



GROUP FITNESS SCHEDULE

SOUTHWEST VALLEY FAMILY YMCA • TEEN CENTER

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM		Jump Start 5:30-6:15 Barry		Jump Start 5:30-6:15 Barry			
7:00 AM							
8:00 AM							
9:00 AM		Jump Start II 9:00-9:45 Barry	Silver Start 9:00-9:45 Sheila	Jump Start II 9:00-9:45 Sheila	Silver Start 9:00-9:45 Sheila	Intermed. Circuit 9:00-9:45 Lina	
10:00 AM		Fem Start 10:00-10:45 Barry	Silver Start 10:00-10:45 Sheila	Fem Start 10:00-10:45 Sheila	Silver Start 10:00-10:45 Sheila	Ladies Circuit 10:00-10:45 Lina	
11:00 AM		Y Weigh 11:00-12:30 Barry				Youth Circuit 11:00-11:30 Lina	
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM		Youth Circuit 3:15-3:45 Lina					
4:00 PM		Orientation 4:00-4:30 Lina	Youth Circuit 4:00-4:30 Lina		Youth Circuit 4:00-4:30 Lina		
5:00 PM		Youth Walk/Run 5:00-5:30 Lina	Youth Walk/Run 5:00-5:30 Lina		Youth Walk/Run 5:00-5:30 Lina		
6:00 PM			All Kids Can 6:00-6:45 Lina		All Kids Can 6:00-6:45 Lina		
7:00 PM			Fam Start 7:00-7:45 Lina		Fam Start 7:00-7:45 Lina		




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GROUP FITNESS CLASS DESCRIPTIONS

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

All Kids Can-	A youth fitness program for ages 8-13 geared to combat childhood obesity. Includes 8 weeks of fitness and nutrition education.
Fam Start-	Can you think of a better way to spend time together while helping to develop good exercise habits for your kids? They'll love the easy circuit method and get a chance to work out on "real" equipment as you get your workout too!
Fem Start-	This circuit is Jump Start with a feminine touch. This is a totally female class in which the instructor focuses on those areas most important to women. A great way to get a full-body workout in minimum time. Instructor may be male or female.
Intermediate Circuit-	Unique circuit equipment used; participants utilize each station to get a full-body workout! A healthy Lifestyle Coach leads the class and assists in goal-setting, encouragement and tracking.
Jump Start-	8-week circuit program. Perfect for beginners! Group meets twice per week (16 classes total). Unique circuit equipment used; participants utilize each station to get a full-body workout! A healthy Lifestyle Coach leads the class and assists in goal-setting, encouragement and tracking.
Jump Start II-	A more intense, aggressive version of the original Jump Start class.
Kids's Crcuit-	Intermediate circuit class geared for kids ages 7 and up.
Ladies Circuit-	Intermediate circuit class geared for the ladies. Instructor may be male or female.
Orientation-	A demonstration of the proper use of equipment.
Silver Start-	Improve endurance, flexibility and strength while getting a full-body workout designed just for active older adults. Meet with your friends twice a week as everyone improves their overall health and well-being.
Walk/Run-	Youth walk/run club held outside.
Youth Circuit-	Full body workout for youth ages 7 and up.
Y-Weigh-	A weight loss education and support group. Includes weekly meetings centered around nutrition, exercise, peer support and motivation.

 Registration required for this class