



# GROUP FITNESS SCHEDULE - Winter 2019

Ahwatukee Foothills Family YMCA

1030 East Liberty Lane - 480-759-6762 - [www.valleyYMCA.org](http://www.valleyYMCA.org)

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday		
5:30-6:30a	Strength Train Together - Kim		HIIT Kim 5:30-6:15a			8:00-9:00a	Strength Train Together - Tina	Sculpt and Burn Pam		
8:10-9:10a	Zumba Alicia		Strength Train Together - Karen		Yoga Flow Sally	9:05-10:00a	Kickbox Melissa	Strength Train Together - Jackie		
8:20-9:25a		GX35 Plus Jackie 8:20-8:55a		GX35 Plus Jackie 8:20-8:55a		10:05-11:00a	Zumba Monica/Katie	GX35 Plus Jackie 10:15-10:50a		
8:45-9:45a	Deep Water Fitness Carolyn	Shallow Water Carolyn	Deep Water Fitness Molly	Shallow Water Carolyn		11:05-12:00p	Yoga/Pilates Gladys	Zumba Monica		
9:15-10:15a	Defend Together Jackie	Active Together Tina	Zumba Monica	Defend Together Jackie	Strength Train Together - Jackie	12:05-1:00p		Yoga Rotation		
10:20-11:45p		Yoga Flow Kelley 10:20-11:20a		Active Together Molly 10:20-11:20a						
11:00-12:15p	Tai Chi Anu 11:00-11:55a	Silver Sneakers Classic 11:30-12:15a	Yoga Gladys 11:00-11:55a	Silver Sneakers Classic 11:30-12:15a	Zumba Anita 11:00-11:55a					
12:15-1:15p	Silver Sneakers Circuit 12:15-1:00p	Dance \$ 3:30-4:45	Tai Chi Anu		Silver Sneakers Circuit 12:15-1:00p		<b>POOL HOURS</b> Monday - Thursday 5:30am - 1pm, 4-8pm Friday 5:30am - 1pm, 4-7pm Saturday 8am - 4pm Sunday 9am - 4pm	<b>AMAZING KIDS</b> Monday - Thursday 7:30 am - 8:30 pm Friday 7:30 am - 7:00 pm Saturday 8:00 am - 5:00pm Sunday 9:00 am - 4:00pm		
4:50-5:20p	Dance \$ 3:30-5:20	Youth Yoga Leslie 7-13yrs	Dance \$ 3:30-5:20	Dance \$ 3:30-5:20	Dance \$ 3:30-5:25					
5:25-6:30p	Active Together Tina	Strength Train Together - Tina	Cheer \$ 5:25-6:25	Strength Train Together - Tina						
6:35-7:30p	Zumba Teresa	Yoga Flow Sally	Intro to Yoga Shauna	Zumba Toyin						
7:35-8:30p	Hatha Yoga Georgi			Barre \$ Ricki						
<b>Cycle Room</b>										
5:30 - 6:15a	Group Cycle Leslie	Group Cycle Gayna		Group Cycle Kim		8:00 - 9:00a			Group Cycle Rob	Group Cycle Tina
9:00 - 10:00a	Group Cycle Tobi				Group Cycle Nikki					
5:30-6:15p		Group Cycle Leslie								
6:00-6:45p	Group Cycle Rob		Group Cycle Rob	Group Cycle Amanda						
<b>Circuit Room</b>										
9:15-10:00a	Jump Start 2 Kristen	Fem Start Kelley	Jump Start Gladys	Fem Start Gladys		9:00-9:55a				
10:15-11:00a	Jump Start 2 Kristen		Jump Start Gladys 10:05-10:50		Jump Start Pam					
11:15-12:00p			Silver Start Molly 10:55-11:40		Silver Start Gayna					

**BUILDING HOURS**  
 Monday - Thursday  
 5:00 am - 10:00 pm  
 Friday  
 5:00am - 9:00 pm  
 Saturday  
 6:30 am - 7:00 pm  
 Sunday  
 7:00 am - 5:00 pm

\$=additional fee

ALL IN is an 8-week challenge where you can earn points and win prizes for participating in group exercise and bringing guests. Attend a Strength Train Together and receive 2 points per class! For more information, contact the front desk! Schedule is subject to change and/or cancellation without notice. Updated 2/1/2019

## GROUP FITNESS CLASS DESCRIPTIONS

Mind & Body	Cardio	Strength Training	Active Older Adults
<p><b>Intro to Yoga:</b> A gentle class designed to introduce the rejuvenating benefits of basic yoga postures and breathing techniques. Recommended for those who are new to yoga and for those wishing to reacquaint themselves with yoga. You will gain a solid foundation before moving onto another Yoga class. All levels welcome.</p>	<p><b>Active Together</b> gives you all the fitness training you need – cardio, strength, balance, and flexibility – in just one hour. Get stronger, fitter, and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements.</p>	<p><b>HIIT (High Intensity Interval Training):</b> A training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time. Bring plenty of water and a towel to this 30 minute class.</p>	<p><b>Silver Sneakers Circuit:</b> This 45 minute class blends the basics and increases your power with a circuit workout. Strengthen your body with hand held weights, elastic tubing with handles and a ball while alternating with no impact aerobics. Includes the use of a chair for optional support, stretching and relaxation.</p>
<p><b>Yoga:</b> Stressed? Walk out of class feeling relaxed and invigorated! A total mind/body experience while building strength and improving flexibility.</p>	<p><b>Defend Together</b> is a gripping hour that burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! From the boxing ring to the fighting cage, Defend Together combines cutting-edge moves with thrilling music. This electric experience is addictive!</p>	<p><b>Strength Train Together:</b> Will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, STT combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best!</p>	<p><b>Silver Sneaker Classic</b> moves through a variety of exercises designed to increase muscular strength, range of motion &amp; skills for activities for daily living. A chair is offered for seated support.</p>
<p><b>Tai-Chi:</b> Benefits are beyond calories. A gentle exercise done standing up is based on ancient martial arts. It helps in improving flexibility, coordination, endurance, stamina and strength - all while helping to relieve stress.</p>			
<p><b>Hatha Yoga:</b> Emphasizes postures and breathing. It increases strength, muscle tone, flexibility, and cardiovascular health. It is an excellent way to stretch and strengthen the body, focus the mind, and relax the spirit.</p>	<p><b>Group Cycle:</b> Indoor cycling class suitable for any fitness level since you control the intensity. Burn lots of calories while listening to exhilarating music.</p>	<p><b>Jumpstart/Femstart:</b> Combines 11 strength machines with low impact aerobics between each station for a 45 minute strength and cardio workout. Great for the active adult looking for a total body workout without spending hours at the gym.</p>	
<p><b>Yoga Flow:</b> An intermediate, more vigorous flow class. A series of postures linked with sun salutations. Great for strength training, cardiovascular conditioning and encourages stimulating the movement of energy throughout the body. Knowledge of basic poses and sun salutations recommended.</p>	<p><b>Zumba:</b> Dance your way to a fitter you. Exciting and different rhythms and moves will keep you smiling and burning calories.</p>		
	<p><b>GX35 Plus:</b> A 35 minute high intensity workout. This class incorporates drills, intervals and various equipment to give you a full body workout. Loads of fun! Bring a towel and plenty of water!</p>		
<p><b>Yoga for Kids:</b> Kids will learn how to focus and center themselves with various breathing and visualization techniques. They will learn self respect for others, all while practicing fun postures.</p>	<p><b>Sculpt and Burn:</b> This athletic class draws from all four elements of fitness: strength, cardio, balance and flexibility. The simple heart-pumping routines combined with strength training intervals to give you a complete cardio/weights workout.</p>	<p><b>Silverstart:</b> Improves endurance, flexibility, and strength while getting a full body workout designed for active, older adults.</p>	
		<p><b>Muscle Pump:</b> Using light to moderate weights with lots of repetition, this class give you a total body workout.</p>	