



# GROUP FITNESS SCHEDULE MARCH 2017

Northwest Valley Family YMCA

12450 W Cinnabar Ave, El Mirage, AZ 85335 (602) 688-5335 www.valleyymca.org

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00	<b>Cycle</b> 6:30-7:20am - <i>Melody</i>	<b>Group Cycle</b> 6:05- 6:55 am - <i>Kelly</i>	<b>Cycle</b> 6:30-7:20am - <i>Melody</i>	<b>Group Cycle</b> 6:05- 6:55 am - <i>Kelly</i>			
8:00	<b>YOUTH PROGRAM</b>	<b>YOUTH PROGRAM</b>	<b>YOUTH PROGRAM</b>	<b>YOUTH PROGRAM</b>	<b>YOUTH PROGRAM</b>		<b>BUILDING HOURS</b> Monday - Thursday: 6am - 9 pm Friday: 6am - 8pm Saturday 8 am - 5 pm Sunday: 12pm - 4pm  <b>AMAZING KIDS</b> Monday - Thursday 8 am - 12 pm 4 pm - 8 pm Friday: 8 am - 12 pm 4 pm - 7 pm Saturday 8 am - 12 pm  <b>Club 5-11</b> Monday - Thursday 4 pm - 8 pm Friday: 4 pm - 7 pm Saturday 8 am - 12 pm
9:00	<b>Strength Train Together</b> 9:00-10:00 - <i>Claudia</i>	<b>Zumba</b> 9:00 - 9:50 am - <i>Sol</i>	<b>Strength Train Together</b> 9:00-10:00 - <i>Claudia</i>	<b>Zumba</b> 9:00 - 9:50 am - <i>Sol</i>	<b>Strength Train Together</b> 9:00-10:00 - <i>Claudia</i>	<b>Zumba</b> 9:00- 9:50am <i>Olga / Julie</i>	
10:00	<b>Zumba</b> 10:15-11:00am - <i>Olga</i>	<b>Tabata Remix</b> 10:00 -10:50am <i>Ashley</i> ----- <b>FEM START</b> 10:00am - Natalie	<b>Pound</b> 10:15-11:00am -Sarah	<b>Tabata Remix</b> 10:00 -10:50am <i>Natalie</i> ----- <b>FEM START</b> 10:00am - Ashley	<b>Zumba</b> 10:15-11:00am - <i>Olga</i>	<b>Yoga Flow</b> 10:00- 11:30 am <i>Natalie</i>	
11:00	<b>Boom Move It</b> 11:15-11:45 <b>Boom Mind</b> 11:45-12:15 <i>Carolyn</i>	<b>STEP</b> 11:00-11:50 am <i>Natalie</i> ----- <b>SILVER START</b> 11:00am - Ashley	<b>Boom Move It</b> 11:15-11:45 <b>Boom Muscle</b> 11:45-12:15 <i>Carolyn</i>	<b>STEP</b> 11:00-11:50 am <i>Natalie</i> ----- <b>SILVER START</b> 11:00am - Ashley	<b>Silver Sneakers Classic</b> 11:15am - <i>Jane</i>		
12:00	<b>Silver Sneakers Yoga</b> 12:15pm - <i>Carolyn</i>	<b>Silver Sneakers Classic</b> 12:15pm - <i>Jane</i>	<b>Silver Sneakers Yoga</b> 12:15pm - <i>Carolyn</i>	<b>Silver Sneakers Classic</b> 12:15pm - <i>Jane</i>			
4:00	<b>YOUTH PROGRAM</b>	<b>Balance &amp; Flex together</b> 4:30-5:30- <i>Melody</i>	<b>YOUTH PROGRAM</b>	<b>Power Yoga</b> 4:30-5:25- <i>Natalie</i>	<b>YOUTH PROGRAM</b>		
5:00	<b>Pound</b> 5:00-5:55pm-Sarah	<b>Zumba</b> 5:35-6:25 pm - <i>Laurie</i>	<b>Zumba</b> 5:00-5:50 pm - <i>Frances</i>	<b>50/50</b> 5:30- 6:30pm - <i>Natalie</i>	<b>Zumba</b> 5:00 -5:50 pm - <i>Julie</i>		
6:00	<b>Zumba</b> 6:00-6:55pm - <i>Julie</i>	<b>Sculpt &amp; Shred</b> 6:30-7:25- <i>Laurie</i>	<b>KARATE</b>	<b>Zumba</b> 6:35 -7:30pm - <i>Laurie</i>	<b>KARATE</b>		
7:00	<b>Yoga</b> 7:00-8:00pm- <i>Natalie</i>		<b>KARATE</b>		<b>KARATE</b>		

Schedule is subject to change and/or cancellation without notice due to low attendance.

Updated 3/1/2017

Group Power = Strength Train together

Group Centergy = Balance and Flex Together

\*\*\*Water fitness Tues/Thurs 10:00am West Gymnasium\*\*\*



## Northwest Valley Family YMCA Class Descriptions

*Age Requirements: unless noted 11 & 12 years old with an adult; 13 years old & up may attend alone.*

**Class times and Group fitness instructors are subject to change**

**STRENGTH TRAIN TOGETHER** STRENGTH TRAIN TOGETHER will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout 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.

**BALANCE & FLEX TOGETHER** BALANCE & FLEX TOGETHER will grow you longer and stronger with an invigorating 60-minute 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.

**ZUMBA®** Ditch the workout, join the party! ZUMBA® is a dynamic, exciting, and effective dance-aerobics workout done to high-energy fusion of Latin and International music. The routines feature aerobic training with a combination of fast and slow rhythms. No dance skills needed. \*some classes may not be suitable for younger attendees; instructors reserve the right to not allow them in.

**POUND®** Instead of listening to music, you *become* the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out.

**SCULPT & SHRED** Sculpt those muscles & shred the pounds in this 55minute class. Incorporating a combination of strength, cardio & toning using adjustable barbell, hand weights, resistance band & body weight this class is guaranteed to be a great workout.

**BOOM (MOVE IT!) Silver Sneakers** is a heart-healthy cardio workout in the form of a non-stop dance party! Dances of the 1960s to 1990s are featured in "Groove Blocks" choreographed with the dances and music of specific decades. We begin with the '60s and seamlessly transition through eras of music and style, finishing with the dances of the '90s and beyond. This fun, high-energy, dance fitness class is achievable for beginning exercisers, experienced dancers, and everyone in-between. Each class finishes with a signature "Group Groove" where class participants perform a group dance. From The Stroll to the Electric Slide, get ready to hit the dance floor!

**BOOM (TONE IT!) Silver Sneakers** provides a 30 minute, total-body workout through our unique Tri-Muscle Combination or TMC Block + Action Interval formula. Each TMC Block demonstrates a progression of three exercises and allows participants to select the intensity and complexity appropriate for their individual fitness levels. The Action Intervals are optional segments that can alternate with TMC Blocks to add cardiovascular and sports conditioning elements to the workout

**BOOM (MIND!) Silver Sneakers** is a flowing mix of yoga, Pilates and athletic stretching techniques that improves strength, balance and flexibility through a mind/body/spirit approach. Each exercise begins at a base level and offers progressions to accommodate all participants. The "flow" is easy to follow and transitions smoothly between standing and mat-based work. Each *series* can either focus on a specific discipline or combine exercises from all three. The class closes with a soothing series of stretches followed by a brief relaxation segment.

**Silver Sneakers 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, and a chair is used for seated and/or standing support.

**Silver Sneakers YOGA** Silver Sneakers 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.

**STEP** Get a great cardio and lower body workout while learning fun combinations. Modified for beginners/intermediate levels

**50/50** The perfect balance, half cardio & half strength training. This class includes several different formats for a new and exciting class every time.

**TABATA REMIX** One of the more popular forms of high-intensity interval training (HIIT). This class will help you burn a lot of calories and provide you with a killer full-body anaerobic and aerobic workout. It improves athletic performance, improves glucose metabolism & acts as an excellent catalyst for fat burning. Utilizing barbells, body weight & cardio, you will cycle through work & rest to jumpstart metabolism.

**YOGA FLOW/POWER YOGA/ YOGA** Experience a combination of poses, moving with the breath, increase strength & flexibility while reducing stress. It is an excellent way to stretch and strengthen the body, focus the mind and relax the spirit.

**GROUP CYCLE/CYCLE** A class on a uniquely designed stationary bike that simulates road biking. Classes are for all fitness levels.

**FEM START** circuit program designed to burn calories and improve strength. Classes are for all fitness levels. This class is for females ages 18 & older. **\*held in circuit area on fitness floor- class is an 8 week session, with 1 week break between sessions\***

**SILVER START** circuit program designed to burn calories and improve strength. Classes are for all fitness levels. This class is for ages 18 & older. **\*held in the circuit area on fitness floor- class is an 8 week session, with 1 week break between sessions\***

**SHALLOW WATER FITNESS** This class will improve your cardio function and muscle tone all well moving to fun and motivating music!  
**\*this class is held in the gymnasium on Tuesday & Thursday at 10am\***