



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# GROUP EXERCISE SCHEDULE

LOYA FAMILY YMCA

Winter

## MONDAY

8:00-8:45 am	Cardio Toning	Luisa
9:00-9:45 am	Dance Fit	Luisa
9:15 -10:00 am	Spinning	Monica
10:00-10:45am	Barre Fitness	Michelle O
11:45 - 12:30 pm	Silver Sneakers-Classic	Michelle M
5:15- 6:00 pm	Yoga	Victoria
5:15- 6:00 pm	Zumba	Michelle O.
6:15- 7:00 pm	Spinning	Michelle O.
6:30-7:15 pm	Cardio Sculpting	Brian E.

## TUESDAY

8:00-8:45 am	Strong Nation	Michelle O.
9:00-9:45am	Cardio Sculpt	Luisa
10:30-11:15	Boom Move (Line Dance)	Genie
11:15-12:00pm	Yoga	Victoria
11:45 - 12:30 pm	Silver Sneakers-Cardio	Michelle
5:15- 6:00 pm	Yoga	Victoria
5:15- 6:00 pm	Zumba	Claudia
6:00-6:45pm	Spinning	Monica-Respect

## WEDNESDAY

8:00 - 8:45 am	Cardio Toning	Luisa
9:00 - 9:45 am	Zumba	Luisa
9:15 -10:00 am	Spin 'n sculpt	Monica
10:00- 10:45 am	Senior dance	Luisa
10:15 - 11:00 am	Pilates	Monica
11:45 - 12:30 pm	Silver Sneakers - Classic	Michelle M
12:30 - 1:15 pm	Silver Sneakers - Yoga	Michelle M
5:15 - 6:15 pm	Dance Fit	Luisa
6:30 - 7:15 pm	Cardio Sculpting	Brian E.

## THURSDAY

8:00- 8:45 am	Strong Nation	Michelle O.
9:00- 9:45am	Buts N Guts	Michelle O.
9:45-10:15am	Stretch it out	Michelle O.
10:30-11:15 am	Boom Move (Line Dance)	
11:15 -12:00 pm	Yoga	Victoria
11:45 - 12:30 pm	Silver Sneakers- Cardio	Michelle
5:15- 6:00pm	Yoga	Victoria
5:30-6:15pm	Zumba	Claudia A. Lady
6:00-6:45pm	Spinning	Monica

## FRIDAY

8:00-8:45 am	Step	Luisa
9:00 - 9:45 am	Dance and tone	Luisa
9:15 -10:00 am	Spinning	Monica
10:00- 10:45 am	Senior Dance	Luisa
11:45- 12:30 pm	Silver Sneakers-Classic	Michelle

## SATURDAY

9:00 - 9:45 am	Zumba	Claudia
10:00 - 11:00am	Cardio Sculpting	Brian- Lady D

## GROUP EXERCISE CLASS INFORMATION



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# GROUP EXERCISE SCHEDULE

WESTSIDE FAMILY YMCA

Winter

## MONDAY

8:00-9:00 am	Zumba®	Claudia
9:00-10:00 am	Spinning®	Katrina
9:15-10:00 am	Queenax *	Theresa
10:15-11:15 am	Butts & Guts	Mando
11:30-12:30 pm	Silver Sneakers Classic®	Randi
5:30-6:30 pm	Zumba®	Araceli
6:00-6:45 pm	Queenax	Theresa

## TUESDAY

5:30-6:30 am	Spinning®	Debbie
8:00-9:00 am	Zumba®	Claudia
9:30-10:15 am	Muscle Max Plus	Randi
10:20 -11:20 pm	Power (stretch) Yoga	Alberto
11:30 -12:30	Silver Stability	Nora
5:30-6:30 pm	Zumba®	Genesis
6:00-7:00 pm	Spinning®	Sara
7:00-8:00 pm	Salsa Aerobics	Paola

## WEDNESDAY

8:30-9:30 am	Zumba®	Jose
9:30-10:15 am	Queenax *	Randi
10:40 -11:25 am	Queenax Suspension training *	Julie
11:30-12:30 pm	Silver Sneakers Yoga®	Julie
5:30-6:30 pm	Zumba®	Genesis
6:00-7:00 pm	Spinning®	Cesar
6:30-7:15 pm	Queenax	Mando

## THURSDAY

5:30-6:30 am	Spinning®	Debbie
8:00-9:00 am	Zumba®	Claudia
9:15-10:15 am	Muscle Max	Katrina
10:15 -11:15	Power (stretch) Yoga	Alberto
10:30 - 11:15 am	Queenax *	Nora
11:30 - 12:30 pm	Zumba Gold®	Louisa
12:30 - 1:30 pm	Silver Sneakers Ener-Chi®	Julie *starts Jan
5:30 - 6:30 pm	Zumba®	Ashley
6:00 - 7:00 pm	Spinning®	Cesar
7:00-8:00 pm	Salsa Aerobics	Paola

## FRIDAY

8:30-9:30 am	Zumba®	Jose
9:30-10:30 am	Pilates	Randi
10:30 - 11:15 am	Queenax *	Mando
10:30 - 11:30 am	Silver Sneakers Classic®	Nora
11:30 - 12:30 pm	Silver Yoga Toning	Victoria P.
5:30- 6:30 pm	Kickboxing	Mando

## SATURDAY

8:30-9:30 am	Zumba	Jose
8:30-9:15 am	Queenax *	Theresa
8:30-9:30 am	Spinning®	Debbie
10:00 -11:00 am	Total Abs/Kickboxing	Debbie

- 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.

- PLEASE NOTE- Queenax not included in membership; Registration and payment required.

WESTSIDE FAMILY YMCA  
7145 N Mesa St, El Paso, TX 79912  
915-584-9622 • www.elpasoymca.org

**ALL CLASSES EXCEPT SPINNING & QUEENAX HELD IN OUR**

**GROUP EXERCISE CLASS INFORMATION**  
Detailed class descriptions are available on the back of this schedule or online at [www.elpasoymca.org](http://www.elpasoymca.org).



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## GROUP EXERCISE SCHEDULE WESTSIDE FAMILY YMCA

### Class Descriptions:

**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.

**Body Sculpting:** This strength training class will sculpt and tone your entire body. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle.

**Flexibility/Stretch:** This class is designed to improve your balance, flexibility and range of motion while strengthening your core muscles. Relaxation and flexibility techniques with special emphasis on stretching will be used.

**HIIT:** This intense 60 minute interval training class combines short burst cardiovascular exercise with intense anaerobic exercise and less intense recovery periods, until too exhausted to continue.

**Muscle Max:** An effective strength training workout that targets all muscles of the body and improves muscular strength cardio vascular endurance. The routines vary weekly and incorporate strength training equipment. This class is intense!

**PiYo:** PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of Yoga. A high intensity speed delivers a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

**Piloxing:** A groundbreaking and unique blend of lengthening Pilates, strengthening boxing, and dance moves that keep your pulse high!

**Power Yoga:** Yoga builds a strong body, mind and spirit. This class incorporates Yoga postures, breathing exercises, and a mind focus to improved balance, strength and flexibility. Yoga props are offered to safely perform exercises. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Salsa Aerobics:** Burn calories while you shake up your workout through Latin-fused dance moves from Merengue, Hip Hop, Salsa and more. It is a great way to get those sculpted hips, legs and abdomen.

**Senior Fitness:** This class works the whole body, while you sit, stand or both. It works on muscle strength and balance.

**SilverSneakers Classic:** Combine fun with fitness to increase your cardiovascular and muscle endurance power without a standing circuit workout. Upper-body strength workout 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 and relaxation exercises.

**SilverSneakers Enerchi:** SilverSneakers EnerChi is an intermediate class that uses modified tai chi movements in a slow, flowing, sequence to improve balance.

**SilverSneakers Yoga:** This class 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 is easy on your joints. Our in class simulates outdoor riding with sprinting, hill climbing and other techniques. Classes may include core work to strengthen you abdomen and lower back. All levels are welcome and workouts can be adapted to fit your goals and needs.

**Strong Nation:** This class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

**Spin 'n Sculpt:** This class an incredible combination of an intense cardio blast on the spin bikes and a full body workout with weights. Get the best of both with in this amazing workout!

**Cardio Kick:** A combination of intense kickboxing paired with dance moves set to the latest music cre-



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# GROUP EXERCISE SCHEDULE

## BOWLING FAMILY YMCA

Winter

### MONDAY

8:00-9:00am	Zumba (Court)	Edmundo
9:15-10:15am	Cardio Toning	Yolette
10:30-11:30am	Silver & Fit-Excel (Court)	Kathy
11:30-12:30pm	Yoga (Group Ex)	Kathy
5:30- 6:30pm	Cardio Kick/tone (Group Ex)	Lizeth

### TUESDAY

7:45- 8:45am	Zumba (Court)	Edmundo
8:30- 9:30am	Yoga (Vita room)	Catherine
9:00- 10:00am	Line Dancing (Group Ex)	LuLu
9:00- 10:00a.m	Spin (Sun Room)	Yolette
10:00-11:00am	Stretching (Group Ex)	Yolette
10:15- 11:15a.m	SS Classic (Court)	Mary D
11:30-12:30pm	SS Classic (Court)	Mary D
5:30-6:30p.m	Turbo Kick (Group Ex)	Lizeth

### WEDNESDAY

7:00-8:00am	Wednesday Walkers (Court)	Kathy
8:00-8:45am	Zumba (Court)	Michelle
9:00-9:45am	Butts 'n Guts (Group Ex)	Michelle
10:30-11:30am	SS-Yoga (Court)	Mary D
11:30-12:15am	Senior Dance (Group Ex)	Lulu
5:30- 6:20pm	Unwind- parent/child stretch	Adriana
5:30-6:30pm	Get to Stepping (Group Ex)	Mary R
6:30-7:30pm	Turbo Kick (Group Ex)	Melissa

### THURSDAY

8:00- 9:00am	Zumba (Court)	Edmundo
9:00-10:00am	Spin (Sun Room)	Yolette
9:10- 10:10am	Dance Fit (Court)	Louisa
10:00- 11am	Bands & Stretch (Group Ex)	Yolette
10:15-11:15am	SS Classic (Court)	Mary D
11:30-12;30 pm	SS Classic (Court)	Mary D
6:10-7:10pm	Strong Nation (Group Ex)	Stacey

### FRIDAY

8:00-9:00am	Tai Chi	Lucia
9:00 -10:00am	Senior Dance	Lucia
10:10 - 11:10am	Silver Circuit (Group Ex)	Yolette
5:00-6:00pm	Zumba (Group Ex)	Stacey
6:00-7:00pm	Get to Steppin (Group Ex)	Mary R

### SATURDAY

10:05-11:05am	Body Sculpt (Group Ex)	Mary R
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