



# DECEMBER GROUP FITNESS SCHEDULE

Flagstaff Family YMCA

1001 N Turquoise Dr. - (928)637-6590 - <https://valleymca.org/flagstaff/>

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
<b>Group Fitness Studio</b>								
5:45-6:40a	Bodyworks MaryClare		Bodyworks MaryClare			8:30-9:25a	Stretch and Tone Barbara	
8:00-8:55a					Beginner's/Intermediate Yoga Deb	9:30-10:45a	Yoga Deb	
8:30-9:25a	Stretch & Tone Barbara	Stretch & Tone Barbara		Stretch & Tone Barbara		10:50-11:45a	Boot Camp Matt	
9:00-9:55a								
9:30-10:25a	Zumba Meliza	Ball Pilates Barbara	Retro Step Margie	Ball Pilates Barbara	Zumba Meliza			
10:00-10:55a								<b>AMAZING KIDS</b> Monday - Friday 8:30 am - 1 pm 4:30 pm - 7:30 pm Saturday 9 am - 1 pm  <b>THE CLUB</b> Monday - Wednesday 4:30pm - 7:30pm Saturday* 9:00am - 1:00pm *2 designated Saturdays a month  <b>BUILDING HOURS</b> Mon - Thur 5 am - 10 pm Friday 5 am - 8 pm Saturday 7 am - 5 pm Sunday 10 am - 4 pm  <b>HOLIDAY HOURS</b> Christmas Eve CLOSED Christmas Day CLOSED New Year's Eve 5 am - 6 pm New Year's Day 10 am - 5 pm
10:30-11:25a	Silver Sneakers Cardio Circuit Margie	Pilates/Yoga Aileen	Silver Sneakers Cardio Circuit Margie	Pilates/Yoga Aileen	Stretch and Tone Barbara			
11:00-11:45a								
12:00-12:55p	Boot Camp Basics Matt		Boot Camp Basics Matt		Boot Camp Basics Matt			
1:00-3:15p		Dancing Grannies		Dancing Grannies				
5:00-5:55p		Zumba Karen		Zumba Megan				
5:30-6:25p	Zumba Karen		Dance Fitness Megan					
6:00-7:00p		Muscle Conditioning Matt		Muscle Conditioning Matt				
6:30-7:25p			Yoga Lisa					
7:00-9:00p		Fencing Charlie		Fencing Charlie				
<b>Cycle Studio</b>								
9:00-9:55a		Cycle Elizabeth		Cycle Elizabeth				
5:30-6:25p	Cycle Deb							
<b>GYM</b>								
9:00-10:15a	Muscle Conditioning Elizabeth		Muscle Conditioning Ali		Muscle Conditioning Elizabeth			
10:00-11:00a		55! Alive in Gym Mark		55! Alive in Gym Mark				
10:30-11:25a					Silver Sneakers Cardio Circuit Margie			

**GROUP FITNESS CLASS DESCRIPTIONS**

Mind & Body	Cardio	Strength Training	Active Older Adults
<p><b>Ball Pilates:</b> Want to improve flexibility, balance and strengthen core muscles? This class will enhance all these! It will help elongate and strengthen muscles, strengthen your back, and improve your posture.</p>	<p><b>Cycle:</b> A class on a uniquely designed stationary bike that simulates road biking with upbeat music and guided programs with various intensity. Beginner through advanced cycle participants welcome!</p>	<p><b>Muscle Conditioning:</b> A workout designed for both athletes and non-athletes. Vigorous plyometric drills and calisthenics will push your cardio endurance and strength conditioning;</p>	<p><b>55 and Alive!</b> This class is specifically designed for older adults. It gives participants an opportunity to stay physically active or in some cases, to overcome their fear of exercise and begin being physically active. This class will accommodate a wide variety of interests and functional abilities. The programming includes flexibility, balance, cardio, and resistance training.</p>
<p><b>Stretch &amp; Tone:</b> Counterbalance your energetic workouts with some stretching and breathing. Stretch from top to bottom and everywhere in between during this workout everyone can enjoy.</p>	<p><b>Zumba:</b> Like no other workout! Inspired by the traditional cumbia, salsa, samba and meringue music paired with Latin rhythms, together with international dance steps. Easy to follow dance moves and body shaping benefits.</p>	<p>designed to increase muscle endurance and tone, utilizing a variety of equipment. Class focuses on all major muscle groups resulting in a total body workout.</p>	<p><b>SilverSneakers Cardio Circuit:</b> This class offers standing, low impact choreography alternated with standing upper-body strength work with hand held weights, elastic tubing with handles and a SilverSneaker ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants.</p>
<p><b>Yoga:</b> With a focus on breathing and rejuvenating movements. Enjoy a variety of poses to increase strength and flexibility. All levels welcome to any of our classes. New to yoga a Beginner/Intermediate class offered on Fridays in October!</p>	<p><b>Retro Step:</b> A cardiovascular and strength workout taking you back to the basics where the step patters are simple to follow but the intensity is "as you make it" depending on your choice of step height. Each class will include a strength segment utilizing hand weights targeting major muscle groups.</p>	<p><b>Boot Camp Basics:</b> Learn functional movements in a circuit format! Get a full body workout while torching calories and learning new movements!</p>	<p><b>Dancing Grannies:</b> A Tap Dancing group for women ages 50+, offers classes at the Flagstaff Family YMCA twice a week. Come join us for some fun!</p>
<p><b>Pilates/Yoga:</b> A flowing mind/body practice integrating yoga and pilates to increase strength, flexibility, and balance while reducing stress and improving endurance. All levels welcome!</p>		<p><b>Bodyworks (NEW CLASS):</b> A 50-minute workout that will use dumbbells and resistance bands in a variety of exercises while keeping you moving to the beat of the music. Modifications will be made for all fitness levels. Everyone is encouraged to participate!</p>	<p><b>Fencing:</b> An exciting combat sport that takes you back to a time before mechanized weapons. The object of fencing is to effectively score a set number of points on your opponent before he scores that number on you. Points are scored by getting touches on your opponent's body.</p>
<p><b>Specialty Classes</b></p>			