



at Phoenix Plaza

CLASS SCHEDULE

March 2020

Adult Beginner Ballet

Day	Time	Instructor
Tuesday	7:30-8:30pm	Stacy

HIIT

Day	Time	Instructor
Wednesday	6:35-7:20pm	Kelly

Yoga

Day	Time	Instructor
Monday	6:30-7:25pm	Alissa
Tuesday	5:30-6:25pm	Barb
Wednesday	5:30-6:25pm	Jamie
Thursday	5:30-6:25pm	Alissa

ZUMBA

Day	Time	Instructor
Monday	5:30-6:25pm	Tami
Monday	7:30-8:30pm	Armando
Tuesday	6:30-7:25pm	Tami
Thursday	6:30-7:25pm	Armando

Adult Beginner Ballet - This class is an introduction to the evolving, yet traditional, concepts of ballet. Open to teens & adults ages 16+, this program is a great way to learn dance training, get in shape and have fun. Ballet shoes and leotards are not required.

HIIT (High Intensity Interval Training) - This 45 minute workout will improve cardiovascular fitness and maximize calorie burn by alternating intense cardio bursts with less intense recovery intervals.

Yoga - Builds a strong body, mind and spirit. This class incorporates Yoga postures, breathing exercises and a mind focus to improve 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.

ZUMBA - Ditch the Workout - Join The Party! ZUMBA has easy to follow dance moves and routines. ZUMBA features interval training sessions where fast and slow rhythms are combined to tone your body while burning fat. Add some Latin flavor and international zest into the mix and you've got ZUMBA!

CONTACT INFORMATION

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