



GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LOHSE FAMILY YMCA – **EFFECTIVE NOVEMBER 26**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AEROBICS	6:00 AM			<i>SUPER STEP*</i>			
	6:15 AM	LES MILLS BODYPUMP				BOOTCAMP	
	6:30 AM		AWESOME ABS**	BOOTCAMP*	AWESOME ABS**		
	7:30 AM		HATHA YOGA		GENTLE YOGA		
	9:00 AM			CHAIR YOGA <i>*BOARD ROOM*</i>			
	9:00 AM	CHAIR YOGA				CHAIR YOGA	LES MILLS BODYPUMP 9:15 am
	10:00 AM			MILD SALSA			
	12:00 PM					LES MILLS BODYCOMBAT*	
	12:15 PM	LES MILLS BODYATTACK**	LES MILLS BODYPUMP**	LES MILLS BODYCOMBAT**	LES MILLS BODYPUMP**		
	12:30 PM					ABS & ASSETS*	
STUDIO	5:15 PM	LES MILLS BODYPUMP	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYATTACK		
	6:30 PM		LES MILLS BODYATTACK		LES MILLS BODYPUMP		
BOXING	6:15 AM			TRX**			
	9:15 AM						TRX CIRCUIT
	12:15 PM	TRX**	ABS & ASSETS**	TRX CIRCUIT**			
	5:30 PM	TRX	AWESOME ABS**	TRX	AWESOME ABS**		
	6:30 PM		ULTIMATE BOXING		ULTIMATE BOXING		
CYCLE	8:30 AM						GROUP CYCLING
	11:30 AM	GROUP CYCLING				GROUP CYCLING	
	12:15 PM		LES MILLS RPM		LES MILLS RPM		
	5:30 PM		LES MILLS RPM		LES MILLS RPM		
YOGA	11:45 AM	VINYASA YOGA	GENTLE YOGA	HATHA FLOW YOGA	HATHA YOGA	HATHA YOGA	
	5:30 PM	GOSHINJITSU	HATHA YOGA				
POOL	9:00 AM	POOL TEMPORARILY UNAVAILABLE					
	10:15 AM						

Lohse Family YMCA
60 W. Alameda, Tucson, AZ 85701
P 520 623 5200 F 520 623 8917 W tucsonymca.org

*Express 30 min **Express 45 min

Sign up for Y Notified at the Member Service Desk and receive a text or email when changes occur in your favorite class.

CLASS DESCRIPTIONS

AWESOME ABS

Want a powerful core? This class takes you through a series of exercises to develop your abs, lower back and obliques.

ABS & ASSETS

Strengthen and tone using a variety of resistance training exercises designed to target your core and lower body.

BODYATTACK®

This high-energy fitness class is a whole body workout combining athletic movements with strength exercise such as pushups and squats to build stamina and the sports-inspired moves improve coordination and agility. All levels welcome.

BODYCOMBAT®

This high energy martial-arts inspired workout will have you punch and kick your way to a healthier you with no contact or complicated moves to master.

BODYPUMP®

The original Les Mills™ barbell class. A total body workout using light to moderate weights with lots of repetition. BODYPUMP® will tone, sculpt, and strengthen your entire body, fast! Please arrive early for equipment setup.

BOOTCAMP

An energetic, high intensity class that is always changing. With a focus on both cardio and muscle conditioning, this class provides the variety your body needs to see results.

CHAIR YOGA

One of the gentlest forms of yoga available. Students perform postures and breathing exercises with the aid of a chair. Students can experience the many benefits of yoga without having to get up or down from the floor. Benefits include increased balance, strength, flexibility, range of motion, and stress reduction.

DEEP WATER AEROBICS

This is a great class for health seekers who are water exercise beginners or have other conditions that may prevent them from participating in other types of aerobic activity. It explores stretching, endurance, toning, flexibility & movement through the water.

GENTLE YOGA

This class is designed to revitalize your body, relax your mind, increase energy and reduce stress. Perfect for beginners or even advanced practitioners wishing to take a break from a more strenuous class.

GROUP CYCLING

Pedal through hills, sprints and other drills for the ultimate cardiovascular conditioning class. Water bottles and a towel are a must! Please arrive 5-10 minutes early for bike set up.

HATHA YOGA FLOW

This mixed-level yoga class, blends the classic strengthening poses of hatha style yoga with flow sequences and breath work more classically aligned with vinyasa. Variations are offered for different levels of student ability and experience.

HATHA YOGA

Build skill and practice of the standard yoga poses including awareness of body alignment, balance, flexibility, strength, breath and introduction to sun salutations.

MILD SALSA

Low impact cardio for all levels of fitness. Dance your way through fun latin, international and hit songs. Try Mild Salsa to improve your flexibility, balance and get your heart pumping!

GOSHINJITSU

Learn a martial arts system of self-defense combining escapes, strikes, throws, grappling, joint locks and strangling techniques.

RPM®

Indoor Cycling where you control the intensity and ride the rhythm of powerful music. Arrive 5-10 minutes early for bike setup.

SHALLOW WATER AEROBICS

This high energy shallow water class features cardio mixes and interval training. By training in hard and easy cycles you will train your cardio respiratory system to work longer with less effort. This will increase cardio output, strength & tone while burning calories.

SILVERSNEAKERS® CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

SUPER STEP

A 30 minute high energy cardio class utilizing the aerobics step. Steps can be set to varying difficult levels at 4", 6" and 8" and all levels are welcome.

TRX®

TRX® is a revolutionary method of suspension training using bodyweight exercise to develop strength, balance, flexibility & core stability simultaneously. Shoes with good traction are highly recommended.

TRX® CIRCUIT

Get your blood pumping with the suspension trainers and other exercise equipment in circuit style class. Move from station to station to strengthen your whole body while getting a cardio workout. Shoes with good traction are highly recommended.

ULTIMATE BOXING

Increase your speed, agility & endurance; prepare to sweat in this boot-camp boxing style interval training class. Class includes endurance drills, skipping rope, foot work, bag work, defensive drills & abs. Please bring your own wraps & gloves for the class.

VINYASA FLOW YOGA

A dynamic system of practicing asana, linking breath to movement. Builds heat, endurance, flexibility, strength and concentration. Sequencing is often built around sun salutations.

Classes have a max based off of capacity of people and available equipment. Classes are on a first come first serve basis. Instructors are able to vary the class to individual levels. All levels are welcome to any class.

Children between the ages of 8-15 must be supervised by their parent or guardian in the class. Children can not be in the class if they are not participating. No one under the age of 16 may be in the free weight area or boxing studio.

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