






GROUP FITNESS SCHEDULE

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YUMA FAMILY YMCA • MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	TAI CHI Ed 7:15-8:45am		TAI CHI Ed 7:15-8:45am		
	JUMP START Abi 8:10-8:50am	ZUMBA Joan 9:00-10:00am	JUMP START Abi 8:00-8:45am		TAI CHI * Ed 8:00-10:00am
STEP IT UP* Bridgett 9:00-10:00am	JUMP START Abi 9:00-9:45am	GROUP CYCLING * Ada 9:00-10:00am	ZUMBA Abi 9:00-10:00am	JUMP START Abi 8:00-8:45am	ZUMBA Lucrecia 10:15-11:15am
ZUMBA Fernanda 9:00-10:00am	ZUMBA Cecy 9:00-10:00am	SILVER START Ed 9:15-10:00am		ZUMBA TONING Abi 9:00-10:00am	  
STRETCH CLASS* Deirdre 10:15am-11am	TBC* Sarah 9:00am-10:00am	JUMP START Fernanda 10:15-11:00am	TBC* Sarah 9:00-10:00am	SILVER START Ed 9:15-10:00am	
	PILATES Arlinda 10:15-11:15am	GROUP CORE* Arlinda 10:15-10:45am	PILATES Arlinda 10:15-11:15am	Group Cycling * Ada 9:00-10:00am	
SilverSneakers® CardioCircuit-Ed 10:30-11:15pm	Family Fuel Nutrition Spanish -Abi 10:00-10:45am	SilverSneakers® CardioCircuit-Ed 10:30-11:15pm	Family Fuel Nutrition English -Abi 10:00-10:45am	SilverSneakers® CardioCircuit-Ed 10:30-11:15pm	
SilverSneakers® MSROM-Ed 11:30-12:15pm	SilverSneakers® MSROM-Arlinda 11:30-12:15pm	SilverSneakers® MSROM-Cecy 11:30-12:15pm	SilverSneakers® MSROM-Ed 11:30-12:15pm	SilverSneakers® MSROM-Ed 11:30-12:15pm	
ZUMBA TONING Abi 12:30-1:30pm	ZUMBA Aileen 12:30-1:30pm	ZUMBA Cecy 12:30-1:30pm	SilverSneakers® YogaStretch-Ed 12:15-12:45pm		
KID TAE KWON DO Benito 4:30-5:30pm	GROUP CORE* Arlinda/Britni 5:30-6:00pm	KID TAE KWON DO Benito 4:30-5:30pm		KID TAE KWON DO Benito 4:45-5:45pm	
VINYASA YOGA * Jason 5:30-6:30pm	ABS Michael 5:30-5:45pm	GROUP POWER Britni 5:45-6:45pm	GROUP CYCLING * Staff 5:15-6:15pm	ZUMBA Fernanda 6:15-7:15pm	
GROUP POWER Britni 5:45-6:45pm	YOGA FITNESS Michael 5:45-6:45pm	VINYASA YOGA * Jason 5:30-6:30pm	ABS Michael 5:30-5:45pm	<p>Yuma Family YMCA www.valleyymca.org/yuma Phone: 928-317-0522 Hours: M-TH 5am-9pm Fri 5am-8pm Sat 7am-3pm Sun 1pm-5pm * <i>Classes in studio 1</i></p>	
	JUMP START Carol 6:00-6:45pm	JUMP START Carol 6:00-6:45pm	YOGA FITNESS Michael 5:45-6:45pm		
ZUMBA TONING Cecy 7:00-8:00pm	ZUMBA Carol 6:50-7:50pm	ZUMBA Carol 7:00-8:00pm	ZUMBA Fernanda 6:50-7:50pm		



YUMA FAMILY YMCA GROUP FITNESS

ABS: Want washboard abs? This quick class is a concentration on the abdominal muscle group and all levels are welcome.

FAMILY FUEL: Smart Nutrition for Healthy Living. Check out these FREE 45-minute classes designed for individuals or families looking for ways to lose weight, 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!

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, prevent back pain and give you ripped abs! Motivating instructors and music will coach you through functional and integrated exercises using your body weight, a weight plate, a towel and a platform - all to challenge you like never before. REACH YOUR PEAK with Group Core™!

GROUP CYCLING: This customizable class is appropriate for all fitness levels. The stationary cycles are non impact and creative varied music is utilized to a keep rhythm everyone can follow. Specially trained instructors lead the class and assist participants in finding the right resistance levels to reach their goals.

GROUP POWER®: Your hour of Power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. 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!

JUMP START: Our JUMP START program is fun and easy to use and most important, EFFECTIVE! Give us just 45 minutes twice a week and we'll improve your endurance, flexibility and strength...and the way you feel and look when you get up in the morning!

PILATES: This class strengthens, tones, improves posture, and increases muscle tone as well as flexibility. Core muscles: abs, glutes, lower back, hips are targeted.

VINYASA YOGA: This class is an athletic form of traditional yoga. Poses are rapidly linked by focusing on the breath. The room is warmed for deeper flexibility, great for stamina building and to detoxify the body.

SilverSneakers® Muscular, Strength & Range of Motion: This class offers 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 participation and/or standing support.

SilverSneakers® II Cardio Circuit : This is a Cardio Circuit class, combining fun with fitness to increase your cardiovascular & muscular endurance power with a standing circuit workout. Using weights, tubing and a ball, a chair is offered for support.

SilverSneakers® YogaStretch : YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

SILVER START: Modified from our Jump Start class, this class is geared for members 55 and up yet open to all!

STEP IT UP: An intermediate to advanced class that is for everyone! We do step for the first half of the class and then switch to body sculpting for the last half.

STRETCH CLASS: Stretch your muscles, ligaments and stimulate blood flow with our 45 minute class.

TAI CHI: Ancient Chinese exercise system that uses slow, smooth body movements described as "meditation in motion". Tai Chi will help improve balance, enhance strength and flexibility, reduce stress, lower blood pressure and ease chronic pain.

TBC (Total Body Conditioning): This class focuses on all the major muscle groups with an interval style format - great for strength, cardio, and toning.

YOGA FITNESS: This class combines traditional yoga postures with modern fitness moves. The result is an incredible body/mind workout. Excellent for those who are looking for better body tone and definition combined with stress reduction and total relaxation.

ZUMBA: Zumba is a high energy fusion of Latin dance and hip hop rhythm. This dance-based cardio workout is fun for all fitness levels and no previous experience is required.

ZUMBA TONING: When it comes to body sculpting, this class raises the bar. You will do body-sculpting exercises with weights while enjoying a high energy cardio work out with Latin-infused Zumba moves.