



GROUP EXERCISE SCHEDULE

POWER RANCH FAMILY YMCA • WINTER

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:45am	*Interval Jam Christy		*Interval Jam Christy	*TRX/ViPER Christy	*Interval Jam Christy
6:15am					
8:00am	Mix it up 8:15am Christy		Mix it up 8:15am Laurel		Mix it up 8:15am Christy
8:30am		Sculpt & Tone (Lower) Dawn		Sculpt & Tone (Upper) Dawn	
9:00am	Cycle/Run (indoor/outside) Therace	*Interval Jam Christy	Yoga Jenny	*Interval Jam Christy	*TRX/ViPER Christy
9:30am					
10:00am	10:15am Yogalates Jenny				!! Zumba Noelia
11:00am	Silver Sneakers (MSROM) Shirley		Silver Sneakers (MSROM) Shirley		Circuit 11:15 AM Orientation Circuit Cla: Christy Diane
11:45am- 1:15pm	*Lunch Bunch Cooking Ms. Cherie	*Lunch Bunch Creative Movement Ms. Cherie	*Lunch Bunch Science Ms. Cherie	*Lunch Bunch Music Ms. Cherie	*Lunch Bunch Sports Ms. Cherie
12:30pm		Chair Yoga Tina		Chair Yoga Tina	
5:00pm	Circuit Orientation Christy	5:15 PM Jumo Start Circuit	Yoga Laurel	5:15 PM Jump Start Circuit	Pilates Laurel
6:00pm	* Weight Watchers	Boot Camp Christy	Mix it up Christy	Boot Camp Christy	Circuit 5:15 PM Orientation Jumo Star Christy Circuit
7:00pm		!! Zumba Noelia	*Interval Jam Christy 6:45pm	!! Zumba Noelia	

*All classes marked have an additional fee.

!! Fees for nonmembers only.

Facility Hrs: M-F 5:30am-8pm Sat 8am-4pm Closed on Sundays

Child Watch Hrs: M-F 8am-11am M-Th 5pm

Zumba: Beginners don't be afraid to try this fusion of Latin and international dance. Zumba is a dynamic, fun and effective cardio workout that's fun for all ages!

Interval Jam/TRX ViPER: Paid speciality classe more information.

Boot Camp: The high-energy program includes an intense cardiovascular workout and strength training drills, and is designed for those seeking an intense boost to a regular workout. Develop strength, stamina and agility.

Silver Sneakers: Low impact exercises to incre range of movement, and skills for daily living.

Yogalates: This class combines yoga with Pilates for a great workout using the best of both practices

Body Sculpt: Use weights, bands, balls, bosu, a to sculpt your entire body.

Chair Yoga: Yoga stretches and movements from a chair.

Stretch & Tone: Increase your flexibility throug exercises. A great class for beginners throug se

Yoga: Increase your flexibility and range of motion, or just relieve stress.

Cycle/Run:: 30/30 class; cycle and running inte



GROUP EXERCISE SCHEDULE

POWER RANCH FAMILY YMCA • WINTER

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Mix it Up: A class designed to offer a little bit of everything. Classes will vary with steps, weights, balls, BOSUs and other resistance equipment for overall muscle conditioning. Come prepared for a good cardio workout!

Jump Start Circuit: Our JUMP START program is most important, EFFECTIVE! Give us just 45 minutes and we'll improve your endurance, flexibility and strength. Feel and look when you get up in the morning!

Power Ranch Family YMCA 4546 East Haven Crest Gilbert, AZ. 85297 Phone 480-27

** Please note that this schedule is subject to change due to special functions, or low attendance.*