



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE
West Side Y October 2019

Monday	Tuesday
5:30 am Ultimate Fit (Gym) –Heather 6:00 am *45 Min Spin – Kendalyne 7:00 am Senior Yoga –Susan 8:00 am *45 Min Spin –Kendalyne 8:15 am Kettle and Kick (Gym) –Amanda 8:30 am Wet 'n Wild (Pool) –Christine 9:00 am Core Max –Kendalyne 9:30 am Boot Camp (Gym) –Starr 9:35 am Boot Camp Yoga –Amy 9:45 am *45 Min Spin – Frannie 10:00am Aqua Aerobics (Pool) –Christine 10:45 am BOOM Muscle –Denise 11:20 am BOOM Move It –Denise 12:00 pm Silver Sneakers –Denise 1:00 pm Aqua Aerobics (Pool) –YMCA Instructor 1:00 pm Line Dancing –Christine 5:00 pm Ultimate Fit (Gym) –Heather 6:00 pm Strength Train Together –Heather 6:00 pm Youth Agility and Drills (Gym) –Monk 6:00 pm *45 Min Spin –Tammy 7:00 pm Step Blast –Lori -7 Heather (Defend) -21 Vickey	5:30 am Ultimate Fit (Gym) –Gina 6:00 am *60 Min Spin –Monk 8:30 am Wet 'n Wild (Pool) –Sue 8:30 am Strength Train Together –Starr 9:35 am Zumba –Deb 9:30 am *60 Min Spin –Chris – 15 Leland 10:45 am Kick Start Fitness –Donna 11:45 am Yoga –Susan 12:00 pm *45 Min Spin –Rebekah 1:00 pm Aquacize (Pool) –Stephanie 1:15 pm Senior Yoga –Debbie P 5:00 pm Defend Together –Heather 6:00 pm *30 Min Spin –David C 7:00 pm Yoga – Frannie
Wednesday	Thursday
5:30 am Ultimate Fit (Gym) –Heather 6:00 am *45 Min Spin –Sara –23, 30 Kendalyne 7:00 am Senior Yoga –Beth –23 Susan 8:00 am Tabata –Kendalyne 8:30 am Deep Intensity (Pool) – Christine 9:00 am *45 Min Spin –Kendalyne 9:35 am Barre Above –Denise 10:00 am Aqua Aerobics (Pool) – Christine 10:00 am *30 Min Spin –Frannie 10:40 am Pilates –Gail –9 Nidia 10:45 am Kick Start Fitness (Gym) –Denise 12:00 pm Silver Sneakers –Denise 12:00 pm Pedaling for Parkinsons –Sarah –23, 30 Nicole 1:00 pm Aqua Aerobics (Pool) –Sue 1:45 pm Senior Yoga – Debbie P 4:45 pm Zumba –Deb 6:00 pm Strength Train Together –2, 16, 30 Starr –9, 23 Heather 6:00 pm *45 Min Spin –Tammy	5:30 am Ultimate Fit (Gym) –Gina 6:00 am *60 Min Spin –Monk 8:30 am Wet 'n Wild (Pool) –Cindy 8:30 am Strength Train Together –Deb 9:00 am Ultimate Fit (Gym) – Maxie 9:30 am *90 Min Spin –Frannie 9:35 am Zumba –Deb 10:45 am Kick Start Fitness –Deb 11:45 am Yoga –Hanna 12:00 pm *45 Min Spin –Rebekah 1:00 pm Aquacise (Pool) – Stephanie 1:15 pm Senior Yoga –Hanna 5:00 pm Ultimate Fit (Gym) –Heather 6:00 pm Defend Together –Heather 7:00 pm Yoga –Nidia
Friday	Saturday
5:30 am Ultimate Fit (Gym) –Heather 6:00 am *45 Min Spin –Gina –Rebekah 7:00 am Senior Yoga –Beth – 18 Susan 8:00 am *45 Min Spin –Leland 8:30 am Aquabata (Pool) –Christine 8:30 am Zumba (Gym) –Danielle 9:00 am Core Max –Nidia 9:00 am *30 Min Spin –Michael B 9:30 am *SBR –Sarah 9:35 am Pilates –Gail – 11 Ellen 10:00 am Aqua Aerobics (Pool)– Sue 10:45 am Barre Basics –Denise 12:00 pm Pedaling for Parkinsons –Sarah – 12:00 pm Silver and Fit Experience –Deb 1:00 pm Aqua Aerobics (Pool)–YMCA Instructor	7:15 am *Kickboxing (Gym) –5, 12 –19 Derek –26 Heather 7:30 am *Spin –Gina 8:30 am Yoga –5, 19 Hanna –12, 26 Susan 9:45 am Zumba –Latoya –5 Kristyn –12 Carol 11:00 am Strength Train Together –5 Deb –12, 19 Starr –26 Heather Sunday 1:30 pm Zumba –Spense 2:45 pm Yoga –6, 13 Frannie –20 Michael –27 Nidia Classes with * require sign-up; sign-up up to 24 hours in advance at the front desk or by calling 690-9622.

Aquabata	High-intensity water aerobics class featuring tabata workouts, with 20-second intervals of work followed by 10 seconds of rest. (1 hour)
Aqua Fit for Kids	A Y instructor will lead kids 7-12 years old through water games and activities like splashball (water polo), basketball, relay races, and more. Free with Y membership with no registration required! Red necklaces will wear life jackets. (45 min)
Aqua Zumba	This low-impact, high-energy class incorporates Latin dance moves in shallow water with easy-to-follow choreography. (1 hour)
Barre Above	Barre above fuses the best of pilates, yoga, aerobics and strength training. No dance experience or barre needed; Barre Above is for all fitness levels and will help you lengthen, strengthen and tone your body. (1 hour)
Barre Basics	Barre Basics brings ballet conditioning, pilates, yoga, and aerobics together in a moderate level class designed to lengthen, strengthen, and tone the entire body. (1 hour)
Boot Camp	A high intensity, cardio and resistance training class that utilizes various equipment for a fun but challenging class. (1 hour)
BOOM Muscle	BOOM Muscle is a moderate-intensity class perfect for Baby Boomers. BOOM is an action-based, functional and strength conditioning class that provides a dynamic workout, using movements and actions from classic sports and everyday life. (30 mins)
BOOM Move It	BOOM Move It is a moderate-intensity class perfect for Baby Boomers. It combines a great cardio workout with fun, dance-style choreography with music from various eras. Every class is designed to be challenging but doable by providing modifications. (30 mins)
Core Max	Core Max trains you like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and give you ripped abs! (30 mins)
Deep Intensity	Be suspended in deep water for a low impact, full body workout! This intense core challenge workout covers traditional choreography, HIIT, and anything in between. Tempo changes get your heart rate up, while directional changes work your core. (1 hour)
Hip Hop	It's a new way to get exercise and lose weight! This class will teach you hip hop dance moves. You get a great workout while you learn new steps. This is a high-energy class and cardio workout. (1 hour)
Kettle and Kick	This circuit style class incorporates a variety of equipment including kettle bells and kickboxing bags to provide a high energy, full body workout.
Kickboxing	Kickboxing combines basic drills used "in the ring" as well as "out of the ring" to help tone the body as well as the heart. We will use standing bags; bring your own boxing gloves. (45 minutes) Sign up required within 24 hours of class. (45 mins)
Kick Start Fitness	Kick Start is an intro level class that demystifies fitness by introducing a variety of workout methods and styles to build confidence and comfort for participants new to exercise or returning to a healthy lifestyle. (45 mins)
Line Dancing	An instructor-led class that teaches both new and old line dances. (1 hour)
Pedaling for Parkinsons	A spin class designed to improve the quality of life of those diagnosed with Parkinson's disease. (1 hour)
Pilates	Pilates is a mat class that strengthens the "powerhouse" and improves flexibility. This core training class is appropriate for all fitness levels. (1 hour)
Power Up Fitness (kids)	For kids 6-12 years old, each PowerUp Fitness class includes a warm-up, muscle endurance, strength exercises, and PowerUp play activities to make kids' fitness fun! (45 mins)
Senior Circuit	A circuit class specifically designed for active older adults to strengthen weak muscles, stretch tight areas, and build core strength. Participants will use chairs, bands, and balls for exercise. (45 mins)
Senior Splash	Splash offers fun, shallow-water movement to improve agility, flexibility, strength and cardiovascular conditioning. No swimming ability is required, and a kickboard or other aquatic equipment is used to improve strength, balance, and coordination. (45 mins)
30 Min Spin	A spin class designed for active older adults, beginner spinners, or anyone wanting to get a quick, 30-minute ride. Learn how to set up your bike correctly, and move at your own pace. (30 mins)
Spin	An instructor-led class on indoor spin bikes that takes you on rides through flats and hills while you control the intensity. (45 mins)
Splashing to the Oldies	Shallow water class that is high energy and low impact to help seniors keep and build mobility, while jamming to 50's and 60's music. (1 hour)
Step Blast	Revive your love for STEP in this one-hour, high-energy step class. This class is for all levels; our instructor will offer modifications for everyone. (1 hour)
Strength Train Together	Combines strength exercises and functional training moves, utilizing a barbell, weight plates, and your body weight, to make you fitter and stronger. High-rep training and athletic movements are key components of this results-driven workout! (1 hour)
Swim-Bike-Run	Class consists of 20-minute spin, 40-minute bike, and 30-minute run. Great for triathlon training or an overall workout. (90 mins)
Tabata Boot Camp	A class based on the HIIT (High Intensity Interval Training) method using 20 second microbursts followed by 10 seconds of rest. Each class involves several tabatas. (45 mins)
Ultimate Fit	A functional fitness-based class that uses kettlebells, plyometric boxes, jump ropes, plate weights, and dumbbells to improve overall fitness, strength, and agility. (45 mins)
Yoga	Slow, controlled movements and deep stretches are used to release tension, develop flexibility and strength. (1 hour)
Yoga Boot Camp	This challenging yoga class is for students who would like to increase strength and flexibility. Strength moves, with light weights, will be added into a flowing-style class with a focus on the core. (1 hour)
Youth Agility & Drills	A fun skills class to help improve coordination, speed, power, and reflexes for ages 8+. This class will help improve joint stability, increase strength, promote efficient movement patterns, and support athletic performance. (45 mins)
Zumba	A fuse of Latin rhythms and easy-to-follow moves to create a dynamic workout. (55 mins)