



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

EAST VALLEY FAMILY YMCA GROUP EXERCISE

MONDAY

TIME	CLASS	ROOM
AM		
5:45-6:45	BodyPump	West Gym
7:30-8:25	Aqua Zumba	Pool
8:00-8:55	Kung Fu Club	West Gym
8:30-9:15	Aqua Fitness	Pool
8:30-9:25	BodyStep†	Multipurpose
8:40-9:25	Group Cycling	Studio
9:00-9:55	Aerobics	West Gym
9:30-9:55	Core Conditioning	Multipurpose
10:00-10:55	Aqua Arthritis	Pool
10:00-10:55	Total Body Conditioning	Multipurpose
11:00-11:55	Aqua Fitness	Pool

PM		
12:00-12:45	Zumba	West Gym
4:00-4:55	Yoga	Multipurpose
5:00-5:30	Healthy Starts	Multipurpose II
5:35-6:05	Healthy Starts	Multipurpose II
5:30-6:30	BodyPump	West Gym
5:30-6:25	Boot Camp*	Multipurpose
6:30-7:30	BodyStep†	Multipurpose
6:30-7:30	Group Cycling	Studio
7:05-7:55	Aqua Fitness	Pool
6:35-7:35	Zumba	West Gym
8:00-9:15	Yoga	Multipurpose

Kids Zone Hours 8 am-12:55 pm and 3-8:40 pm

TUESDAY

TIME	CLASS	ROOM
AM		
5:45-6:30	Group Cycling	Studio
8:00-8:55	Kung Fu Club	Multipurpose
8:30-8:55	Intro to Tai Chi	Kuzia Activity Ctr
8:30-9:30	BodyPump	West Gym
8:45-9:15	Group Gravity†	Gravity Rm
9:00-9:45	Tai Chi	Multipurpose
9:30-10:25	Aqua Fitness	Pool
9:35-10:30	Zumba	West Gym
10:00-11:25	Yoga	Multipurpose

PM		
12:00-12:30	Express Boot Camp*	Multipurpose
4:00-5:10	Yoga	Multipurpose
5:30-6:25	Boot Camp	Multipurpose
6:30-7:25	Cardio Kick	Multipurpose
5:30-6:30	Group Cycling	Studio
7:30-9:00	Ballroom Dance	Multipurpose

WEDNESDAY

TIME	CLASS	ROOM
AM		
5:45-6:45	BodyPump	West Gym
7:00-8:10	Yoga	Multipurpose
7:30-8:25	Aqua Zumba	Pool
8:00-8:55	Kung Fu Club	West Gym
8:30-9:15	Aqua Fitness	Pool
8:30-9:25	Line Dancing	Multipurpose
8:40-9:25	Group Cycling	Studio
9:00-9:55	Aerobics	West Gym
9:30-9:55	Core Conditioning	Multipurpose
9:30-10:00	Group Gravity†	Gravity Rm
10:00-10:55	Aqua Arthritis	Pool
10:00-10:55	Total Body Conditioning	Multipurpose
11:00-11:55	Aqua Fitness	Pool
11:15-12:00	Zumba Gold	Multipurpose

PM		
4:00-5:10	Yoga	Multipurpose
5:15-5:45	Kids Yoga	Kuzia Dance Studio
5:00-5:30	Healthy Starts	Multipurpose II
5:35-6:05	Healthy Starts	Multipurpose II
5:30-6:25	BodyStep	Multipurpose
5:30-6:25	Zumba†	West Gym
6:30-7:25	Step	Multipurpose
6:30-7:30	Group Cycling	Studio
6:35-7:35	BodyPump	West Gym
7:30-8:25	Body Sculpting	Multipurpose
8:45-9:55	Yoga	Multipurpose

Kids Zone Hours 8 am-12:55 pm and 3-8:40 pm

FALL 2011- SPRING 2012



CLASSES FOR ALL AGES & ABILITIES

THURSDAY

TIME	CLASS	ROOM
AM		
5:45-6:30	Group Cycling	Studio
8:00-8:55	Kung Fu Club	West Gym
8:45-9:45	Zumba†	Multipurpose
8:45-9:15	Group Gravity†	Gravity Rm
9:00-10:00	BodyPump	West Gym
9:30-10:25	Aqua Fitness	Pool
10:00-11:25	Yoga	Multipurpose

PM		
12:00-12:30	Express Boot Camp*	Multipurpose
4:00-4:55	Zumba†	Multipurpose
5:30-6:25	Step	Multipurpose
5:45-6:15	Group Gravity†	Gravity Rm
6:30-7:25	Body Flow	Multipurpose
6:30-7:25	Zumba	West Gym
5:30-6:30	Group Cycling	Studio
7:30-8:30	BodyStep	Multipurpose
8:35-9:45	Ballroom Dance	Multipurpose

Kids Zone Hours 8 am-12:55 pm and 3-8:40 pm

FRIDAY

TIME	CLASS	ROOM
AM		
5:45-6:30	Group Cycling	Studio
7:30-8:15	Aqua Fitness	Pool
8:00-8:55	Kung Fu Club	West Gym
8:00-8:55	Line Dancing	Multipurpose
8:30-9:15	Aqua Zumba	Pool
8:40-9:25	Group Cycling	Studio
9:00-9:55	BodyStep†	Multipurpose
9:00-9:55	Aerobics	West Gym
9:30-10:00	Core Conditioning	Kuzia Activity Ctr
10:00-10:55	Aqua Arthritis	Pool
10:00-10:55	Zumba†	Multipurpose
11:00-11:55	Aqua Fitness	Pool

PM		
4:00-5:10	Yoga	Multipurpose
5:15-5:45	Kids Yoga	Kuzia Activity Ctr
5:30-6:25	Circuit Training	Multipurpose
6:30-7:30	BodyFlow	Multipurpose
7:45-8:40	Ballroom Dance	Multipurpose

Kids Zone Hours 8 am-12:55 pm and 3-8:40 pm

SATURDAY

TIME	CLASS	ROOM
AM		
7:30-8:30	BodyPump	West Gym
8:00-8:55	Aqua Zumba	Pool
8:45-9:45	BodyStep†	Multipurpose
8:45-9:30	Group Cycling	Studio
9:45-10:45	BodyFlow	Multipurpose
11:15-12:40	Yoga	Multipurpose

PM		
1:00-2:00	Zumba	Multipurpose

Kids Zone Hours 8:30 am-1:25 pm

SUNDAY

TIME	CLASS	ROOM
AM		
7:30-8:30am	U-Jam	Multipurpose
7:30-8:25	Zumba†	Multipurpose
8:45-9:30	Group Cycling	Studio
8:45-9:45	BodyStep†	Multipurpose
9:00-9:55	Zumba	West Gym
9:50-10:50	BodyFlow	Multipurpose

Kids Zone Hours 8:30 am-1:25 pm

† Limited availability. Pick up a number 30 minutes prior to start time at the Member Service Center.

* Class may go outside, depending on activity and weather.

° Zumba Kids is for children ages 7-12. Parental supervision required for children under 7.

Schedule subject to change.

BEGIN TODAY

- We strive to accommodate all fitness levels. If you are new to a class, please let your instructor know. She/he may recommend appropriate modifications.
- You are always encouraged to work at your own pace. Most classes are progressive; therefore, it is important to be on time. This will allow your body time to warm up and prepare you for the rest of the workout.
- All classes are on a first-come, first-served basis. Before starting any new exercise program, consult with your physician.
- Youth must complete youth orientation in order to attend any group exercise class. Parents must accompany youth during class. Members and guests cannot sit and observe classes.
- We value your feedback; please contact the Program Director or leave comments in the suggestion box at any time.



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FOR SOCIAL RESPONSIBILITY

FOCUSING ON HEALTHY LIVING

Group Exercise Schedule
Fall 2011-Spring 2012
EAST VALLEY FAMILY YMCA



EAST VALLEY FAMILY YMCA GROUP FITNESS DESCRIPTIONS



Suggested for new or returning exercisers

Aerobics This high energy class will increase your cardiovascular endurance. It starts with a warm up and then picks up the pace during 25-30 minutes of cardio activity. The class ends with muscle conditioning and stretching.

♥ **Aqua Arthritis** Water exercise is an excellent way for those with arthritis to build up strength, ease stiff joints and relax sore muscles. Water buoyancy greatly reduces the pressure on your joints, making it easier to perform needed range of motion.

Aqua Fitness A water workout for all levels that includes cardiovascular and muscle strengthening exercises using a variety of buoyancy equipment.

Aqua Zumba This course is the "pool party" workout for all ages. Engage in an effective and challenging waterbased workout that integrates the Zumba formula and philosophy into traditional aqua fitness disciplines.

♥ **Ballroom Dance** This class focuses on many styles of American social dance and includes Swing, Waltz, Tango, Fox Trot, Rumba, Salsa, and nightclub Two Step. Both singles and couples are welcome.

♥ **BodyFlow** The Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm.

BodyPump This class will strengthen, condition, tone, and define your muscle like nothing else. Appealing to men and women, it is ideal for beginners, as well as experienced exercisers. BodyPump is a weight lifting class using barbells, led by motivating instructors with awesome music.

BodyStep A cutting-edge version of the classic step class, BodyStep is a cardio program using a step bench. It features high intensity intervals followed by muscle conditioning tracks designed to shape and tone the entire lower body while pushing fat-burning systems into high gear.

♥ **Body Sculpting** A basic resistance class using a variety of equipment, including resistance bands, dumbbells, and your own body weight.

Cardio Kick This athletic class blends the excitement of kick boxing with the fitness benefits of aerobic exercise. Easy to follow, great for men, women, and teens.

Circuit Training This class uses a step and hand weights for intervals of both cardiovascular and resistance exercises.

Core Conditioning 20 minutes of intense abdominal exercises.

Group Cycling Experience a different ride every day with a variety of drills, terrain and visualizations in this indoor cycling class.

Express Boot Camp Express Boot Camp will put you through a high intensity workout. This class may go outside on occasion, so please prepare appropriately.

Group Gravity An upbeat, choreographed, 30-minute, total body, strength training workout designed to maximize time and effectiveness. You can achieve quick results working at your own personal level of achievement in a fun and social environment.

Healthy Start The goal in this class is quality of exercise over quantity, as we focus on proper exercise technique, core stability and activating dormant muscles. It's a perfect "re-entry" to people returning to exercise and an important refresher for current exercisers who have hit a plateau.

Intro to Tai Chi Designed for student of all abilities, this class helps develop coordination and strength, promoting muscle relaxation and flexibility.

♥ **Kids Yoga** This is a 30-minute class for children ages 5-12. Parents are welcome to participate.

Kung Fu Club Kung Fu is one of the oldest recognized martial arts in the world. Students will learn and practice open hand forms, self-defense techniques, meditation, strength training, and aerobic conditioning.

♥ **Line Dancing** This is a great class for any level and is low impact with easy to follow steps.

♥ **Low Impact** This high energy class begins with a warm up and builds to a great cardiovascular workout. It is fun and easy to follow. The class ends with a cool down, abdominal work, and stretch.

Reformer Gravity This is an introduction to core strength and stability training using the gravity reformer. You will learn how to apply the basic principles of Pilates to get the most out of each exercise.

♥ **Step** This is a low impact, high energy class using an adjustable step.

♥ **Tai Chi** This gentle but effective exercise is often referred to as "Chinese Yoga" or moving meditation. Using flowing movement to find your inner energy Tai Chi helps reduce physical tension and promotes muscle relaxation.

♥ **Total Body Conditioning** This class will increase your cardiovascular fitness, as well as your muscular strength and endurance.

♥ **Yoga** The art of Yoga involves a blend of meditation, flexibility exercises, and body awareness. All levels are welcome.

♥ **Zumba** A fun, effective, and simple fusion of Latin and International music. Dance themes create a dynamic, exciting, and effective fitness system! The routines feature aerobic/fitness interval training.

