

GROUP EXERCISE SCHEDULE

WESTSIDE FAMILY YMCA

Morning Classes

Group Exercise Schedule

Fall 2017

Begins September 2017 and is subject to change.

Group Exercise Tips

Start Slowly

Ease into your group exercise classes with a warm-up and stretch session. Once you begin the main part of your group workout, exercise at your own level, especially if it is your first time in a particular exercise class.

Take Several Classes

Try a basic aerobic class for cardiovascular fitness, a total-body conditioning class for muscular fitness, a yoga class for flexibility and a boot-camp class for functional capacity.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30-7:15 CIRCUITBLAST	6:00-7:00 SPINNING	6:30-7:15 CIRCUIT BLAST	6:00-7:00 SPINNING	6:30-7:15 CIRCUIT BLAST	
8:00-9:00 ZUMBA	8:00-9:00 ZUMBA	8:00-9:00 ZUMBA	8:00-9:00 ZUMBA	8:00-9:00 ZUMBA	
8:30-9:30 SPINNING	8:30-9:30 SPINNING	8:30-9:30 SPINNING	8:30-9:30 SPINNING	8:30-9:30 SPINNING	9:00-10:00 ZUMBA
9:00-10:00 Latin Cardio	9:00-10:00 Muscle Max	9:00-10:00 Latin Cardio	9:00-10:00 Muscle Max	9:00-10:00 Latin Cardio	8:30-9:30 SPINNING
10:00-11:00 BODY BLAST	10:00-11:00 PILATES	10:00-11:00 BODY BLAST	10:00-11:00 PILATES	10:00-11:00 BODY BLAST	10:00-11:00 CARDIO KICKBOXING
11:00-12 SILVER SNEAKERS Classic	11:00-12 SILVER SNEAKERS Classic	11:00-12 AOA DANZERCISE	11:00-12 SILVER SNEAKERS Classic	11:00-12 SILVER SNEAKERS Classic	10:00-11:00 PILATES
		12:00-1:00 SILVER SNEAKERS Yoga			

Evening Classes

4:25-5:25 POWER YOGA	4:25-5:25 POWER YOGA	4:25-5:25 POWER YOGA	5:30-6:30 Muscle Max	4:25-5:25 POWER YOGA
5:30-6:30 ZUMBA Toning	5:30-6:30 ZUMBA	5:30-6:30 ZUMBA		5:30-6:30 ZUMBA
6:00-7:00 SPINNING	6:30-7:30 SPINNING	6:00-7:00 SPINNING	6:30-7:30 PILATES	
6:30-7:30 ZUMBA SENTAO	6:30-7:30 PiYo		6:30-7:30 PiYo	
	6:30-7:30 PILATES	6:30-7:30 HATHA YOGA	7:00-8:00 SPINNING	
7:30-8:30 PiYo	7:30-8:30 SALSA		7:30-8:30 SALSA	

FITNESS DESCRIPTIONS

AOA DANZERCISE-ACTIVE OLDER ADULTS-This dance class is specially geared toward active older adults.

BODY BLAST- This class is designed to build strength and tone every muscle from head to toe using a variety of equipment including dumbbells, resistance bands, body bars and stability balls.

Latin Cardio- Get up and get down! This class is a low-impact cardio class that moves using the Cha-Cha, Mambo and Salsa with up beat Latin music

SALSA-Get up and get down! This class is a great cardio class that will use moves to the Cha-Cha, Mambo and Salsa with up beat Latin music.

CIRCUIT BLAST- varied, high intensity, functional movements to improve overall fitness

BUTTS N GUTS-Strengthen tone and define your body using weights, bars, balls etc.

NIA-Is a body-mind-spirit fitness and lifestyle practice. Through expressive movement-The Body's Way-NIA empowers people to achieve physical, mental, emotional and spiritual well-being.

PILATES-Mat Pilates, using core movements and breathing techniques for control. Helps build strong lean muscle and improve posture, flexibility and concentration.

PIYo- A low-impact, high intensity, Pilates and Yoga –inspired workout that burns fat, defines every inch of your body, and increases your flexibility without weights or jumps.

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 offered for resistance. A chair is available if needed for seated or standing support

SILVER SNEAKERS ® Yoga- Silver Sneakers 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- 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.

POWER YOGA- This class is a mind, body class involving slow movements and postures. It helps with develops discipline, strength, balance and flexibility.

HATHA YOGA- It is a slow-paced stretching class with some simple breathing exercises and seated meditation. This is a good place to learn basic poses, relaxation techniques, and become comfortable with yoga..

ZUMBA- This class is a Latin inspired dance exercise class.

ZUMBA SENTAO-Explosive, chair based choreography, to strengthen, balance and stabilize your core. Use your body weight to enhance muscle strength, improve definition and endurance and tone your physique.

ZUMBA TONING- A dancing movement class with weights or toning sticks.