



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

WESTSIDE FAMILY YMCA

Summer

Revised-07-10-2023

MONDAY		
8:30-9:30 am	Zumba®	Claudia
9:00-10:00 am	Spinning®	Katrina
9:15-10:00 am	Queenax *	Theresa
10:15-11:15 am	Butts N Guts	Mando
11:30-12:30 pm	Silver Sneakers Classic ®	Randi
5:30-6:30 pm	Zumba®	Araceli
TUESDAY		
5:30-6:30 am	Spinning®	Debbie
8:30-9:30 am	Zumba®	Claudia
9:30-10:15 am	Muscle Max Plus	Randi
10:20 - 11:20 am	Power (stretch) Yoga	Alberto
11:30-12:30	Aerial 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 ®	Joe
9:30-10:15 am	Queenax *	Mando
9:45-10:30 am	Zumba Gold ® *starts 05-17	Julie
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

THURSDAY		
5:30-6:30 am	Spinning®	Debbie
8:30-9:30 am	Zumba®	Claudia
9:30-10:15 am	Muscle Max	Katrina
10:15 - 11:15	Power (stretch) Yoga	Alberto
10:30 - 11:15 am	Queenax *	Nora
11:30-12:30	Aerial Yoga	Alberto
11:30 - 12:30 pm	Zumba Gold®	Belma
12:30 - 1:30 pm	Silver Sneakers EnerChi ®	Julie
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®	Joe
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 Sneakers Yoga ®	Julie
5:30- 6:30 pm	Turbokick (on the turf)	Mando
SATURDAY		
8:30-9:15 am	Queenax *	Theresa
8:30-9:00 am	Cardio Kick *starts 07-08	Maddy
8:30-9:30 am	Spinning®	Debbie
10:00-11:30 am	30/30/30 abs, kickbox, stretch	Debbie

ALL CLASSES EXCEPT SPINNING & QUEENAX HELD IN OUR SYSTEM INTEGRATIONS GROUP X ROOM

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

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.
- Fans can be turned on if needed. Please select your spot accordingly

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



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GROUP EXERCISE SCHEDULE WESTSIDE FAMILY YMCA Spring 2023

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 your 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 is 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 creating a calorie blasting workout.

Vinyasa Yoga: In this class, postures are practiced to align, strengthen and promote flexibility, strength and peace, in body, mind and spirit. Breathing techniques and meditation are also integrated. Vinyasa flow classes are designed to cultivate full-body relaxation, balance and strength in the body as we make a full circuit of the body's range of motion with creative sequences involving standing and seated postures, twists, backbends, arm balancing, forward folds, hip openers and a strong focus on the power of breath awareness.

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 Toning: This class combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness party. Using light weight dumbbells, you will work every muscle group while you groove.



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Group Exercise Schedule

Bowling Family YMCA

Summer 2023 Revised 07/12/2023

MONDAY

8:00-9:00am	Zumba (Court)	LuLu
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	Kickdance & tone (Group Ex)	Lizeth
6:30-7:30pm	Zumba	Edmundo

TUESDAY

8:00-9:00am	Zumba (Court)	Roxy
9:00-10:00am	Line Dancing (Group Ex)	LuLu R
9:00-10:00am	Spin (Sun Room)	Yolette
9:00-10:00am	Yoga (gymnastics room)	Maria
10:10-11:10am	Shape & tone (Group Ex)	Yolette
10:15-11:15am	SS Classic (Court)	Mary D
11:30-12:30pm	SS Classic (Court)	Mary D
5:30-6:30pm	Mixed fit (Group Ex)	Lizeth
6:30-7:30pm	Yoga	Christina

WEDNESDAY

7:00-8:00am	Wednesday Walkers (Court)	Kathy
8:00-9:00am	Zumba (Court)	LuLu
9:00-10:00am	Cardio Toning (Group Ex)	Randi
10:15-11:15am	SS-Yoga (Court)	Mary D
11:30-12:30pm	Senior Dance (Group Ex)	Lulu
5:00-6:00pm	Turbo Kick (Group Ex)	Melissa
6:00-7:00pm	Get to Stepping	Mary R
7:00-8:00pm	Zumba	Edmundo

THURSDAY

8:00-9:00am	Zumba (Court)	Roxy
9:00-10:00am	Spin (Sun Room)	Yolette
9:10-10:10am	Dance Fit (Court)	Louisa
10:10-11:10am	Band & stretch (Group Ex)	Yolette
10:15-11:15am	SS Classic (Court)	Mary D
11:30-12:30 pm	SS Classic (Court)	Mary D
5:30-6:30pm	Strong Nation (Group Ex)	Stacey
6:30-7:30pm	Yoga	Christina

FRIDAY

8:30-9:30am	Senior Dance	Lulu R
9:45-10:30am	Silver Chi	Kathy
10:30-11:30am	Silver Circuit (Group Ex)	Yolette
11:45-12:15	Pilates Fusion (Group Ex)	TBA
5:00-6:00pm	Zumba (Group Ex)	Stacey
6:00-7:00pm	Get to Stepping (Group Ex)	Mary R

SATURDAY

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

LOYA FAMILY YMCA

Summer 2023 *Revised 8/18/2023

Monday

8:00 - 8:45 am	Barbell Toning	Luisa Lady D
9:00-9:45 am	Dance Fit	Luisa Lady D
9:15 -10:00 am	Spinning	Monica-Respect
10:00 -10:45am	Barre Fitness	Michelle O.Lady
11:45 - 12:30 pm	Silver Sneakers–Classic	Michelle Lady D
5:15- 6:00 pm	Zumba	Michelle O.LadyD
6:15 - 7:00 pm	Spinning	Michelle O
6:30-7:15 pm	Cardio Sculpting	Brian E. Lady D

TUESDAY

8:00-8:45 am	Strong Nation	Michelle O.Lady D
9:00-9:45am	Kickboxing	Luisa Lady D
9:00am-9:45am	Spinning	Michelle O Lady D
9:50am-10:20am	Stretch	Michelle O Lady D
10:30-11:15am	Line Dance	Bertha- Lady D
11:45-12:30 pm	Silver Sneakers– Cardio	Michelle Lady D
5:00-6:00pm	Yoga	Angela System Integration
5:15- 6:00 pm	Zumba	Claudia Lady D.
6:00- 6:45pm	Spinning	Monica –Respect

WEDNESDAY

8:00 - 8:45 am	Cardio Toning	Luisa Lady D
9:00 - 9:45 am	Dance fit	Luisa Lady D
9:15 -10:00 am	Spin `n sculpt	Monica Respect
10:00- 10:45am	Barre	Michelle O Lady D
10:15 - 11:00 am	Pilates	Monica– System Integration
11:45 - 12:30 pm	Silver Sneakers – Classic	Michelle Lady D
12:30 - 1:15 pm	Silver Sneakers – Yoga	Michelle Lady D
4:30pm-5:15pm	Spinning	Fidel– Respect
5:15 - 6:00pm	Full Body Workout	Luisa Lady D

THURSDAY

8:00- 8:45am	Strong Nation	Michelle O. Lady D
9:00- 9:45am	Buts n Guts	MichelleO Lady D
9:50-10:20am	Strech it out	Michelle O.Lady
10:30-11:15 am	Line Dance	Bertha–Lady D
11:45 - 12:30 pm	Silver Sneakers– Cardio	Michelle Lady D
5:00pm-6:00pm	Spinning	Fidel– Respect
5:00-6:00	Yoga	Angela System Integration
5:15-6:00pm	Zumba	Claudia A. LadyD
6:30pm-7:15pm	Cardio Sculpting	Brian– Lady D

FRIDAY

8:00-8:45 am	Step	Luisa Lady D
9:00 - 9:45 am	Dance Fit	Luisa-Lady D
9:15 -10:00 am	Spinning	Monica-Respect
10:00- 10:45 am	Senior Dance	Bertha Lady D
11:45- 12:30 pm	Silver Sneakers– Classic	Michelle Lady D
5:15-6:00pm	Dance Fit	Lily– Lady D

SATURDAY

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

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