



GROUP FITNESS SCHEDULE-Winter 2019

Southwest Valley Family YMCA

2919 N. Litchfield Rd, Goodyear, AZ 85395 623-935-5193 - www.valleymca.org/southwest-valley/

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Start Time	Saturday	Sunday	HOURS
GROUP FITNESS ROOM									
5:10- 6:00AM	STRENGTH TRAIN TOGETHER	INSANITY	STRENGTH TRAIN TOGETHER	INSANITY	P90X				<p>BUILDING HOURS</p> <p>Monday - Thursday 5:00AM - 9:00PM Friday 5:00AM - 8:00PM</p> <p>Saturday 7:00AM - 5:00PM</p> <p>Sunday 12:00PM - 4:00PM</p> <hr/> <p>AMAZING KIDS</p> <p>Monday-Thursday 8:00AM - 12:00PM 4:00PM-8:00PM</p> <p>Friday 8:00AM -12:00PM 4:00PM-7:30PM</p> <p>Saturday 8:45AM - 12:00PM</p> <p>Sunday 12:00PM - 3:00PM</p> <hr/> <p>OLYMPIC POOL HOURS</p> <p>Monday - Friday 5:00AM - 1:00PM</p> <p>Monday-Friday 10:00AM-1:00PM</p> <p>Monday- Thurs 4:00PM - 8:30PM</p> <p>Friday 4:00-7:30PM</p> <p>Saturday 7:00AM-4:30PM</p>
7:00 - 8:00AM	SS YOGA 7:15-8:10AM		SS YOGA 7:15-8:10AM		SS YOGA 7:15-8:10AM		SWIM TEAM 7:00-7:55AM		
8:00-9:00AM	ZUMBA 8:15-9:00AM	CORE FOCUS TOGETHER 8:30-9:00AM	ZUMBA 8:15-9:00AM	CORE FOCUS TOGETHER 8:30-9:00AM	TOTAL Tabata 8:15-9:00AM	8:00-8:45AM	ITTY BITTY SPORTS		
9:00 - 10:00AM	STRENGTH TRAIN TOGETHER	P90X 9:05-10:00AM	STRENGTH TRAIN TOGETHER	**ZUMBA** 9:05-10:00AM	POUND 9:05-10:00AM	9:00-9:55AM	YOGA FLOW		
10:00 - 11:00AM	PIYO 10:05-11:00AM	YOGA FLOW 10:05-11:00AM	YOGA FLOW 10:05-11:00AM	YOGA FLOW 10:05-11:00AM	PIYO 10:05-11:00AM	10:00-11:00AM	STRENGTH TRAIN TOGETHER		
11:00- 12:00PM	SS CLASSIC 11:10AM-12:05PM		SS CLASSIC 11:10AM-12:05PM		SS CLASSIC 11:10AM-12:05PM	11:05AM-12:00PM	ZUMBA		
12:00 - 1:00PM	ZUMBA GOLD 12:10PM	ZUMBA GOLD TONING	ZUMBA GOLD 12:10PM	ZUMBA GOLD TONING		12:05-1:05PM	\$-KICKBOXING-\$	STRENGTH TRAIN TOGETHER	
4:00-5:00PM	SWIM TEAM 4:00-4:30PM	Y-SACC 4:00-4:30PM	SWIM TEAM 4:00-4:30PM		SWIM TEAM 4:00-4:30PM	1:10-2:05PM		YOGA FLOW	
	Y-SPIRIT SQUAD- 4:30PM	**STRENGTH TRAIN** TOGETHER 4:30-5:30PM	Y-SPIRIT SQUAD 4:30PM		Y-SACC 4:30-5:00PM				
5:00-6:00PM	STRENGTH TRAIN TOGETHER 5:15-6:15PM		STRENGTH TRAIN TOGETHER 5:15-6:15PM	CLUB 8/11 5:10-5:30PM	STRENGTH TRAIN TOGETHER 5:30-6:30PM				
		P90X@ 5:30-6:25PM		**STRENGTH TRAIN** TOGETHER 5:30-6:30 PM					
6:00-7:00PM	INSANITY@ 6:20-7:15PM	YOGA FLOW 6:30-7:25PM	ZUMBA@ 6:20 7:15PM	YOGA FLOW 6:35-7:30PM					
FITNESS FLOOR									
8:00-9:00AM	WALKING(OUTSIDE) 8:00AM		WALKING(OUTSIDE) 8:00AM						
	BALANCE 8:30AM		BALANCE 8:30AM		BALANCE 8:30AM				
9:00-9:45AM	JUMPSTART2	SILVER START 9:15AM	JUMPSTART2	SILVER START 9:15AM	POWER CIRCUIT				
10:00 - 10:45AM	JUMPSTART2		FEM START						
5:00 - 6:00PM	FAMILY CIRCUIT			FAMILY CIRCUIT					
CYCLE STUDIO									
9:00-10:00AM	GROUP CYCLE 60	GROUP CYCLE 45		GROUP CYCLE 45					
5:00-7:00PM	GROUP CYCLE 60		GROUP CYCLE 60						
OLYMPIC POOL									
8:30 - 9:25AM	DEEP WATER	DEEP WATER	DEEP WATER	DEEP WATER	DEEP WATER				
9:30-10:25AM	BOOT CAMP		BOOT CAMP		BOOT CAMP	9:15-10:15AM	CARDIO STRENGTH TRAINING (CST)		

SYMBOL KEY

X = Express Class
Y= Youth Paid Class
\$ = Fee Based Class
**=New class/time
LS= Lap Swim
OS= Open Swim

Sign up for your Wellness assessment at the Welcome Center!
subject to change without notice

Classes are

Effective JAN 7, 2019

GROUP FITNESS CLASS DESCRIPTIONS

Mind & Body	Cardio	Cardio & Strength	Active Older Adults
<p>Yoga - Students of all levels are led through a strong class with challenging postures and pacing. Rigorous sequence of continuously flowing postures that burn fat, build muscles, increase lung capacity. For all levels.</p>	<p>Total Tabata-The hottest new workout! Get that after burn effect, you will train with timed intervals of hard work, followed by active recovery. Push your heart rate to high levels to burn calories and leave you exhausted, yet feeling amazing!</p>	<p>MOSSA Core Focus-Train like an athlete in 30 action packed minutes. This core workout will incorporate shoulders to your hips to help improve your athletic performance and decrease low back pain. Motivating music using weight plates, a towel and a platform. Reach your Peak!</p>	<p>Silver Sneakers Classic- 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. A chair can be used for seated or standing support.</p>
Water Fitness	<p>Zumba® Gold-provides modified, low-impact moves and easy to follow pacing for a healthy, active lifestyle.</p>	<p>Family Circuit- a circuit training class using resistance based machines and combining cardio conditioning. Safe for the whole family.</p>	<p>Power Circuit-Interval training using circuit machines and cardio. This is a more advanced class from Jumpstart. All levels welcome!</p>
<p>Boot Camp-Offers all the benefits of water fitness with the intensity of a land Group Fitness class. This class is intended for those who want to push their existing water workout and challenge themselves.</p>	<p>Group Cycle 45/60- A 45/60 min class geared to challenge you mentally and physically. With a shorter ride time, you'll be on a ride with hills, sprints, flat roads and mixed terrain set to a pumping playlist!</p>	<p>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.</p>	<p>Silver Sneakers Yoga- Designed to challenge you physically and mentally with safe yoga stretches that you'll be doing at your own pace. Using a chair for support and end with a complete relaxation in a comfortable position.</p>
<p>Cardio Strength Training (CST) this class offers a combination of exercises and various water workouts to challenge your strength and cardio.</p>	<p>Insanity Live®- Train Insane or Remain the same! Push past your limits in this class packed with plyometric drills on top of intervals of different cardio exercise.</p>	<p>POUND®-The Rock out. Workout. Using Ripstix, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.</p>	<p>Silver Cardio Circuit - This class is designed to keep you moving to the beat. You will learn quick and easy to follow dance and cardio routines. Resistance bands, light weights and chairs used as needed.</p>
<p>Deep Water-Provides the least impact and the most resistance in our Olympic pool. Participants will benefit from a great cardio workout utilizing large muscle groups.</p>	<p>Zumba®- Like no other workout! Inspired by the traditional cumbia, salsa, samba and merengue music paired with latin rhythms, together with international dance steps.</p>	<p>P90X Live® a total body strength and cardio conditioning class to help you build lean muscle and blast fat. The instructor will help you push past your plateaus.</p>	<p>Balance-Short Training class to improve stability, awareness, coordination, posture and brain/body strength.</p>
		<p>MOSSA Strength Train Together-Strength train to get stronger one rep at a time! Blast all of your muscles with this high-rep weight training workout set to motivating music. You will use an adjustable barbell, weight plates, and body weight with a mixture of barbell strength, dynamic movement and functional training.</p>	<p>Fem Start-exercise with a group of women using our circuit machines, improving your health while having fun and working hard.</p>
			<p>Jump Start 2-Learn the basics of strength training and then transition to the Fitness floor through this 6 week program designed to give you a great jump start to working out. All levels</p>
			<p>Silver Start- a mix of interval training, cardio and circuit machines and resistance. Instructor changes routine weekly to give you a new workout and challenge your body.</p>