



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

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

Updated 10/31/18

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.

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