



GROUP FITNESS SCHEDULE effective 01/01/19

Glendale/Peoria Family YMCA

FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

14711 N 59th Ave, Glendale, AZ 85306 • 602.404.9622 • <https://valleymca.org/glendale-peoria/>

START	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	START	SATURDAY	SUNDAY	HOURS
5:45a	MUSCLE CONDITIONING 5:45-6:45AM Dorenda	GROUP CYCLE 5:45-6:45AM Dorenda	MUSCLE CONDITIONING 5:45-6:45AM Dorenda	GROUP CYCLE 5:45-6:45AM Dorenda	DEFEND TOGETHER 5:45-6:45AM Dorenda		Opens at 7:00AM	Opens at 9:00AM	BUILDING Monday-Thursday 5:30AM-9:00PM Friday 5:30AM-8:00PM Saturday 7:00AM-7:00PM Sunday 9:00AM-4:00PM AMAZING KIDS Monday-Thursday 8:00AM-12:00PM 4:00-8:00PM Friday 8:00AM-12:00PM 4:00-7:00PM Saturday 8:00AM- 1:00PM
7:30a						7:00a			
8:00a	MAT PILATES 8:00-8:55AM Sheryl	HATHA YOGA 8:00-8:55AM Noreen	MAT PILATES 8:00-8:55AM Sheryl	HATHA YOGA 8:00-8:55AM Noreen	R.I.P.P.E.D. 8:00-8:55AM Kelly P	8:00a	MAT PILATES 8:05-8:50AM Susan		
9:00a	R.I.P.P.E.D. 9:00-9:50AM Kelly P	TOTAL BODY CONDITIONING 9:00-9:55AM Becca	ZUMBA 9:00-9:50AM Alicia G	TOTAL BODY CONDITIONING 9:00-9:55AM Becca	HATHA YOGA 9:00-9:50AM Becca	9:00a	STRENGTH TRAIN TOGETHER 9:00-10:00AM Susan	HATHA YOGA 9:15-10:15AM Noreen	
10:00a	STRENGTH TRAIN TOGETHER 10:00-11:00AM Anna	GROUP CYCLE 10:00-10:45AM Becca	STRENGTH TRAIN TOGETHER 10:00-11:00AM Anna	GROUP CYCLE 10:00-10:45AM Becca	MUSCLE CONDITIONING 10:00-11:00AM Becca	10:00a	ZUMBA 10:10-11:00AM Melissa	ACTIVE TOGETHER 10:30-11:30AM Jennifer	
11:00a	ZUMBA 11:10-12:00PM Belinda	SILVERSNEAKERS CLASSIC 11:00-11:55AM Becca	SILVERSNEAKERS CLASSIC 11:15AM-12:10PM Becca	SILVERSNEAKERS CLASSIC 11:00-11:55AM Michelle	SILVERSNEAKERS CLASSIC Michelle 11:15AM-12:10PM	11:15a	KARATE* TINY TIGERS / LITTLE DRAGONS		
12:00p	SILVERSNEAKERS CLASSIC 12:15-1:15PM Nabeedah	SILVERSNEAKERS CIRCUIT 12:00-12:55PM Becca	SILVERSNEAKERS YOGA 12:15-1:15PM Becca	SILVERSNEAKERS CIRCUIT 12:00-12:55PM Michelle		11:45a	KARATE* BEGINNERS		
1:00p		LINE DANCING 1:00-2:00PM Lorrie	*BINGO 1:30-3pm (2nd wednesday of month)			12:30p	KARATE* SENIOR RANKS		
4:30p	STRENGTH TRAIN TOGETHER 4:30-5:30PM Shannon	R.I.P.P.E.D. 4:30-5:20PM Kelly	*DEFEND TOGETHER 4:30-5:30PM Dorenda	ZUMBA 5:00-5:50PM Alicia C	KARATE* PRIVATE LESSONS	2:15p	KARATE* DEMO TEAM		
5:30p	STEP 5:35-6:25PM Susan	STRENGTH TRAIN TOGETHER 5:30-6:30PM Susan	STEP 5:35-6:25PM Dorenda	CORE FOCUS TOGETHER 6:00 - 6:30PM Susan	BALLROOM DANCE LESSONS*** 6:00-7:00PM Mark C				
6:30p	DEFEND TOGETHER 6:30-7:30PM Dorenda	CARDIO KICKBOXING 6:35-7:25PM Melissa	ZUMBA 6:30-7:30PM Tonia	ACTIVE TOGETHER 6:35-7:35PM Susan	BALLROOM DANCE "OPEN DANCE" 7:00-8:00PM Mark C				
7:30p	HATHA YOGA 7:35-8:30PM Kelly J	KARATE* JR 7:30PM KARATE* SR 8:15PM		KARATE* ALL RANKS 8:00-9:00PM					
CIRCUIT ROOM CLASSES									
10:00a	SILVERSTART 10:00-10:30AM		SILVERSTART 10:00-10:30AM	SILVERSTART 10:00-10:30AM	SILVERSTART 10:00-10:30AM				
5:00p									
6:00p			YOUTHSTART 6:00-6:30PM Loni						

Symbol Key

* Karate is a
fee-based class.

Children ages 12 & 13 years old with adult; 14 years old & up may attend alone. Schedule is subject to change and/or cancellation without notice due to low attendance.

Mind & Body	Cardio	Strength Training	Active Older Adults
<p>Balance & Flex Together will grow you longer and stronger with an invigorating mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey.</p>	<p>Active Together 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>Strength Train Together will blast all your muscles with a high-rep training workout. Using an adjustable barbell, weight plates, and body weight, this workout combines squats, lunges, presses, and weight 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>SilverSneakers® Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.</p>
<p>Hatha Yoga: Emphasizes posture and breathing. It is an excellent way to relax the body and strengthen the mind.</p>	<p>Defend Together 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>Core Focus Together trains you like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and help strengthen your abs. Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel, and a platform – all to challenge you like never before.</p>	<p>SilverSneakers® Circuit: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball are alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.</p>
<p>Mat Pilates: This class will focus on your core (hips, lower back, and abdominals). This method of conditioning trains both body and mind with exercises that focus on increasing a balance of strength and flexibility through a use of flowing movements and breathing.</p>	<p>Cardio Mix: A class designed to offer a little bit of everything. Classes will vary with steps, weights, and other resistance equipment for overall cardio and muscle conditioning. Come prepared for a good cardio workout.</p>	<p>R.I.P.P.E.D.: Experience this total body "plateau-proof fitness formula" workout, utilizing resistance and cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, and Diet components of R.I.P.P.E.D. to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective.</p>	<p>SilverSneakers® Yoga: Will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.</p>
<p>Fitness For Kids</p>	<p>Step: Get a great cardio and lower body workout while learning fun combinations. Some classes include strength training. Modified for beginner, intermediate, and power movers.</p>	<p>Muscle Conditioning: This strength training class is 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>SilverStart: An interval training program designed for active older adults. This member-led class focuses on endurance, strength, and flexibility. Classes are held in the circuit room.</p>
<p>YouthStart: A 30-minute interval training circuit class for kids ages 5-12. Classes are held in the circuit room.</p>	<p>Line Dancing: Learn the easy steps while groov'n to your favorite tunes in this fun, calorie-burning line dance class.</p>	<p>Zumba® in the Circuit: 45 minutes of high-octane, Latin-inspired dance-fitness moves combined with interval strength training. Get the benefits of circuit training while perfecting Zumba moves--all in the same class! This class welcomes children 8+ years old with a parent. Classes are held in the circuit room.</p>	<p>Aquatics</p> <p>Shallow Water Fitness: Wake up to this fun and energetic shallow water class! Lively music, class camaraderie, along with challenging exercises will keep you going all day.</p>
<p>Family Zumba®: A high-energy fusion of Latin dance and hip hop rhythm. This dance-based cardio workout is fun for all fitness levels; no previous experience is required. Join Family Zumba with your kids ages 8+.</p>	<p>Group Cycle: A class on a uniquely designed stationary bike that simulates road biking with upbeat music and guided intensity varying programs. Classes are for all fitness levels.</p>	<p>Zumba®: A high-energy fusion of Latin dance and hip hop rhythm. This dance-based cardio workout is fun for all fitness levels, and no previous experience is required. Join "Family" Zumba with your kids ages 8+.</p>	<p>Deep Water Fitness: Get up and going with this energetic non-impact deep water exercise class. Flotation noodles are provided, or participants may bring flotation belts to keep them buoyant. Special equipment is used to increase resistance, strength, and overall cardio conditioning. Participants must know how to swim.</p>