



# 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
8:15 - 9:10 AM		TAI CHI Debbie (Circuit Room)		TAI CHI Debbie (Circuit Room)		7:30 - 8:20 AM	ZUMBA (alt instructors)
8:30 - 9:20 AM	CYCLE Darbi	STRENGTH TRAIN TOGETHER Jackie	CYCLE Kim	STRENGTH TRAIN TOGETHER Jackie	ACTIVE TOGETHER Micki	8:30 - 9:20 AM	CYCLE (alt instructors)
	CIRCUIT TRAINING I Brooke (Circuit Room)		CIRCUIT TRAINING I Brooke (Circuit Room)		CIRCUIT TRAINING I (8:45am) Cherry (Circuit Room)		
9:30 - 10:20 AM	ZUMBA Jackie	CORE FOCUS TOGETHER & STRETCH Julie	ZUMBA Jackie	CYCLE Cherry	YOGA Denice	9:30 - 10:20 AM	STRENGTH TRAIN TOGETHER Rachel S
			CIRCUIT TRAINING II Kristine (Circuit Room)				
10:00 - 10:50 AM	GENTLE YOGA Brooke (GYM)	SILVERSNEAKERS CLASSIC Jackie (GYM)	GENTLE YOGA Brooke (GYM)	SILVERSNEAKERS CLASSIC Jackie (GYM)		10:30 - 11:20 AM	YOGA Monet/Denice (alt)
10:30 - 11:20 AM	GROUP X 101 Jackie	YOGA Lance	GROUP X 101 Jackie	Yoga/Pilates Cherry	ZUMBA Jackie		
12:15 - 1:05 PM	CORE FOCUS TOGETHER & STRETCH Julie	YOGA Denice	CORE FOCUS TOGETHER & STRETCH Julie	ACTIVE TOGETHER Micki	YOGA Lance		
4:30 - 5:20 PM	YOGA Tania	YOUTH CONDITIONING \$40/Month (Circuit Room)	YOGA Denice	YOUTH CONDITIONING \$40/Month (Circuit Room)			
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			

**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 2/4/2019

Questions? Please contact Kylee Austin, Healthy Living Director at kylee.austin@vosymca.org



ALL IN is an 8-week challenge where you can earn points and win prizes for participating in group exercise and bringing guests. Attend a Strength Train Together and receive 2 points per class! For more information, contact the front desk!



# GROUP FITNESS CLASS DESCRIPTIONS

## Yoga

**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.

**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/Strength Training

**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!

**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.

**CIRCUIT TRAINING II** Level up your 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.

**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.

## Healthy Aging

**CIRCUIT TRAINING I** 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. Level I will focus on beginners level and modified moves as well as differing rep times.

**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.

**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.

**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!

## Paid Programs

**YOUTH CONDITIONING** Encourage your child to embrace physical activity through strength and cardiovascular training! Our trainers will be working with local youth on the elements of agility, balance, coordination, strength, endurance and stretch to build our physical fitness while having fun and learning about healthy living. Whether preparing for a sport or just getting off the couch and away from the screen, parents are welcome to drop-off their child for a lesson in active living! \$40/month for members \$70 for non-members Tuesdays & Thursdays @ 4:30 pm

**TODDLER/CHILD TUMBLING CLASS** Introduce your toddler/child to the fundamentals of gymnastics and tumbling through floor exercises and skill building techniques in a fun environment. 12mo-24mos: Mondays & Wednesdays @ 9:30am; 2-3 yo: Mondays & Wednesdays @ 10am; 4-5 yo: Tuesdays & Thursdays @ 4:30pm; 6-7 yo @ 5:30pm \$50/month for members \$75/month for non-members

## Dance/Cardio

**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.

## Cycle

**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.)

## Water Fitness

Coming this summer!

### 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.