



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE
West Side YMCA

NOVEMBER 2022

MONDAY	TUESDAY
5:30 am Ultimate Fit (GYM) – Gina 6:00 am Spin – Leland 7:00 am Senior Yoga – Susan 8:00am Total Body Strength (Gym)- Starr 8:30 am *Spin – Vicki 8:30 am Water Aerobics (Indoor Pool) - Christine 9:00 am Ultimate Fit (Gym) – Maxie 9:30 am Yoga Boot Camp – Frannie 10:45 am Kick Start Fitness – Kimmie 1:00 pm Line Dancing - Christine 5:30 pm Ultimate Fit (GYM) – Michelle 6:00 pm GROUP POWER – Vicki	5:30 am Ultimate Fit (GYM) – Gina 8:30 am GROUP POWER – Starr 8:30am Water Aerobics (Indoor pool)- Sue, 11/22,11/29 Christine 9:30 am Hip Hop Fitness – Denise 9:30 am *Spin – Chris 10:45 am Kick Start Fitness – Denise 11:45 am Power Yoga – Annabel 1:00 pm Senior Yoga - Debbie P. 5:00 pm Yoga – Andrea 6:00 pm *Spin – Kim L. 6:00 pm Zumba – Sovanne/Nicole
WEDNESDAY	THURSDAY
6:00 am *Spin – Kendalyne 7:00 am Senior Yoga – Susan 8:00am Kickboxing (Gym)- Heather *NEW* 8:30 am Water Aerobics (Indoor Pool) – Christine 8:30 am *Spin – Frannie 9:00 am Ultimate Fit (GYM) – Maxie 9:30 am PILATES – Frannie 10:45 am Kick Start Fitness - Vickey B. 1:00 pm Senior Yoga - Debbie P. 1:00pm Water Aerobics (Indoor pool)- Mary Kate 4:45 pm Dance Fitness – Deb 5:30 pm *30 Minute Spin – Michelle 6:00pm 30 Minute CORE (GYM) – Michelle 6:00 pm GROUP POWER – Vicki 11/23 NO classes between 1-6pm	5:30 am Ultimate Fit (GYM) – Gina 8:30 am GROUP POWER – Deb, 10/13 Starr 9:30 am *Spin - 90 Minutes – Frannie 9:35 am Dance Fitness – Deb 10:45 am Kick Start Fitness – Deb 11:45 am Yoga - Hanna 1:00 pm Senior Yoga - Hanna 5:30 pm Ultimate Fit (GYM) – Kimmie 5:30 pm Power Up Kids –Jolon Thanksgiving Day CLOSED
FRIDAY	SATURDAY
6:00 am *Spin – Leland/Gina 7:00 am Senior Yoga – Susan 8:00am Total Body Strength (Gym)- Kendalyne 8:30 am Water Aerobics (Indoor Pool) – Christine 8:30am Dance It! – Danielle 9:00am *Spin – Michelle 9:30am *Kickboxing (Gym) - Heather *NEW* 9:45am Power Yoga- Annabel *NEW* 10:45 am Kickstart Fitness – Michelle 6:30 pm Zumba – Sovanne No regular classes on 11/25 11/25 TURKEY BURNER CLASSES: 8:30am Ultimate Fit, 9am and 9:45am Back to Back Spin, 10am GROUP Power, 11am Yoga	7:30 am *Spin – Gina, 11/5 Frannie 8:00 am Ultimate Fit (GYM) – Michelle 8:30 am Yoga – Hanna 9:45 am Dance Fitness (GYM) – Latoya 10:00 am *GROUP POWER – YMCA instructor SUNDAY 1:30 pm Dance Fitness – YMCA instructor 2:15 pm *Spin – Michelle 2:45 pm Yoga – Hanna Classes with * require sign-up; sign-up up to 24 hours in advance at the front desk or by calling 690-9622.

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CLASS DESCRIPTIONS:

30-minute CORE	This class is a quick, intense workout focused on your core! There will be planks, crunches, Russian twists, etc. as well as high-intensity movements like burpees. (30 minutes)
Dance It!	This class is easy-to-follow moves set to music that makes you want to get up and dance all while burning calories. (45 min)
HIIT	HIIT stands for High Intensity Interval Training. In this class you will be doing a mix of weighted and bodyweight movements with high intensity effort followed by varied recovery times.
Kick Start Fitness	Kick Start is an intro level class that demystifies fitness by introducing a variety of workout methods and styles to build confidence and comfort for participants new to exercise or returning to a healthy lifestyle. (45 mins)
Line Dancing	An instructor-led class that teaches both new and old-line dances. (45 min)
Senior Yoga	In senior yoga, chair support is offered to safely perform a variety of seated and standing yoga poses designed to increase flexibility, balance and range of motion. (45 mins)
Spin	An instructor-led class on indoor spin bikes that takes you on rides through flats and hills while you control the intensity. Sign up required within 24 hours of class. (30-90 mins)
Group Power	Combines strength exercises and functional training moves, utilizing a barbell, weight plates, and your body weight, to make you fitter and stronger. High-rep training and athletic movements are key components of this results-driven workout! Please make sure to come in early to set up! (60 mins)
Total Body Strength	A workout that combines strength exercises, Weighted and body weight to increase your strength, endurance and muscle definition. (45 mins)
Ultimate Fit	A functional fitness-based class that uses kettlebells, plyometric boxes, jump ropes, plate weights, and dumbbells to improve overall fitness, strength, and agility. (45 mins)
Water Aerobics	Aqua Aerobics class for all fitness levels. Cardio and strength training. You do not have to know how to swim to take this class. (60 mins)
Yoga	Slow, controlled movements and deep stretches are used to release tension, develop flexibility and strength. (45 mins)
Yoga Boot Camp	This challenging yoga class is for students who would like to increase strength and flexibility. Strength moves, with light weights, will be added into a flowing-style class with a focus on the core. (45 mins)
Zumba	A fuse of Latin rhythms and easy-to-follow moves to create a dynamic workout. (60 mins)