



GROUP FITNESS SCHEDULE

SOUTHWEST VALLEY FAMILY YMCA • FEBRUARY

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM		Cycle Combo 5:00-6:30 Jim		Cycle Combo 5:00-6:30 Jim		Cycle Combo 5:00-6:30 Jim	
7:00 AM		Silver Sneakers Yoga Stretch 7:30-8:30 Dian		Silver Sneakers Yoga Stretch 7:30-8:30 Dian		Silver Sneakers Yoga Stretch 7:15-8:15 Dian	
8:00 AM		Zumba 8:30-9:15 Edith				Zumba 8:15-9:00 Edith	Itty Bitty Sports 8:00-8:45 Kelsea
9:00 AM		Cardio Box 9:15-10:30 Vicki	Athletic Condition. 8:50-10:00 Kari	Athletic Condition. 8:30-9:45 Vicki	Athletic Condition. 8:50-10:00 Kari	Cardio Box 9:00-10:15 Vicki	Itty Bitty Sports 9:00-9:45 Kristi
10:00 AM		Absolution 10:30-11:00 Laura	Yoga Stretch 10:00-11:00 Rebecca	Intermed. Yoga 10:00-11:00 Rebecca	Yoga Stretch 10:00-11:00 Rebecca	Absolution 10:15-10:45 Vicki	Athletic Cond. 10:00-11:00 Munirah
11:00 AM		Silver Sneakers MS-ROM 11:00-12:00 Sue	Above the Belt Below the Belt 11:00-12:00 Sheila	Silver Sneakers MS-ROM 11:00-12:00 Sue	Above the Belt Below the Belt 11:00-12:00 Sheila	Silver Sneakers MS-ROM 11:00-12:00 Laura	Zumba 11:00-12:00 Trish
12:00 PM	Muscle Conditioning 12:30-1:45 Lezlee		Silver Sneakers Cardio Circuit 12:00-1:00 Sheila		Silver Sneakers Cardio Circuit 12:00-1:00 Sheila		Gymnastics 12:30-1:30 Kristi
2:00 PM	Yoga Flow 2:00-3:00 Lezlee						
3:00 PM	Booiaka 3:00-4:00 Sandra/Tryphosa	Fitter Critters 3:30-4:30 Lezlee	Zumba 3:30-4:30 Laura	Gymnastics 3:00-3:45 Kelsea			
4:00 PM		Absolution 4:30-5:00 Lezlee	Ballet 4:30-5:15 De'Vonnie	Fitter Critters 4:00-5:00 Kelsea	Ballet 4:30-5:15 De'Vonnie	Intermed. Gym. 4:00-4:50 Kelsea	
5:00 PM		Muscle Condition. 5:00-6:00 Lezlee	Absolution 5:15-5:45 Vicki	Boot Camp 5:00-6:00 Sabine	Athletic Cond. 5:15-6:15 Vicki		
6:00 PM		Group Cycle 6:00-7:00 Lezlee	Step Combo 5:45-6:45 Vicki	Group Cycle 6:00-7:00 Alan	Kick Box Jam 6:15-7:15 Michelle		
7:00 PM		Zumba 7:00-8:00 Edith	Booiaka 6:45-7:45 Vicki	Booiaka 7:00-8:00 Sylvia	Zumba 7:15-8:15 Edith	Zumba 7:00-8:00 Sylvia	
8:00 PM		Yoga Flow 8:00-9:00 Leslie	Kick Box Jam 7:45-8:45 Michelle				

New this month

Registration req.



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GROUP FITNESS CLASS DESCRIPTIONS

FOR YOUTH DEVELOPMENT
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30 Minute Absolution-	A core conditioning workout designed to strengthen your abdominals and back.
30 Minute 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.
Booiaka-	A class that incorporates different dance styles such as Hip-Hop, Latin, Brazilian, Jamaican and Reggaeton with an emphasis on having fun, while getting a great cardio workout. Suitable for all fitness levels. No experience required. It's the way you move!
30 Minute Below the Belt-	This class is designed to target your abdominals, glutes, and thighs. 30 minutes is all you need!
Cardio Box-	This high energy class includes basic boxing, combination punches, and footwork along with muscle sculpting and abs. Experience the benefits of interval training at it's best.
Cycle Combo-	Basic Fundamental exercise to strengthen and tone the core. Push ups, sit ups, squats, dips, steps, etc. Then we ride!
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!
Kick Box Jam-	This high energy, fast paced class includes boxing punches and footwork along with muscle sculpting and abs. One ELITE workout!
Muscle Conditioning-	A challenging resistance workout using weights, exercise tubing and other equipment for a total body workout.
Silver Sneakers I Muscular Strength and 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. Hand-help weights, tubing and a ball are offered for resistance. A chair is used for seated and/or standing support.
Silver Sneakers II Cardio Circuit-	Combine fun and fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. Upper-body strength work using hand-help weights, tubing, and a ball alternates with non-impact aerobic activity. A chair is offered for support, head to toe stretching and complete relaxation in a comfortable position.
Silver Sneakers Yoga Stretch-	This class is designed to challenge you physically and mentally with a variety of simple and safe yoga stretches that you'll do at your own pace. Using a chair for support, to help increase flexibility, build edurance, and relax and think more clearly.
Step Combo-	A basic step class, incorporating some cardio and muscle resistance training, using weights, tubing and stablility balls to shape your body.
Intermediate Yoga-	Through traditional yoga poses (asanas) explore new depths, core strength, balance and flexibility.
Yoga Stretch/Yoga Flow-	Learn to reduce stress, relieve muscle tension, and increase flexibility with controlled breathing, yoga postures, and stretching. Enhance your well-being with the art of yoga!
Zumba-	Zumba uses a fushion of Latin and International music to create a fun and effective workout!