



GROUP FITNESS SCHEDULE

Scottsdale / Paradise Valley YMCA ● February 2012

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Schedule is subject to change	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am		Group Cycle (Int/Adv) Angela #2 (5:30-6:25)	Group Cycle (Int/Adv) Leslie O #2 (5:30-6:25)	Group Cycle (Int/Adv) Lisa J #2 (5:30-6:25)	Group Cycle (Int/Adv) Leslie O #2 (5:30-6:25)	Group Cycle (Int/Adv) Lisa J #2 (5:30-6:25)	
			Muscle Cond. Lisa J #1 (5:30-6:25)		Muscle Cond. Lisa J #1 (5:30-6:25)		
6am-7am							
7:00am			Vinyasa Yoga Stacey#1 (7:00-8:00)		Vinyasa Yoga Stacey#1 (7:00-8:00)		Group Cycle (Int/Adv) Rotation #2 (7:15-8:10)
8:15am	Foundation of Yoga Janet #1 (8:15-9:10)	POWER Rotate #1 (8:15-9:10)	ZUMBA Rachel#1 (8:15 - 9:10)	Muscle Cond. Robyn #1 (8:15-9:10)	ZUMBA Rachel#1 (8:15 - 9:10)	Muscle Cond. Lisa C #1 (8:15-9:10)	Muscle Cond. Bronnie #1 (8:15-9:10)
		YOGA FLOW #2 (8:15-9:10)		Mat Pilates Kay #2 (8:15-9:10)		Mat Pilates Jamie #2 (8:15-9:10)	Gentle Yoga Susan #2 (8:30-9:25)
9/9:20am	Group Cycle/Abs Lisa/Kay #2 (9:00-10:15)		Core Conditioning Teri #2 (9:00-9:30)		Core Conditioning Teri #2 (9:00-9:30)		POWER Rotation #1 (9:20-10:15)
9:30am @gym						Athletic Conditioning Teri Gym (9:30-10:25)	
9:30am	ZUMBA Crystal #1 (9:30-10:30)	CARDIO MIX Teri #1 (9:30-10:25)	POWER Kim #1 (9:30-10:25)	CARDIO MIX Teri #1 (9:30-10:25)	POWER Tara #1 (9:30-10:25)	ZUMBA Rosie #1 (9:30 - 10:25)	
		Group Cycle (Int/Adv) Kay #2 (9:30-10:25)		Group Cycle (Int/Adv) Kay #2 (9:30-10:25)		Group Cycle (Int/Adv) Elena/Barbro#2 (9:30-10:25)	
10:25/10:30am	BODYFLOW® Donna #2 (10:30-11:25)	AbSolution Kay #2 (10:25-10:40)		AbSolution Kay #2 (10:25-10:40)		AbSolution #2 (10:25-10:40)	Yoga For Athletes Jan #1 (10:30-11:45)
10:45am	Gentle Yoga Cathy #1 (10:45-12:15)	Yoga-All Levels Stacey #1 (10:45-11:45)	Gentle Yoga Cathy #1 (10:45-12:00)	Power Yoga Jan #1 (10:45-11:45)	Gentle Yoga Cathy #1 (10:45-12:00)	Yoga-All Levels Angela #1 (10:45-12:00)	
10:45/11am		Belly Dancing Samantha#2 (11:00-11:55)	Yoga Pulse Jan #2 (10:45-11:40)		BODYFLOW® Tara #2 (10:45-11:35)		
11:30/12 noon		S.S.2 (cardio circuit) Kelly #1 (12:15-1:00)	Group Cycle (Int/Adv) Kelly #2 (12:00-12:55)	Tai Chi Jake #2 (11:00-11:55)	Group Cycle (Int/Adv) Kelly #2 (12:00-12:50)		ZUMBA "Rotation" #1 (12-12:55)
12:55pm			AbSolution Kelly#2 (12:55-1:15)	S.S.2 (cardio circuit) Stacey #1 (12:15-1)	AbSolution Kelly#2 (12:55-1:15)		Tai Chi Jake #2 (1:00 - 1:55)
1:30pm		S.S.2 (cardio circuit) Angela #1 (1:30-2:15)	S.S.1(MSROM) Diana #1 (1:30-2:15)	S.S.2 (cardio circuit) Stacey #1 (1:30-2:15)	S.S.1(MSROM) Stacey #1 (1:30-2:15)	S.S.2 (cardio circuit) Dee #1 (1:30-2:15)	
2:15pm		S.S. Yoga Stretch Angela #1 (2:15-2:45)		S.S. Yoga Stretch Stacey #1 (2:15-2:45)			
2:30pm			ZUMBA Diana #1(2:30-3:15)		ZUMBA Diana #1(2:30-3:15)	ZUMBA Diana #1(2:30-3:15)	Amazing Kid's Center Hours
3pm-5pm							
5:30pm		ZUMBA Rosie #1 (5:30 - 6:25)		ZUMBA Alma #1 (5:30 - 6:25)			Monday-Thursday 8am-2:00pm; 4pm-7:30pm
		Group Cycle (Beginner) Dee #2 (5:30-6:15)	Group Cycle (Int/Adv) Lisa C#2 (5:30-6:25)	Group Cycle (Beginner) Dee #2 (5:30-6:15)	Group Cycle (Int/Adv) Sue #2 (5:30-6:25)		
6:15pm		AbSolution Dee #2 (6:15-6:25)		AbSolution Dee #2 (6:15-6:25)			Friday 8am-1:30pm
6:30pm		Intermediate Yoga Marie #2 (6:30-7:25)	ZUMBA Hylari #1 (6:30-7:25)		ZUMBA Crystal #1 (6:30-7:25)		Saturday 7am-1:30pm
		POWER Donna #1 (6:30-7:25)	Yoga Susan #2(6:30-7:25)	POWER Donna #1 (6:30-7:25)	Yoga Susan #2(6:30-7:25)		Sunday 9am-12:30pm
7:30pm		BODYFLOW® Donna #1 (7:30-8:25)	Step Leslie L #1 (7:30-8:25)	BODYFLOW® Donna #1 (7:30-8:25)			

*The most left column only indicates CLASS START TIME

Email Kelly Miller - kmiller@vosymca.org for more information about our group fitness classes.



SCOTTSDALE/PARADISE VALLEY FAMILY YMCA VIRGINIA G. PIPER BRANCH

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS CLASS DESCRIPTIONS

ABSolution	This quick class is a concentration on the abdominal muscle group and all levels are welcome.(15-30 minute class)
Athletic Conditioning (formerly Boot Camp)	This class offers a very CORE INTENSIVE challenge designed to tone and strengthen the whole body. Learn to isolate different muscle groups and combine isolations to create the dance.
Belly Dance	This class offers a very CORE INTENSIVE challenge designed to tone and strengthen the whole body. Learn to isolate different muscle groups and combine isolations to create the dance.
BODYFLOW™	A class that reinforces flexibility and strength, combining the best of Yoga, Tai Chi and Pilates. Truly a fitness class for the 21 st century, BODYFLOW™ brings mind and body into perfect harmony. Try this revolutionary, holistic approach to fitness.
BODYPUMP™	This high intensifying strength class is the original Les Mills designed barbell class that strengthens your entire body. This workout will challenge all major muscle groups by using the best weight room exercise like squats, presses, lifts, and curls. Every fitness level welcome.
Cardio Mix (Formerly Power Cardio)	Get ready for an intense 30 min workout that concentrates on your core! This class is great helps target the spine, pelvis, shoulder, and helps provide a solid foundation for movement in the extremities.
Core Conditioning	Get ready for an intense 30 min workout that concentrates on your core! This class is great helps target the spine, pelvis, shoulder, and helps provide a solid foundation for movement in the extremities.
Cycle Circuit	Burn optimal calories through cardio and muscle conditioning combined into one class. 30 minutes of cycle and 30 minutes of toning and core workout. Instructor will help with the initial adjustment of the bikes for comfort and safety.
Foundation of Yoga	Start or expand your yoga practice by learning the proper foundation, actions, and alignment of a variety of yoga poses. Adaptations for various health conditions will be given with emphasis on breathing, stretching, flexibility and building muscle and bone strength.
Gentle Yoga	This yoga class is designed to work on flexibility and relaxation through a series of stretching poses and breathing techniques; balancing mind, body and spirit. Experience a sense of rejuvenation, integrated with a feeling of peace.
Group Cycle (Formerly Studio Cycle)	A class on a uniquely designed stationary bike that simulates road biking. <i>Mon/Wed PM: Beginner Level. Other Classes are for Intermediate and Advanced.</i>
Intermediate Hatha Yoga	Hatha Yoga emphasize posture and breathing. It is an excellent way to relax the body and strengthen the mind.
Mat Pilates	Based on the fundamentals of Joseph Pilates' Principles, this class will focus on your body core (hips, lower back and abs). This method of conditioning trains both body and mind with a series of exercise that focus on increasing a balance of strength and flexibility trough a use of flowing movements and breathing.

Muscles Conditioning	This strength training class is designed to increase muscles endurance and tone, utilizing a variety of equipment.
Power 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 and flexibility.
SilverSneaker(SS) Cardio circuit	Cardio Circuit offers heart=healthy non-impact aerobic choreography alternated with upper body strength work with hand held weights, elastic tubing with handles and the silver sneaker balls. Benefits: Improves cardio vascular health and muscular endurance. Safe and effective for members with cardiac and respiratory ailments.
SS Muscular Strength & Range of movement	Muscular strength and range of movement is the silver sneaker core class for total body conditioning. An instructor guides you through functional, daily exercise activities with resistance tools to be used at your own pace. Benefits: Improves overall strength, flexibility, posture and balance.
SS Yoga Stretch	Yoga stretch is for everyone and offers a variety of safely design movements to increase flexibility and balance with restorative breathing exercise to promote stress reduction and mental clarity.
Tai Chi	Tai Chi is the ancient Chinese art of relaxation and healing. Its and effective way to alleviate chronic pain, reduce stress, lubricate joints and fority your immune system.
Vinyasa Yoga	Vinyasa yoga is a series of poses that flow from one to the next, while balancing our bodies between muscle strength and flexibility. Become aware of breathing and learn how to use it to give the energy needed to sustain through the flow of postures
Yoga 4 Athletes	Patented series that corrects imbalances from sports and other activities. Builds core strength and is great for cross training.
Yoga Flow	An intermediate more vigorous yoga flow class. A series of postures linked with sun salutations. Knowledge of basic poses recommended.
Yoga Pulse	The yoga class combines the use of free weights in unique ways with basic yoga postures; strengthens and tones key areas; teaches core awareness and stretches/strengthens chronically right areas.
ZUMBA™	ZUMBA™ Fitness is like no other workout you will ever experience!! Inspired by the traditional cumbia, salsa, samba and meringue music paired with Latin Rhythms, together with International dance steps. Easy to follow dance moves and body beautifying benefits.
Zumba Gold®	Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Active older adults want camaraderie, excitement and fitness as a regular part of their weekly schedule. Zumba Gold is the perfect fit. It's a dance-fitness class that feels friendly, and most of all, fun.

The majority of classes are 55 minutes in length, including warm up & cool down, unless otherwise noted*

All of our schedules are available online on our website www.scottsdaleymca.org

Group Fitness Classes are FREE for full members.

Pilates Reformer classes are available at Scottsdale/Paradise Valley YMCA with additional fee.

Pilates Reformer	Take your pilates practice one step further with the Pilates Reformer. Three private sessions are required before participating in group classes. Additional fee required.
-------------------------	---