	Respect
9:30	Zumba	Ruth/Gisselle	Faith

SUNDAY

11:15	Spinning	Roberto	Respect
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Updated June 21, 2018

GROUP EXERCISE CLASS DESCRIPTIONS

ADVANCED LINE DANCE: High energy and lots of fun, this class uses a variety of music and will keep you moving!

LINE DANCE: This is a great class for the person that loves to dance but is still learning the basics of routine line dance moves.

CARDIO SCULPT: Intervals of cardio endurance and muscle conditioning to improve overall fitness, agility, speed, and athleticism. Class routine changes regularly to keep you interested.

H.I.I.T.: High Intensity Interval Training (H.I.I.T.) keeps your heart rate up through bursts of exercise and active recovery periods which allows you to burn more calories in less time. Class routine changes regularly to keep you interested.

KICKBOXING: Strength, endurance, and interval moves using kicks, punches, and jabs will improve your coordination and stamina.

TURBO KICKBOX: All the fun of regular kickboxing but amped-up for an even more high energy workout.

MUSCLE INC.: Formerly known as Women on Weights, Muscle Inc. is now CO-ED! Build strength and tone every part of your body in this intense workout. Class routine changes regularly to keep you interested.

PILATES: Based on proper breathing, good posture, and intense concentration to improve muscle control, flexibility, coordination, strength, and toning.

POWER PUMP: Join this high-energy class that will raise your heart rate and your spirits. Circuit work, cardio, toning, endurance; you will get it all in this class!

S.S. CLASSIC: SilverSneakers Classic is a standing circuit workout that will build upper body strength with hand-held weights, elastic bands, a SilverSneakers ball, and low-impact aerobics choreography. A chair is used for support, stretching, and relaxation exercises.

S.S. CARDIO: SilverSneakers Cardio is an aerobics class geared toward low-impact activities. The class focuses on building upper body and core strength with added cardio endurance.

S.S. YOGA: SilverSneakers Yoga is an interactive class that will move your whole body through a complete series of both seated and standing yoga poses. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

SPINNING: Our indoor Spinning classes simulate outdoor riding with sprinting, hill climbing, and other techniques. Classes may include core work as well to help strengthen your abs and your lower back.

STEP: Move on, over, and around the height-adjustable step in this cardio and toning classic.

NEW LEVEL STEP: A new twist on an well-loved classic. Mix up your Step workout with new moves, great music, and routines.

YOGA: Learn different poses, breathing exercises, and concentration to improve balance, strength, and flexibility.

ZUMBA: Latin beats and heart pumping moves continue to make Zumba one of the most popular workouts in El Paso. Burn fat and tone your body all while dancing.

ZUMBA GOLD: Just like Zumba but modified to be accessible to seniors, beginners, or anyone needing modifications to their exercise routine.

- All classes on this schedule are included with your membership, so no need to register. Just drop into a class!
- Spinning classes have a sign-in sheet at the front desk as space is limited in the spin studio. Bikes will go to those signed in first.
- All classes are approximately an hour.
- Your safety is our priority. Instructors are there to assist you, so please ask for help with modifications or how to perform the exercises if you are unsure.

Are you interested in personal training?! Register at the Welcome Center for some 1:1 time with our instructors!