



# GROUP FITNESS SCHEDULE

## ROSS FARNSWORTH EAST VALLEY YMCA • SPRING 2012

### May

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Facility Hours:**  
M-TH: 5:30am-10:00pm  
F: 5:30am-9:00pm  
Sat: 7:00am-7:00pm  
Sun: 10:00am-5:00pm

**Amazing Kids Hours:**  
M-TH: 8:00am-1:00pm  
4:00pm-8:30pm

F: 8:00am-12:00pm  
4:00pm-7:30pm  
Sat: 8:00am-1:00pm  
Sun: 10:00am-1:00pm

**Tween Center Hours:**  
M-TH: 4:00pm-8:30pm

F: 4:00pm-7:30pm  
Sat: 8:00am-1:00pm  
Sun: 10:00am-1:00pm

**Pool:**  
M-F: 5:45am-8:00pm  
Sat: 7:30am-6:00pm  
Sun: 10:30am-4:00pm

**Rock Wall Hours:**  
M-TH: 5:00pm-8:00pm  
F: 5:00pm-7:30pm  
Sat: 8:00am-1:00pm

\* Class requires a pass from the front desk-available 15 minutes prior to class start time. Each individual picks up ONE pass from the front desk.

\*\* KIDS CLASS  
\*\*\* TEENS WELCOME / FAMILY CLASSES

\$ PAID PROGRAM

Classes may change without notice.

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM							
6:30 AM							
7:30 AM							
8:00 AM		8:15-8:45 Aaron		8:15-8:45 Aaron		8:15-8:45 Michelle	8:05 Group Cycle* Rebecca
8:30 AM							
9:00 AM		Cardio Mix Sara	Body Sculpt* Staff	Group Cycle* Kristine	Body Sculpt* Lauren		9:05 Rebecca*
9:30 AM							
10:00 AM	10:05 Gail	Yoga Staff	Mini Music Masters \$		SilverSneakers* Muscular Strength Jill		10:15 Beatriz
10:30 AM			SilverSneakers* Muscular Strength Jill				
11:00 AM	11:05 Group Cycle* Rebecca	55+ Alive Bobbie	Toddler Time**	55+ Alive Bobbie	Toddler Time**	55+ Alive Gail	11:15 Itty Bitty Ballet \$ Ages 3-5
11:30 AM							
12:05 PM	12:15-12:45	Pilates Staff		12:00 Family Fuel: Nutrition Casey	12:15-12:45 Rebecca	Gentle Yoga Lance	12:00 Family Fuel: Nutrition Casey
12:30 PM							
1:00 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM		Kids Fitness (Gym)		Kids Zumba (Gym)	Cardio Kids! (Gym)		
4:30 PM		4:30-5:20 Group Cycle* Cecilia	4:25 PIYo Michelle	4:30-5:20 Group Cycle* Cecilia	4:25 Yoga Lance	4:30-5:00 Michelle	
5:00 PM			Group Cycle* Cecilia		Group Cycle* Rebecca		
5:30 PM							
6:00 PM		Tara		Tara			
6:30 PM			Family Fuel: Nutrition Melanie		6:45-7:15 Rebecca		
7:00 PM		(Family Zumba 9 and older) Beatriz	Kids Tae Kwon Do \$	Staff			
7:30 PM							
8:00 PM		Power Yoga Lance		Power Yoga Lance	Adult Tae Kwon Do \$		
			Gail				



## CLASS DESCRIPTIONS

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### CARDIO

**GROUP CYCLE.** A class on a uniquely designed stationary bike that stimulates road biking. Every fitness level welcome.

**TURBOKICK™.** The unique Turbo Kick® movement patterns, combinations and techniques work together to give YOU the ultimate cardiovascular workout that will help get rid of fat and reshape your body! Each full body workout consists of a sport specific warm-up, higher paced intervals, easy to follow combinations, kickboxing specific strength/endurance training and a nice cool-down.

**ZUMBA.®** Ditch the workout, join the party! Zumba is a dynamic, exciting, and effective dance-aerobics workout done to high-energy fusion of Latin and International music. The routines feature aerobic training with a combination of fast and slow rhythms. Zumba Gold is geared toward beginners and active older adults. Join the party! No dance skills needed.

### CARDIO & STRENGTH

**BODY SCULPT.** This is an interval training class, alternating between cardio and strength training for the entire body. This class uses a variety of equipment such as weights, bands, balls, bosu and your own body weight to sculpt your entire body. Every fitness level is welcome.

**55+ ALIVE.** This class includes low impact aerobics for the active older adult with emphasis on improving balance, strength and cardiovascular fitness.

**JUMP START.** "Get a Jump" on that path to a healthier, more fit you! Our 8-week Jump Start Circuit Program is the perfect place to begin a realistic workout regimen that really works. Class meets in a group, twice a week for a total of 16 sessions, for a great 45 minute session.

### STRENGTH TRAINING

**GROUP POWER™.** Group Power is your hour of power! This 55-minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and an awesome instructor! With simple athletic movements such as squats, lunges, presses and curls---Group Power is for all ages and fitness levels. Discover results, discover Group Power!

**GROUP CORE™.** Let's get Hard Core! Train like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, will 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—all to challenge you like never before. Reach your peak with Group Core!

### SILVERSNEAKERS®

**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.

### KIDS FITNESS

**TODDLER TIME.** (2-5 years), You are never too young to start a healthy lifestyle. This class is for toddlers to experience fun activities which will get them moving while improving their basic motor skills. \*\* (Parents do not need to stay with child during this class)\*\*

**KIDS FITNESS.** (5-11 years), Variety is the key to success in this always fun kid's fitness class. Our Trained staff will help your child have a great time while exercising and learning about a healthy lifestyle. \*\* (Parents do not need to stay with child during this class)\*\* All ages are welcome.

**CARDIO KIDS!** (7-13 years). Endurance and grow motor skills are increased through a series of exciting and dynamic activities in this fun cardio workout. Give your heart, lungs and muscles a workout! All ages are welcome.

### MIND/BODY

**YOGA.** Learn the basics of yoga in a fun and supportive environment. Class includes instruction in basic yoga postures to build strength, stamina, flexibility and balance. Includes breathing and relaxation techniques as well.

**GENTLE YOGA.** Slower paced yoga class for beginners new to a regular exercise program. Great for 50+ and those with limitations due to old injuries.

**POWER YOGA.** Yoga experience recommended; fit beginners ok. Class features detailed alignment instruction and emphasis on strength building to promote healthier, more resilient muscles.

**PIYO™.** PiYo™ is a class that combines Yoga Poses with Pilates mat exercises to build CORE strength and enhance agility and balance.

**PILATES.** This mixed level Pilates mat class focuses on strength, precision, and flow of movement. In this small class setting the teacher will present the exercises at multiple levels which allows students to choose to work at a beginning, intermediate, or advanced pace. Students will learn to be aware of breathing patterns and spinal alignment while engaging the deep muscles of the core. No experience needed.

### NUTRITION

**FAMILY FUEL.** 45-minute classes designed for individuals or families looking for basic education on nutrition and ways to develop healthy habits. Menu of topics changes monthly; attend one or all eight. Come sink your teeth into it!