



# GROUP FITNESS SCHEDULE JANUARY 2018

Northwest Valley Family YMCA

FOR YOUTH DEVELOPMENT\*  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00a	Cycle 6:30-7:20am - <i>Melody</i>	Group Cycle 6:05- 6:55 am - <i>Kelly</i>	Cycle 6:30-7:20am - <i>Melody</i>	Group Cycle 6:05- 6:55 am - <i>Kelly</i>			
8:00a			Pound 8:05- 8:50am - <i>Sarah</i>		BOOT CAMP 8:00am- <i>Sarah</i> *additional cost		
9:00a	P90X 9:00-10:00am - <i>Sarah</i>	Zumba 9:00 - 9:50 am - <i>Vanessa</i>	Strength Train Together 9:00-10:00am - <i>Claudia</i>	Zumba 9:00 - 9:50 am - <i>Gina</i>	Strength Train Together 9:00-10:00am - <i>Chealsey</i>	Zumba 9:00- 9:50am- <i>Vanessa</i>	<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 9 am - 1 pm  <b>THE CLUB 5-11yrs</b> Monday - Friday: 4 pm - 7 pm Saturday 9 am - 1 pm
10:00a	Zumba 10:15-11:00am - <i>Olga</i>	Barre Above 10:00 - 10:50am <i>Gina</i>	PiYo 10:15-11:00am - <i>Sarah</i>	Total Body Conditioning 10:00 -10:50am <i>Sarah</i>	Zumba 10:15-11:00am - <i>Olga</i>	Yoga Flow 10:00- 11:30 am <i>Natalie</i>	
11:00a	Boom Move It 11:15-11:45am <i>Carolyn</i>	Silver Sneakers Classic 11:15am-12:15pm - <i>Jane</i>	Boom Move It 11:15-11:45am <i>Carolyn</i>	Silver Sneakers Classic 11:15am-12:15pm - <i>Jane</i>	Silver Sneakers Stability 11:15am-12:15pm - <i>Cara</i>		
	YoChi Flow 11:45am-12:15pm <i>Carolyn</i>		BOOM Muscle 11:45am-12:15pm <i>Carolyn</i>				
12:00p	Silver Sneakers Classic 12:15-1:15pm - <i>Carolyn</i>	Silver Sneakers Yoga 12:15-1:15pm - <i>Cara</i>	Silver Sneakers Yoga 12:15-1:15pm - <i>Carolyn</i>	Silver Sneakers Yoga 12:15-1:15pm - <i>Cara</i>	Silver Sneakers Yoga 12:15-1:15pm - <i>Cara</i>		
4:00p		Balance & Flex together 4:30-5:30pm- <i>Melody</i>		Balance & Flex together 4:30-5:30pm- <i>Melody</i>			
5:00		Total body Conditioning 5:35-6:25pm - <i>Natalie</i>	Zumba 5:00-5:50 pm - <i>Frances</i>	HIIT 5:35- 6:30pm - <i>Paul</i>	Zumba 5:00 -5:50 pm- <i>Julie</i>		
6:00	Zumba 6:00-6:55pm - <i>Julie</i>	Zumba 6:30-7:25- <i>Laurie</i>	<b>KARATE &amp; SWORDS</b> *additional cost	Barre 6:35-7:30pm- <i>Gina</i>	<b>KARATE</b> *additional cost		
7:00p	Core de Force 7:00-8:00pm- <i>Sarah</i>						
<b>Circuit Area</b> sessions are subject to cancellation at any time due to low participation							
11:00a		SilverSTART 11:15am		SilverSTART 11:15am			
<b>Gymnasium</b> *This class is held the gymnasium at the listed time*							
9:00a		Shallow Water Fitness 9:00am - <i>Diane</i>		Shallow Water Fitness 9:00am - <i>Diane</i>			
<b>Community Room</b>							
	Itty Bity Ballet 9:15am-09:45am *additional cost	Itty Bity Ballet 5:30-6:15pm *additional cost	Itty Bity Ballet 9:15am-09:45am *additional cost	Itty Bity Ballet 5:30-6:15pm *additional cost			
6:00p				Cycle 6:30pm-7:25pm- <i>Melody</i>			

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

Updated 1/1/2018

Join us for our member appreciation event January 20th. See flyers in Branch for details!

# Northwest Valley Family YMCA Class Descriptions

## STRENGTH

**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.

**PIYo** Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. We crank up the speed to deliver a true fat-burning, low impact workout that leaves your body looking long, lean & incredibly defined.

## CARDIO & STRENGTH

**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.

**BARRE ABOVE** an eclectic and progressive method of training for all bodies and abilities. Classes combine the elements of ballet technique training and Pilates into a total body workout.

**TOTAL BODY CONDITIONING** Functional fitness workout while increasing cardio heart health, strength, endurance & balance. Never the same thing twice, you will experience something new each week.

**CORE DE FORCE** is unlike any other MMA-inspired workout, incorporating Boxing, Kickboxing, and Muay Thai combinations and mixing them with fat-blasting cardio and bodyweight moves. You'll move through 3-minute "rounds" in which you'll alternate between various fighting combinations with bodyweight moves and cardio spikes to kick your calorie burn into overdrive. You can punch, kick, and sweat at your own pace. There's no equipment required. Your body is the only weapon you need to fight hard every single workout.

**P90X®** is a full-body, strength-training format, featuring four unique blocks of work: Cardio X, Lower Strength, Upper Strength and X Core. P90X is suitable for all fitness levels and is fully modifiable

**HIIT** Train like an athlete in 50 action packed minutes. Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel & platform- all to challenge you like never before!

## MIND & BODY

**BALANCE & FLEX TOGETHER** will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilate's 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.

**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.

## CARDIO

**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. 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.

## ACTIVE OLDER ADULTS

**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 (MUSCLE) 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

**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.

**Silver Sneakers Stability** Stability is the newest class designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level. It can be adapted depending on the skill of individual participants. A chair may be used for balance and support.

**Yo-Chi Flo** 30-minute workout combining Dance, Yoga and Tai Chi. The slower, flowing movements are combined with relaxing music to improve flexibility, balance and agility while focusing your mind and energizing your body.

## CYCLE

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

## GETTING STARTED

**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\*

## WATER FITNESS

**OUT OF WATER, 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 while the pool is closed for the season\*

**\*\*Classes are subject to change &/or cancellation without notice due to low attendance & instructor availability\*\***