

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

West Family YMCA

Spring Session

April 19th-June 13th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning Classes					
RPM* 5:30-6:20am Emily	MET 5:45-6:30am Sherry	Cycling* 5:45-6:30am MaryAnn	MET 5:45-6:30am Sherry	RPM* 5:30-6:20am Emily	
MET 7:45-8:25am Sherry	Stability Ball 8:00-8:45am Vicki	MET 7:45-8:25am Eleanor			RPM* 8:00-8:50am Jen
BodyVive 8:30-9:25am Eleanor	Cycling* 9:00-9:45am Beth	BodyVive 8:30-9:25am Eleanor	Stability Ball 8:00-8:45am Jay	MET 8:00-8:45am Lisa	Pilates 9:00-9:45am Jen
Zumba 9:30-10:15am Beth	Silver Sneakers Cardio 10:00-10:45am Jay	Zumba 9:30-10:15am Beth	Silver Sneakers Cardio 10:00-10:45am Katrina	Zumba 9:00-10:00am Beth	RPM* 9:00-10:00am Kim
Silver Sneakers MSROM 10:30-11:30am Katrina	Silver Sneakers Yogastretch 10:45-11:30am Beth	Silver Sneakers MSROM 10:30-11:30am Beth		Silver Sneakers MSROM 10:30-11:30am Jay	BodyVive 10:00-10:55am Jen
Evening Classes					
RPM* 4:30-5:20pm Kim	RPM* 4:30-5:20pm Jen	BodyVive 5:30-6:25pm GYM Jen	Family Cycling* 5:30-6:15pm Jay	RPM* 6:30-7:30pm Jen	
BodyVive 5:30-6:25pm GYM Jen	Bootcamp 5:30-6:15pm GYM MaryAnn	Zumba 6:30-7:15pm GYM Kara	Bootcamp 5:30-6:15pm GYM MaryAnn		
Pilates 6:30-7:15pm Jen	Yoga 5:30-6:30pm Phyllis	RPM* 6:45-7:45pm Jen	Cycling* 6:30-7:15pm MaryAnn	ChildWatch Hours: Monday-Friday 8am-Noon Monday-Thursday 4-8pm Saturday 9-11am *class requires pre-registration or additional fee	
RPM* 7:15-8:05pm Jen	Belly Dancing 6:45-7:45pm Taghreed				
				Cycling classes: SPD pedals available, water and towel recommended	
				Updated 5/24/10	

West Family YMCA Group Fitness Class Descriptions

Belly Dancing – It is a form of dance that has positive effects on the human body. The graceful hip drops, rolls, and pivots utilize the core muscles while working with the body and not against it. It improves posture, muscle tone, and flexibility. Try this fun way to lose weight and reduce stress. Ages 12 and older.

Bootcamp Fitness – Come Tuesday and Thursday night for a high intensity, no choreography, skills and drills class, meant to work you hard. Improve cardio and strength by using a variety of equipment and your own body weight. Class meets in Gym or outside, check at the welcome center. Ages 12 and older.

Cycling* –45-60 minutes of endurance, sprints and hills set to music. Indoor cycling is a great way to not only get a great cardiovascular workout but strengthen and tone the lower body as well. All participants are encouraged to bring water and a towel to class. SPD pedals are available on all bikes. All new participants are encouraged to attend an introductory class or meet with instructor prior to starting session. Additional fee and registration required. Ages 16 and older.

Family Cycling* – Enjoy family friendly music and different cycling styles, kids must be 4’6” to ride. Ages 10 and older.



Les Mills BODYVIVE® - The low-impact group fitness workout that lets you choose just how hard you work. Using the VIVE balls, VIVE tubes and optional hand weights you’re talked step-by-step through the entire class by a skilled instructor, while listening to uplifting and inspiring music. Best of all, you leave feeling thoroughly rejuvenated – and fizzing with energy! Great for beginners, FREE WITH MEMBERSHIP! Ages 10 and older.



Les Mills RPM®* - The indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high. Ages 16 and older.

MET – (Muscle Endurance Training) Increase your lean muscle by toning and shaping your muscles. Hand weights, bands, tubing and bodyweight exercises used in this no choreography class. Get fit and strong in this class appropriate for all levels. Ages 12 and older.

Pilates – Experience the benefits of using the mind-body connection to increase core stability while stretching, strengthening, and lengthening the muscles of the body. Limited number of mats, first come first serve. Ages 12 and older.

SilverSneakers® I Muscular Strength – Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance; and a chair is used for seated and/or standing support. Ages 12 and older.

SilverSneakers® II Cardio Circuit – Combine fun with fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. Class uses hand-held weights, elastic tubing, and a ball with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation techniques. Ages 12 and older.

SilverSneakers® Yoga Stretch – Physically and mentally improve your overall well being using a variety of safe and fun yoga postures and breathing exercises. A chair is offered for support and participants work at their own pace to build flexibility and endurance while learning to relax and think more clearly. Ages 12 and older.

Stability Ball – A great total body workout that emphasizes the core. Improve flexibility, posture, and tone up with this fun class. Limited number of stability balls. Ages 12 and older.

Yoga Basics – Come learn the fundamentals of basic hatha yoga in this gentle but stimulating yoga class. You will learn the basics of various poses and the importance of breath. End class with a final restorative and relaxing pose. This class is appropriate for all levels. Ages 12 and older.

Zumba – Are you ready to get your Latin groove on? Come join us for a great cardiovascular class that uses fun Latin dance moves and Latin music. This class is appropriate for all levels. No previous dance experience required. Just come ready to have some fun! Ages 10 and older.

* **Additional fee and/or registration required.**