



# GROUP FITNESS SCHEDULE October 2018

Northwest Valley Family YMCA

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

FOR YOUTH DEVELOPMENT\*  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Group Fitness Room</b>						
8:00a						<b>BOOT CAMP</b> 8:00am- <i>*additional cost</i>
9:00a	<b>Strength Train Together</b> 9:00-10:00am Chealsey	<b>Zumba</b> 9:00 - 9:50 am Sol	<b>Strength Train Together</b> 9:00-10:00am Claudia	<b>Zumba</b> 9:00 - 9:50 am Sol	<b>Strength Train Together</b> 9:00-10:00am Chealsey	<b>Zumba</b> 9:00- 9:50am Kathy/Olga
10:00a	<b>Zumba</b> 10:15-11 am Olga	<b>Balance &amp; Flex together</b> 10:00 -11am Claudia	<b>Total Tabata</b> 10:15-11:00am Chealsey	<b>Balance &amp; Flex together</b> 10:00 -11am Claudia	<b>Zumba</b> 10:15-11:00am Olga	<b>Yoga Flow</b> 10:00- 11:00 am Tish
11:15a	<b>Silver Sneakers Classic</b> 11:15am-12:15pm Jane	<b>Silver Sneakers Classic</b> 11:15am-12:15pm Jane	<b>Boom Move It</b> 11:15-11:45am Carolyn	<b>Silver Sneakers Classic</b> 11:15am-12:15pm Jane	<b>Sit &amp; Fit</b> 11:15am-12:15pm	
11:45a			<b>BOOM Muscle</b> 11:45am-12:15pm Carolyn			
12:15p	<b>Silver Circuit</b> 12:15-1:00pm Jane		<b>Silver Sneakers Yoga</b> 12:15-1:15pm Carolyn	<b>Silver Sneakers Stability</b> 12:15-1:15pm Cara	<b>Silver Sneakers Yoga</b> 12:15-1:15pm Cara	
4:30p				<b>Balance &amp; Flex together</b> 4:30-5:30pm Melody		<b>KARATE &amp; SWORDS</b> 1:30pm-4:00pm <i>*Additonal cost</i>
5:00p		<b>Total body Conditioning</b> 5:35-6:25pm Jennifer	<b>Zumba</b> 5:00-5:50 pm Frances	<b>Total body Conditioning</b> 5:35-6:25pm Tish	<b>Zumba</b> 5:00 -5:50 pm Julie	
6:00p	<b>Zumba</b> 6:00-6:55pm Tonia	<b>Zumba</b> 6:30-7:25 Sol	<b>KARATE &amp; SWORDS</b> <i>*additional cost</i>	<b>Zumba</b> 6:30-7:25 Fatima	<b>KARATE</b> <i>*additional cost</i>	
7:00p	<b>Cardio Kick &amp; Step</b> 7:00-8:00pm Tish	7:30-8:15 <b>P90X</b> Lori				
<b>POOL</b>						
9:00a		<b>Seated Strength</b> 9:00am Diane		<b>Seated Strength</b> 9:00am Diane		
<b>Community Room</b>						
	<b>Group Cycle</b> 6:30- 7:15 am Cyndy	<b>Group Cycle</b> 6:05- 6:55 am Kelly	<b>Group Cycle</b> 6:30- 7:15 am Cyndy	<b>Group Cycle</b> 6:05- 6:55 am Kelly		<b>Tap 5-8</b> 9-9:30 am <i>*additional cost</i>
		<b>Itty Bity Ballet 3-4</b> 5:30pm-6:15pm <i>*additional cost</i>	<b>Itty Bity Ballet 5-6</b> 5:30pm-6:15pm <i>*additional cost</i>	<b>Tap 5-8</b> 6:25-6:55pm <i>*additional cost</i>		<b>Ballet 5-8</b> 9:35-10:05 a.m. <i>*additional cost</i>
	<b>Itty Bity Ballet 3-5</b> 9:15am-10:00am <i>*additional cost</i>	<b>Ballet 8-12</b> 6:25pm-6:55pm <i>*additional cost</i>	<b>Hip Hop 6-12</b> 6:25pm-6:55pm <i>*additional cost</i>			<b>Hip Hop 5-8</b> 10:10-10:40 am <i>*additional cost</i>
	<b>Cycle</b> 6:00-6:45pm Tish		<b>BOOT CAMP</b> 7:00pm <i>*additional cost</i>	<b>Cycle</b> 6:30pm-7:25pm Tish		

**BUILDING HOURS**  
Monday - Thursday:  
6am - 9 pm  
Friday:  
6am - 8pm  
Saturday  
8 am - 5 pm  
Sunday:  
12pm - 4pm

**AMAZING KIDS**  
Monday - Thursday  
8 am - 12 pm  
4 pm - 8 pm  
Friday:  
8 am - 12 pm  
4 pm - 7 pm  
Saturday  
9 am - 1 pm

**CLUB 5-11**  
Monday - Thursday:  
4 pm - 8 pm  
Friday:  
4 pm- 7pm  
Saturday  
9 am - 1 pm

## October 2018 GROUP FITNESS SCHEDULE

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

Updated 9/30/18

# Northwest Valley Family YMCA Class Descriptions

## Strength

**Strength Train Together** – Strength Train Together will blast all of your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up and make you sweat.

## Cardio & Strength

**Total Body Conditioning**- Functional fitness workout while increasing strength and cardio endurance. Never the same workout twice.

**Cardio Kick & Step**- An energizing workout incorporating kickboxing combinations with step intervals. Punch, kick and sweat as you step up, down and around!

**Total Tabata**- Increase your heart rate and torch calories through this effective interval training. Tabata consists of eight 20/10 intervals (20 sec work/10 sec rest) using body weight, dumbbells, and resistance bands.

## Mind & Body

**Balance & Flex Together**- An invigorating mind-body workout incorporating Yoga and Pilates fundamentals with athletic training for balance, flexibility and core strength.

**Yoga Flow**- Experience a combination of poses, moving with the breath while increasing strength and flexibility.

## Cardio

**Zumba**- Ditch the workout, join the party! Zumba is a dynamic, exciting, and effective dance aerobics workout done to high energy music. \*some classes may not be suitable for younger attendees; instructors reserve the right to not allow them in.

**P90X**- Keep your body guessing and transforming with a variety of strength, cardio, and core work.

## Active Older Adults

**BOOM (Move It!) Silver Sneakers**- A heart healthy cardio workout in the form of a non-stop dance party! Get ready to hit the dance floor.

**BOOM (Muscle) Silver Sneakers**- A 30 minute total body workout adding a strength element.

**Silver Sneakers Classic**- Have fun and move to the music! This class uses hand weights, elastic tubing, and Silver Sneakers balls. Chairs are used for seated/standing support.

**Sit & Fit**- Stay fit and active with this low impact workout incorporating cardio, strength, and flexibility movements. The chair is used for seating modifications and standing support.

**Silver Sneakers Stability**- a class designed to help you become stronger and improve your balance.

**Silver Sneakers Yoga**- Move your whole body through a series of seated and standing yoga poses. Chair support is used. Restorative breathing and final relaxation will promote stress reduction and mental clarity.

**Seated Strength**- Improve muscle tone and cardio function while moving to fun and motivating music.

## Group Cycle

**Group Cycle**- A group cycling class designed to simulate outdoor cycling.

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

