



JULY GROUP FITNESS SCHEDULE

Chandler/Gilbert Family YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
MORNING							
5:05-6:05am Strength Train Together Debra (Studio A)	5:05-6:00am Indoor Cycle Lara (Cycle Studio)	5:05-6:05am Strength Train Together Debra (Studio A)	5:05-6:00am Indoor Cycle Lara (Cycle Studio)			FACILITY HOURS Monday - Thursday: 5:00 am - 10:00 pm Friday: 5:00 am - 9:30 pm Saturday: 7:00 am - 6:00 pm Sunday: 11:00 am - 4:00 pm AMAZING KIDS Monday - Thursday: 7:30 am - 11:30 am & 4:00 pm - 7:30 pm Friday: 7:30 am - 11:30 am 4:00 pm - 7:00 pm Saturday: 8:00 am - 12:00 pm Sunday: CLOSED POOL HOURS Monday - Thursday: 6:30 am - 12:30 pm & 3:00 pm - 7:30pm Friday: 9:00 am - 1:00 pm & 3:00 pm - 7:00pm Saturday: 8:00 am - 1:00 pm Sunday:	
8:30-9:25am Zumba Marites (Studio A)	8:25-9:25am Strength Train Together Cecilia (Studio A)	8:30-9:25am Zumba Alicia (Studio A)	8:25-9:25am Strength Train Together Monica (Studio A)	8:30-9:25am Zumba Marites (Studio A)	8:05-9:00am Indoor Cycle Robin (Cycle Studio)		
8:30-9:25am 55 Circuit Stan (Circuit Room)		8:30-9:25am 55 Circuit Stan (Circuit Room)		8:30-9:25am 55 Circuit Stan (Circuit Room)			
9:05-10:00am Indoor Cycle Julia (Cycle Studio)		9:05-10:00am Indoor Cycle (Cycle Studio)		9:05-10:00am Indoor Cycle Sharon (Cycle Studio)	9:10-10:10am Strength Train Together Helen/SarahSue (Studio A)		
9:30-10:25am 55 Circuit Stan (Circuit Room)	9:30-10:25am Zumba Classic Anita (Studio A)	9:30-10:25am 55 Circuit Stan (Circuit Room)	9:30-10:25am Zumba Classic Anita (Studio A)	9:30-10:25am Body Conditioning Monica (Studio A)			
9:30-10:25am Yoga Flow (Studio A) Kay		9:30-10:25am Yoga Flow (Studio A) Kay		9:30-10:25am 55 Circuit Stan (Circuit Room)			
10:35-11:20am Silver Sneakers Circuit Courtney (Studio A)		10:35-11:20am Zumba Gold Marites (Studio A)		10:35-11:20am 55 Alive Monica (Studio A)	10:20-11:20am Gentle Yoga Joan (Studio A)		
AFTERNOON/EVENING							
	4:15-5:15pm Gentle Yoga Joan (Studio A)		4:15-5:15pm Gentle Yoga Joan (Studio A)				
5:30-6:25pm Indoor Cycle Cecilia/Carol (Cycle Studio)	5:20-6:00pm Kids Zumba Marites (Studio A)	5:30-6:25pm Indoor Cycle Cecilia (Cycle Studio)	5:20-6:00pm Kids Zumba Marites (Studio A)				
	6:05-7:05pm Strength Train Together Sarah Sue (Studio A)		6:05-7:05pm Strength Train Together Carol (Studio A)				
	6:30-7:25pm Indoor Cycle Linda (Cycle Studio)		6:30-7:25pm Indoor Cycle Linda (Cycle Studio)				

GROUP FITNESS CLASS DESCRIPTIONS

Mind & Body

Gentle Yoga: Perfect for those new to Yoga or for those who want a restorative, flowing Yoga experience. Breath work and meditative centering activities included. Improve flexibility, manage stress and gain a deeper sense of spirit, mind and body.

Country Heat a high-energy, low-impact, country dance-inspired fitness program that totally fires up the fun—you won't even feel like you're working out! This dance routine is packed with easy-to-follow moves set to good 'ol country music.

Yoga Flow: A Flow centric practice appropriate for all levels of students. From Sun Salutations to Balances and Inversions, modifications are provided to increase and decrease difficulty as necessary for a practice perfect for those of all levels.

Chair Yoga: Yoga off the mat. Seated meditation, stretches, basic balance poses and free/supported standing poses.

Cardio

Stroller Fitness: A stroller based, full-body workout class, where you can get moving and have fun with your kids in tow! Whether you are newly postpartum, or have been back to exercising for awhile, enjoy the community of other parents while exercising at whichever intensity level is best for you.

Zumba: High energy fusion of Latin dance & hip hop rhythm. Dance-based cardio workout fun for all fitness levels. **Kids Zumba** is an exercise program for kids 5-11 yrs. Your child will learn basic zumba steps, improve coordination and build muscle memory!

Zumba Gold: Introduces easy-to-follow choreography that focuses on balance, range of motion and coordination. Great for all ages.

Strength Training

Strength Train Together® will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power 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! Power Up!

Body Conditioning: Work all of the major muscle groups! These high intensity classes emphasize safe and effective movements to gain a strong and sculpted body!

NEW Group Cycle Studio



Group Cycling: This class is a great way to build cardio endurance while blasting calories – and best of all, doing it at your own pace. Classes are for all fitness levels. Please plan on arriving five minutes early to get set up on cycle bike.

Prior to attending any class, please stop by one of our Alaris Tablets and check in using your phone number. Tablets are located at Welcome Center and near all fitness studios.

Healthy Aging

Silversneaker Circuit: Cardio circuit training is the focus of this class! Combine fun, fitness and friends to increase heart health, muscular endurance and power. Hand-held weights, resistance bands, small balls and chairs for balance are available.

Healthy Aging

55 Circuit: Designed for active 55+ adults. 45 minutes, 3x week. Improve endurance, flexibility, cardiovascular and muscular strength, and balance. Please show up 20 minutes early for orientation.

55 Alive: This class includes low impact aerobics for the active older adult with an emphasis on improving balance, strength, and cardiovascular fitness.

Training Sessions

Personal Training: Individualized training programs created for you by our certified trainers. Fees apply.

Small Group Training: Our trainers will lead your group through a variety of exercises incorporating body weight training, functional training, trx training and more. Draw from the energy of your group as you push yourself for real results. Fees apply.