

# Group Ex Schedule September 2019

# YGROUP EXERCISE™

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 - 6:45 am X- Treme Core and Cardio - Marya	5:00 - 6:00 am Group Cycling John	5:45 - 6:45 am X- Treme Core and Cardio - Marya	5:00 - 6:00 am Group Cycling John	5:45 - 6:45 am X- Treme Core and Cardio - Marya	
	6:05 - 7:05 am Core Camp Heidi		6:05 - 7:05 am Core Camp Heidi		
8:00 - 8:55 am EDI Aerobics Michelle D	8:00 - 8:55 am EDI Toning Vikki	8:00 - 8:55 am EDI Aerobics Michelle D	8:00 - 8:55 am EDI Toning Vikki	8:00 - 8:55 am EDI Aerobics Vikki/Patty	
8:30 - 9:25 am Boot Camp Michelle B	8:00 - 8:45 am Continuing Tai Chi Jerry	8:30- 9:25 am Boot Camp Michelle B	8:00 - 8:45 am Continuing Tai Chi Jerry	8:30 - 9:25 am Boot Camp Michelle B	
9:00 - 10:00 am Moving For Better Balance - Jerry	8:45 - 9:30 am Beginning Tai Chi Jerry	9:00 - 10:00 am Moving For Better Balance - Vikki	8:45 - 9:30 am Beginning Tai Chi Jerry	9:00 - 9:55 am Line Dance Michelle D	
9:00 - 9:55 am Step - N - Groove Michelle D	9:00 - 9:30 am Circuit Training Michelle B	9:00 - 9:55 am Step - N - Groove Jo Ann	9:00 - 9:30 am Circuit Training Michelle B		8:45 - 10:00 am Core Camp Heidi
9:00 - 10:30 am Yoga Tricia	9:30 - 10:15 am Power Up Jerry	9:00 - 10:30 am Yoga Tricia	9:30 - 10:15 am Power Up Jessie	9:00 - 10:30 am Yoga Tricia	
9:35 - 10:30 am ZUMBA Paula	9:45 - 11:00 am Yoga Tricia	9:30 - 10:30 am ZUMBA Paula	9:45 - 11:00 am Yoga Tricia		9:30 - 10:30 am Yoga Jo Ann/Nancy
10:00 - 11:00 am EDI Aerobics Michelle D	10:00 - 11:00 am ZUMBA Gold Tena	10:00 - 11:00 am Aerobics Vikki	10:00 - 11:00 am ZUMBA Gold Tena	10:00 - 11:00 am Aerobics Vikki	10:10 - 11:00 am Group Cycling Kelly
	11:35 - 12:30 pm Aqua ZUMBA Paula		11:35 am - 12:30 pm Aqua ZUMBA Paula		
12:10 - 1:15 pm Power Hour Cycling Jeni	12:10 - 1:00 pm Core and More Jeni	12:10 - 1:00 pm Group Cycling Jeni	12:10 - 1:00 pm Core and More Jeni	12:10 - 1:00 pm Group Cycling Jeni	
	2:00 - 3:00 pm Core and More Jeni		2:00 - 3:00 pm Core and More Jeni	3:30 - 5:00 pm Restorative Yoga Tricia	
	5:15 - 6:30 pm Yoga Tom		5:15 - 6:30 pm Yoga Jamie		
5:30 - 6:15 pm HIIT Michelle B	5:30 - 6:30 pm ZUMBA Armando	5:30 - 6:15 pm HIIT Michelle B	5:30 - 6:30 pm ZUMBA Ellen	5:05 - 6:00 pm Aqua ZUMBA Ellen	
5:30 - 6:30 pm Pilates Jo Ann	5:30 - 6:30 pm TRX Adam	5:30 - 6:30 pm Pilates Rikkie	5:30 - 6:30 pm TRX Adam		
6:30 - 7:30 pm Strong Ellen	7:00 - 7:45 pm Pound Michelle and Crew	6:30 - 7:30 pm ZUMBA Ilene	7:00 - 8:00 pm ZUMBA Toning Ilene		

**Kids' Classes**

Movement and Music (ages 1-5)  
Tues 11:15-11:45 am

Tumble Tots (ages 1-5)  
Thurs 11:15-11:45 am

Physical Education (ages 3-5 & 6-12)  
Tues & Thurs 2-3 pm

Physical Education (ages 13-17)  
Tues & Thurs 3-4 pm

**We now offer Yoga and ZUMBA classes  
at the Y at Phoenix Plaza.  
Schedule is available at the Welcome Center.**



### **Aerobics**

This class includes fun aerobic dance routines and strengthening exercises followed by stretching. Every age is welcome including older adults. Meets **in the Aerobic Studio**.

### **Aqua ZUMBA**

Aqua ZUMBA brings the passion, music and Latin dance steps of ZUMBA to the water. It is an energetic, low impact workout that is easy on the joints. Meets **in the pool**.

### **Beginning Tai Chi**

Introduction to the 2,000 year old Chinese martial art that uses slow rhythmic movements that build balance and strength to enhance overall health. Time and attention are given as the moves are taught at an individualized pace. Meets **in the Mind Body Room**.

### **Boot Camp**

Want to get into the best shape of your life? Join us for an intense fitness experience designed to give you amazing results. Class includes drills, core conditioning, muscle endurance and strengthening exercises. Meets **in the Gym**.

### **Circuit Training**

Let us guide you in a total body circuit training workout that will help you reach your fitness goals in just 30 minutes. Circuit training keeps you moving throughout the entire workout, sustaining your heart rate above a resting level. For exercisers of all ages and any fitness level. Meets **in the Circuit and Stretch Room**.

### **Continuing Tai Chi**

For students who have learned the basics of the Beginning Tai Chi class. The focus of this class is continuing and improving the movements. Meets **in the Mind Body Room**.

### **Core and More**

You will see results quickly with this intense workout. We use various fitness modalities to strengthen your core abdominal and lower back muscles. You will also perform exercises to strengthen your entire body including squats, lunges, push-ups and plyometric exercises. Meets **in the Aerobic Studio**.

### **Core Camp**

This class is a cross between Boot Camp and Core and More. You will work on strength, endurance and cardio. Meets **in the Aerobic Studio**.

### **Easy Does It Aerobics**

All fitness levels welcome and encouraged to work at their own pace using moderate and uncomplicated routines. 30 minutes of low impact exercises, 20 minutes of abs, stretching, and circuit training exercises add the perfect balance of intensity for all participants. Meets **in the Aerobic Studio**.

### **Easy Does It Toning**

Progressive exercises that stretch and strengthen all major muscle groups while promoting balance. Participants will be ready to graduate to the Fitness Center for more advanced circuit training exercises after taking this class. Meets **in the Aerobic Studio**.

### **Group Cycling / Power Hour Cycling**

These classes are designed to burn calories and motivate you to reach your fitness goals. Group Cycling combines music and cycling to elevate your heart rate and make you sweat! Power Hour is an hour long extended class. Meets **in the Aerobic Studio**.

### **HIIT (High Intensity Interval Training)**

This 30 minute workout will improve cardiovascular fitness and maximize calorie burn by alternating intense cardio bursts with less intense recovery intervals. Meets **in the Aerobic Studio**.

### **Line Dance**

Join us for a boot scootin' good time! People dancing in a line to a repeated sequence of steps. The country music and party-like atmosphere make for a fun cardiovascular workout. Meets **in the Aerobic Studio**.

### **Moving for Better Balance (ages 60+)**

This program enhances traditional Tai Chi by transforming the movements into therapeutic training for balance and daily functioning. Class is designed for older adults. Meets **at Starting Strong across from the YMCA**.

### **Pilates**

Through a series of precise movements and focused breathing you will lengthen, strengthen and tone muscles. You will also reduce stress and work toward improved posture and a longer, leaner body. Meets in the **Mind Body Room**.

### **Pound**

Pound is a cardio jam session inspired by the infectious, energizing and sweat dripping fun of playing the drums. Meets **in the Aerobic Studio**.

### **Power Up**

Would you like to become more familiar with the fitness equipment, learn new exercises and proper form? Join us in the fitness center for this fun, interactive class taught by a certified personal trainer. Meets in the **Fitness Center**.

### **Restorative Yoga**

Restorative yoga is a gentle style of yoga ideal for older adults, persons recovering from injury and athletes needing increased mobility. Using poses that are designed to free up stiff joints and muscles, this is a great way to end your week. Meets **in the Mind Body Room**.

### **STRONG**

STRONG by Zumba is a revolutionary high-intensity interval training (HIIT) workout where every move is synced to the beat of the music making you sweat like never before. Classes combine a killer bodyweight bootcamp style workout with party vibes helping you achieve an overall full body transformation. Meets **in the Gym or Aerobic Studio**.

### **Step**

This program focuses on cardiovascular and muscular endurance. You will learn the basic step moves as they are blended into choreographed routines. All fitness levels welcome. Meets **in the Aerobic Studio**.

### **Step - N - Groove**

Join the fun in this high energy step class that will get you dancing, moving and grooving. The complex choreography will keep you mentally and physically challenged as you burn calories and get a great cardio workout. The last few minutes of class include core work and stretching. Meets **in the Aerobic Studio**.

### **TRX Suspension Training**

TRX develops balance, flexibility and core stability. TRX Suspension Trainers use multiple planes of motion plus TRX is fun, different and gets results. Meets **in the Aerobic Studio**.

### **Yoga**

Using the Anusara principles of alignment and biomechanical principles along with the Pilates method of core work, you will work your body deeply toward strength and healing. Meets **in the Mind Body Room**.

### **X-Treme Cardio and Core**

A combination of step, floor aerobics, interval training and kick boxing helps start your day off right. You will also develop a solid core by strengthening your lower back and abdominal muscles. All fitness levels welcome. Meets **in the Aerobic Studio**.

### **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! Meets **in the Gym or Aerobic Studio**.

### **ZUMBA Gold**

ZUMBA Gold is easier than ZUMBA but just as much fun. The moves have been carefully designed to be safe and easy to follow by individuals of any size or age. This program is designed for beginners, individuals that have physical limitations or older adults. Meets **in the Aerobic Studio**.

### **ZUMBA Toning**

This class combines the fun of ZUMBA with toning and sculpting moves using light weight toning sticks or dumbbells to help you tone your muscles. Meets **in the Aerobic Studio**.

### **Kids' Classes**

#### **Physical Education (ages 3-17) \*Classes begin September 10**

This program focuses on building physical fitness and enhancing skill development with age appropriate games & activities. Meets **in the Gym**.

#### **Movement and Music (ages 1-5)**

Join us for singing, dancing, stories, rhymes and music making. Parents required to attend. Meets **in the Aerobic Studio**.

#### **Tumble Tots (ages 1-5)**

Children will playfully leap, skip, somersault and climb their way to better coordination, balance and self confidence. Parents required to attend. Meets **in the Climbing Gym**.