



Southwest Valley Family YMCA

GROUP EXERCISE SCHEDULE 2010

July

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM 6:00 AM	Cycle & Core Jim 5:00 - 6:30		Cycle & Core Jim 5:00 - 6:30		Cycle & Core Jim 5:00 - 6:30		
6:30 AM 7:00 AM	Intermediate Yoga Aaron 6:30 - 7:30		Yoga For Athletes Aaron 6:30 - 7:30		Intermediate Yoga Aaron 6:30 - 7:30		
8:00 AM	Chair Yoga Barry 7:30-8:30		Chair Yoga Barry 7:30-8:30	Mat Pilates II Lezlee 8:00-9:00	Zumba Edith 8:15 - 9:00	WSF Swim Team	
9:00 AM	Zumba Lori 8:30-9:30	Athletic Conditioning Alie 9:00 - 10:00	Athletic Conditioning Vicki S. 8:30 -9:45 1 hr & 15 min	Athletic Conditioning Lezlee 9:00 - 10:00	Cardio Box Vicki S 9:00-10:00	Tai Chi Aaron 8:30 - 10:00 1 Hr & 30 Min.	
10:00 AM	Cardio Box Vicki S 9:30 - 10:45 1 Hr & 15 Min.	Yoga Stretch Elle 10:00-11:00	Yoga Flow Aaron 10:00-11:00	Yoga Stretch Elle 10:00-11:00	Abs-olution Vicki S 10:00 - 10:45	Athletic Conditioning Danna/Vic/Alie 10:00-11:00	
11:00 AM	Silver Sneakers I MS ROM Sue 11:00 - 12:00	Above the belt Sheila (30 min) Butts & Guts Sheila (30 min)	Silver Sneakers I MS ROM Sheila 11:00 - 12:00	Above the belt Sheila (30 min) Butts & Guts Sheila (30 min)		Zumba Lori 11:00-12:00	
12:00 PM		Silver SneakersII Cardio Circuit Sheila 12:00-1:00		Silver SneakersII Cardio Circuit Sheila 12:00-1:00		Holy Yoga Heather 12:00 - 1:00	
1:00 PM	*Gymnastics* Jessica 5-12 yr olds 1:00 - 2:00	Cardio Hip Hop Jessica 5 & up 1:00 - 2:00	*Gymnastics* Jessica/Kristi 5-12 yr olds 1:00 - 2:00	Cardio Hip Hop Jessica 5 & up 1:00 - 2:00	Intermediate Yoga Elle 1:00 - 2:00		Total Body Conditioning Lezlee 12:30 -1:45 1Hr & 15 Min.
2:00 PM	*Karate* Kevin 5-12 yr olds 2:00 - 3:00	*Ballet* Jessica/Kristi 5-12 yr olds 2:00 - 3:00	*Karate* Kevin 5-12 yr olds 2:00 - 3:00	*Ballet* Jessica/Kristi 5-12 yr olds 2:00 - 3:00	*Beg. Guitar* David 5-12 yr olds 2:00 - 3:00		Yoga Flow Lezlee 2:00 - 3:00
3:00 PM	*Karate* Kevin 3-5 yr olds 3:00 - 4:00	WSF Swim Team	*Karate* Kevin 3-5 yr olds 3:00 - 4:00	WSF Swim Team	WSF Swim Team	*Karate* Steve 5-8 yr olds 2:30 - 3:30	
4:00 PM	Fitter Critters Lezlee 5 & up 4:00 - 5:00	*Ballet* Jessica/Kristi 2-3 yr olds 4:00 - 5:00	Fitter Critters Lezlee 5 & up 4:00 - 5:00	*Gymnastics* Jessica/Kristi 3-5 yr olds 4:00 - 5:00	*Ballet* Jessica/Kristi 2-3 yr olds 4:00 - 5:00	*Karate* Steve 3-5 yr olds 3:30-4:30	
5:00 PM	Total Body Conditioning Lezlee 5:00-6:00	Abs-olution Munirah Step Combo 1 Vicki S. 5:30 -6:30	Step Combo Lezlee 5:00-6:00	Step it up Vicki S. 5:00- 6:00			
6:00 PM	Group Cycle Lezlee 6:00-7:00	Hip Hop Vicki S. 6:30 -7:30	Group Cycle Alan 6:00-7:00 Total Body Conditioning Munirah 7:00 - 8:00	Kick Box Jam Michelle 6:00 - 7:00 Zumba Paige 7:00-8:00	Group Cycle Lezlee 6:00 - 7:00 Zumba Patricia 7:00-8:00		
7:00 PM	Zumba Edith 7:00 - 8:00	Kick Box Jam Michelle 7:30 -8:30	Zumba Lori 8:00-9:00	Intermed. Yoga Lisa 8:00-9:00			
8:00 PM	Yoga Stretch Lezlee 8:00-9:00						

Adult Classes	Family/Youth Classes
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YGROUP EXERCISE
We build strong kids, strong families, strong communities.

No Scheduled Classes

NEW CLASSES ADDED / or NEW CLASS COMING SOON
Classes and Instructors are subject to change without notice
Classes that are in jeopardy of being cancelled due to lack of participation

There is a FEE for all specialty classes marked with an *asterik* (Ballet, Gymnastics, Karate, etc.)

30 Mins - Abs- olution - A core conditioning workout designed to strengthen your abdominals and back.

30 Min. Above the belt - 30 Min. weight training specifically designed to target your posture and upper body strength.

Athletic Conditioning - A sports conditioning class with various types of cardio,intervals,circuits,functional and core strength training. This class is a must for the athlete looking for a challenge!

30 Min. Butts & Guts - This class is designed to target your Abdominals, Glutes & Thighs. 30 mins. is all you need!!

Cardio Box - This is a high energy class that includes basic boxing combination punches and footwork along with muscle sculpting and abs. Experience the benefits of interval training at its best!

Chair Yoga - A very gentle yoga, done entirely in a chair.

Cycle & Core - Basic fundamental exercise to strengthen & tone the foundation of the body (the core) push ups, pull ups, sit ups, squats, dips, step ups, rows, bosu ball, and so on.... Then we ride!!

30 Min Cycle Express - This class is designed for anyone wanting a quick cardio workout. Great if your limited on time or just starting out. 6 songs & you're DONE!!

Lo Impact Aerobics - Join this class for a warm up,some moderate Low impact cardio, muscle toning and some stretching.

Group Cycle - A class on a uniquely designed stationary bike that simulates over the road cycling. Participants ride at their own pace during the cardio workout . Water bottles and towels.

Hip Hop - A high energy, dance inspired, calorie burning class with funky dance moves put to the latest hip-hop music. Suitable for all fitness levels. No experience required.

Holy Yoga Holy Yoga is right for you if you are a Christian looking to combine the numerous and proven health benefits of a yoga practice with scriptural teachings and prayer.

Kick Box Jam - This high energy fast paced class includes boxing punches and footwork along with muscle sculpting and abs. Makes this one ELITE work out!!!

Mat Pilates I - Come learn the basics of a total body workout for the core. Mat Pilates I will enhance balance, strength and flexibility.

Mat Pilates II - Based on J.H. Pilate's method, this class can improve strength, flexibility, balance, coordination and posture. You will develop functional fitness that keeps your body conditioned.

Tai Chi - A non-contact, non-combative way of improving health, energy and reducing stress.

Total Body Conditioning - A challenging resistance workout using weights ,exercise tubing, and stability balls.

SilverSneakers® I - Muscular Strength & Range of movement - 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.

SilverSneakers® II - Cardio Circuit - Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head to toe stretching, and complete relaxation in a comfortable position.

Adv. Step it up - A class full of fun and challenging Choreography. If you're up to the challenge this is the class for you!!

Step Combo I - A basic step class incorporating some cardio and muscle resistance training, using weights, tubing and stability balls to shape your body.

Intermediate Yoga- Through traditional yoga poses(asanas) explore new depths of core, strength, balance, and flexibility.

Yoga 4 Athletes - A set of dynamic & intentional movement(s) that incorporate weights in order to strengthen, condition, and open your body.

Yoga Flow - A vigorous and challenging series of poses linked in flow style with the breath.

Yoga Stretch - Learn to reduce stress, relieve muscle tension and increase your flexibility with controlled breathing, yoga postures and stretching. Enhance your wellbeing with the art of yoga.

Zumba - Zumba uses a fusion of latin & international music to create fun & effective workout.

Zumba Gold - Designed as an introduction to Zumba. Zumba Gold is innovative and fun!!

Facility Hours ~ Mon-Fri: 5:00 AM – 9:30 PM, Sat: 7:00 AM – 7:00 PM, Sun: 12:00 – 5:00 PM

Facility Location ~ 2919 North Litchfield Road, Goodyear, AZ 85338

For more information you may contact the Southwest Valley Family YMCA at (623)935-5193

You can also visit us on the web at www.swvalleyymca.org

All classes and instructors are subject to change

Together we build strong kids, strong families and strong communities.

Contact (623) 935-5193