



Group Exercise
Southwest
Updated 8/2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM Morning	Cardio Interval 8:00-8:45am Robin: MP Rm		Cardio Interval 8:00-8:45am Robin: MP Rm			
		Yoga 8:30-9:30am Susan: MP Rm		Yoga 8:30-9:30am Susan: MP Rm	Pilates Fusion 9:15-10:00am Cathy: MP Rm	Fnd. of Yoga 9:00—10:00 am Krys: MP Rm
	Zumba 10:15-11:00am Denise L: MP Rm		Zumba 10:15-11:00am Michelle K: MP Rm		Zumba 10:15-11:00am Michelle K: MP Rm	Zumba 10:15-11:15am Instructors Rotate: MP Rm
	Core/Y-Spin 11:10-12:00pm Chris: MP Rm	Tai Chi for Health 11:00-12:00pm Linda: MP Rm	Core/Y-Spin 11:10-12:00pm Chris: MP Rm	Tai Chi for Health 11:00-12:00pm Linda: MP Rm	Y-Spin 12:00-12:40pm Chris: MP Rm	
NOON	Tai Chi for Health 12:10-1:10pm Linda: MP Rm		Tai Chi for Health 12:10-1:10pm Linda: MP Rm			
PM Evening	Rock Steady Boxing 1:30-2:30pm Cathy: MP Rm \$25		Rock Steady Boxing 1:30-2:30pm Cathy: MP Rm \$25		Rock Steady Boxing 1:30-2:30pm Cathy: MP Rm \$25	
	Zumba 5:30-6:30pm Michelle: MP Rm	Pound 5:30-6:30pm Evelyn: MP Rm	Zumba 5:30-6:30pm Candy: MP Rm	Zumba 5:30-6:15pm Alex K.:		
	Zumba 6:45-7:45pm Navise: MP Rm	Revelation Wellness 6:35-7:30pm Cathy G: MP Rm	Foundations of Yoga 6:45-7:45pm Krys: MP Rm	Revelation Wellness 6:30-7:30pm Cathy G:MP Rm		

Sunday

Group Fitness Class Descriptions

Classes Offered at the YMCA

Cardio Interval

Total body sculpting with low impact muscle conditioning, core strengthening moves and high energy cardio segments which develops both muscular strength and cardiovascular endurance for all-over body workout.

Y-Spin

An intense stationary bike workout that simulates an actual outdoor bike ride. With tension adjustments & pedaling techniques, you'll encounter straight-aways, steep hills, & rolling terrains. This class will make you sweat! Bring a towel/water.

Zumba®

A high energy aerobics class with music that will keep you movin' and groovin' like never before, while incorporating Salsa, Hip-Hop, Meringue, Break Dancing, Cha-Cha, Belly Dancing, Flamenco in a cardio format making exercising fun!

POP Pilates

POP Pilates is a total body, equipment-free workout that sculpts a rock solid core and a lean dancer's body like nothing else can. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles. The heavy emphasis on abdominal strengthening is a necessity at every fitness level.

Yoga

The use of Yoga inspired movements in a smooth, flowing fashion. The major focus is on increasing flexibility & muscle tone.

Pilates Fusion

A Pilates based workout focusing on core strength, flexibility and total body conditioning fused with a perfect mix of cardio and body sculpting exercises designed to make you sweat!

Revelation Wellness

Mission Statement of Revelation Wellness—We believe that as the body of Christ gets healthy and whole, we will be fit for our purpose—to proclaim and spread the love of God to the ends of the earth. By the power of God and the gift of His good grace, we desire to impact the world for good by bringing health and healing into a lost and hurting world.

POUND

An exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels.

Tai Chi for Health

Tai Chi focuses on building strength, balance and flexibility through slow, fluid movements combined with mental imagery and deep breathing. Scientific studies have shown tai chi to have beneficial effects on cardio-respiratory fitness, muscular strength, balance and fall prevention, peripheral circulation, reduced tension, and anxiety.

Monday & Wednesday Tai Chi for Health Classes are modified to be safer for individuals with diabetes and osteoporosis. Tuesday & Thursday Tai Chi for Health Classes are modified to be safer for individuals with arthritis.

Foundations of Yoga

Curious about yoga but don't know where to start? Join us for a creative and mindful practice designed to be a great introduction for those who are new to yoga. Verbal cues will be used to guide the class through asanas (physical postures) with an emphasis on proper alignment to prevent strain and injury. Students will have the opportunity to learn mindfulness techniques, increase core strength, flexibility and balance while combining breath with movement. The use of props and modifications is highly encouraged to meet the student where they are and increase comfort. Come to play, learn, and maybe even break a sweat in a safe, supportive environment. All bodies are welcome.



NEED A PERSONAL TRAINER?

\$20.00 for 30 minute session

\$40.00 for 1 hour session

Or team up with a friend and split the cost!

(Non-member rate for Personal Training is

\$50 per hour)