



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

WESTSIDE FAMILY YMCA

Effective January 2018

MONDAY

6:30-7:15 am	Circuit Blast	Terence, Nancy
7:15-7:45 am	Flexibility/Stretch	Terence, Nancy
8:00-9:00 am	Zumba®	Claudia
8:30-9:30 am	Spinning®	Sylvia
9:00-10:00 am	Latin Cardio	Kendal
10:00-11:00 am	Body Blast	Julie
11:00-12:00 pm	Silver Sneakers® Classic	Julie
4:25-5:25 pm	Power Yoga	Betty
5:30-6:30 pm	Zumba® Toning	Daisy
6:00-7:00 pm	Spinning®	Debbie
6:30-7:30 pm	Zumba®	Victoria
7:30-8:30 pm	PiYo®	Victoria

TUESDAY

6:00-7:00 am	Spinning®	Debbie
8:00-9:00 am	Zumba®	Claudia
8:30-9:30 am	Spinning®	Martha
9:00-10:00 am	Muscle Max	Terence, Nancy
10:00-11:00 am	Pilates	Rachelle
11:00-12:00 pm	Silver Sneakers® Classic	Rachelle
4:25-5:25 pm	Power Yoga	Betty
5:30-6:30 pm	Zumba®	Araceli
6:30-7:30 pm	PiYo®	Victoria
6:30-7:30 pm	Pilates	Suresh
6:30-7:30 pm	Spinning®	Silvia
7:30-8:30 pm	Salsa Aerobics	Paola

WEDNESDAY

6:30-7:15 am	Circuit Blast	Terence, Nancy
7:15-7:45 am	Flexibility/Stretch	Terence, Nancy
8:00-9:00 am	Zumba®	Julie
8:30-9:30 am	Spinning®	Sylvia
9:00-10:00 am	Latin Cardio	Kendal
10:00-11:00 am	Body Sculpting	Kendal
11:00-12:00 pm	AOA Danzercise	Al
12:00-1:00 pm	Silver Sneakers® Yoga	Julie
4:25-5:25 pm	Power Yoga	Betty
5:30-6:30 pm	Zumba®	Daisy
6:00-7:00 pm	Spinning®	Liz
6:30-7:30 pm	Hatha Yoga	Julie
7:30-8:30 pm	Cardio Kickboxing	Claudia

THURSDAY

6:00-7:00 am	Spinning®	Debbie
8:00-9:00 am	Zumba®	Claudia
8:30-9:30 am	Spinning®	Liz
9:00-10:00 am	Muscle Max	Terence, Nancy
10:00-11:00 am	Pilates	Rachelle
11:00-12:00 pm	Silver Sneakers® Classic	Rachelle
5:30-6:30 pm	Muscle Max	Victoria
6:30-7:30 pm	PiYo®	Victoria
6:30-7:30 pm	Pilates	Suresh
7:00-8:00 pm	Spinning®	Debbie
7:30-8:30 pm	Salsa Aerobics	Paola

FRIDAY

6:30-7:15 am	Circuit Blast	Terence, Nancy
7:15-7:45 am	Flexibility/Stretch	Terence, Nancy
8:00-9:00 am	Zumba®	Julie
8:30-9:30 am	Spinning®	Sylvia
9:00-10:00 am	Latin Cardio	Kendal
10:00-11:00 am	Body Blast	Terence, Nancy
11:00-12:00 pm	Silver Sneakers® Classic	Julie
4:25-5:25 pm	Power Yoga	Betty
5:30-6:30 pm	Zumba®	Araceli

SATURDAY

9:00-10:00 am	Zumba®	Julie
8:30-9:30 am	Spinning®	Debbie
10:00-11:00 am	Cardio Kickboxing	Debbie
10:00-11:00 am	Pilates	Suresh
11:00-11:30 am	Flexibility/Stretch	Debbie

GROUP EXERCISE CLASS INFORMATION

- Detailed class descriptions are available on the back of this schedule or online at 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.