



GROUP FITNESS SCHEDULE

Ross Farnsworth East Valley Family YMCA

1807 S. Sunview, Mesa AZ 85206 480-649-9622 www.valleyYMCA.org/eastvalley

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY
Group Fitness Room							
8:30 - 9:20 AM	CYCLE Darbi	STRENGTH TRAIN TOGETHER Jackie	CYCLE Kim	STRENGTH TRAIN TOGETHER Jackie	ACTIVE TOGETHER Micki	7:30 - 8:20 AM	ZUMBA Jackie / Rachel (alt)
9:30 - 10:20 AM	ZUMBA Jackie	CORE FOCUS TOGETHER & STRETCH Julie	ZUMBA Jackie	CYCLE Cherry	YOGA Denice	8:30 - 9:20 AM	CYCLE (alt instructors)
10:30 - 11:20 AM	GROUP X 101 Jackie	YOGA Lance	GROUP X 101 Jackie	Yoga/Pilates Cherry	ZUMBA Jackie	9:30 - 10:20 AM	STRENGTH TRAIN TOGETHER Rachel S
12:15 - 1:05 PM	CORE FOCUS TOGETHER & STRETCH Julie	YOGA Denice	CORE FOCUS TOGETHER & STRETCH Julie	ACTIVE TOGETHER Micki	YOGA Lance	10:30 - 11:20 AM	YOGA Monet/Denice (alt)
4:30 - 5:20 PM	YOGA Tania		YOGA Denice				
5:30 - 6:20 PM	STRENGTH TRAIN TOGETHER Rachel S.	CYCLE Kaleigh	STRENGTH TRAIN TOGETHER Rachel S.	CYCLE Kaleigh	CYCLE Esperanza		
6:30 - 7:20 PM	ZUMBA Sara	STRENGTH TRAIN TOGETHER Helen	YOGA Lance	ZUMBA Shana			
Circuit Room							
8:15 - 9:10 AM	CIRCUIT TRAINING Brooke	TAI CHI Debbie	CIRCUIT TRAINING Brooke	TAI CHI Debbie	CIRCUIT TRAINING (8:45am) Cherry		
Gymnasium							
10:00 - 10:50 AM	GENTLE YOGA Brooke	SILVERSNEAKERS CLASSIC Jackie	GENTLE YOGA Brooke	SILVERSNEAKERS CLASSIC Jackie			

BUILDING HOURS
Monday - Friday
5:00 AM - 9:00 PM
Saturday
7:00 AM - 7:00 PM
Sunday
10:00 AM - 3:00 PM

AMAZING KIDS CENTER
Monday - Friday
8:00 AM - 12:00 PM
Monday - Thursday
4:00 PM - 7:30 PM
Saturday
7:15 AM - 12:00 PM

Effective 1/2/2019

Welcome New Instructors! New Classes are highlighted in blue. Questions? Please contact Brooke Whiting, Healthy Living Coordinator at brooke.whiting@vosymca.org

GROUP FITNESS CLASS DESCRIPTIONS

Mind & Body

TAI CHI A Chinese exercise system that uses slow, smooth, controlled movement to achieve a state of relaxation of body and mind. This system of physical exercise is used to improve and maintain health, and strengthen both cardiovascular and immune systems.

YOGA Explore the physical benefits of yoga through a Hatha and Vinyasa style practice. Build strength, flexibility and balance as you are safely guided through many postures and flow sequences designed to unite body, mind and spirit.

Yoga/Pilates Tone your trouble zones, strengthen your core, polish your Pilates and stretch! This class incorporates Yoga movement to stretch and strengthen use mats, balls and hand weights for a total body strength and conditioning workout to create that beautiful body that will keep you strong and flexible for a lifetime.

Cardio Fitness

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. Activate your life!

CYCLE Simulates the cardiovascular and muscular challenge of road biking on a uniquely designed stationary bike. Fueled by energetic and motivating music, cycling is a non-impact adrenaline rush. Cyclists work at their own pace so that all fitness levels are welcome. (Seats are limited so pick up a ticket from the Welcome Center before class.)

ZUMBA® Ditch the workout, join the party! Zumba is a dynamic, exciting and effective dance workout done to a high-energy fusion of Latin and international music. The routines feature aerobic training with a combination of fast and slow rhythms. Join the party! No dance skill needed.

Strength Training

CIRCUIT TRAINING Improve muscular strength, cardiovascular fitness, flexibility and balance. Moving from station to station makes fast work of this 50-minute total body workout. This class is for anyone looking to improve their overall fitness.

CORE FOCUS TOGETHER® & STRETCH A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and give you ripped 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. Top off the workout with 20 minutes of full body stretching to improve flexibility and prepare you for your next workout.

STRENGTH TRAIN TOGETHER® Will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Strength Train Together 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! Power Up!

Healthy Aging

CIRCUIT TRAINING Improve muscular strength, cardiovascular fitness, flexibility and balance. Moving from station to station makes fast work of this 50-minute total body workout. This class is for anyone looking to improve their overall fitness.

GENTLE YOGA Introduces movement, poses, and the health benefits of yoga to the new practitioner. Optional use of a chair provides additional support making the practice of yoga accessible to all regardless of experience, age or fitness level.

GROUP X 101 Moderate level cardiovascular and movement training designed to improve strength, balance and heart health. Learn to use and become comfortable with the tools, equipment and music used in group fitness classes in a friendly and supportive environment. Perfect for the new exerciser, seasoned athlete, and everyone in between.

SILVERSNEAKERS® CLASSIC Have fun and improve daily living by moving through a variety of exercises designed to increase muscular strength and range of motion. Hand held weights, elastic tubing, SilverSneakers® balls and chairs are used. SILVERSNEAKERS® CIRCUIT Incorporates intervals of cardio exercises in addition to the resistance and range of movement exercises.

TRYING A CLASS FOR THE FIRST TIME?

For best results, please arrive 10 minutes early to visit with the instructor before the class begins. That way, she/he can help you set up, and provide some pre-class instruction that will insure that your first experience with the class is a successful one.

Getting Started

AQUA FIT
CIRCUIT TRAINING
GENTLE YOGA
GROUP X 101
SILVERSNEAKERS®
TAI CHI

Water Fitness

H.I.I.T.