



GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LOHSE FAMILY YMCA - **EFFECTIVE JANUARY 22, 2019**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AEROBICS	6:00 AM			STEP*		STEP*	
	6:15 AM	LES MILLS BODYPUMP					
	6:30 AM		MAT PILATES**	LES MILLS BODYPUMP*	MAT PILATES**	BOOTCAMP**	
	7:30 AM		HATHA YOGA	LES MILLS BODYFLOW	GENTLE YOGA		
	9:00 AM	SENIOR AEROBICS		Silver Sneakers FITNESS		Silver Sneakers FITNESS	LES MILLS BODYPUMP 9:15 am
	10:00 AM	SENIOR AEROBICS	CHAIR YOGA	MILD SALSA	CHAIR YOGA	Silver Sneakers FITNESS	
	12:00 PM	LES MILLS BODYATTACK**					
	12:15 PM		LES MILLS BODYPUMP**	LES MILLS BODYCOMBAT**	LES MILLS BODYPUMP**	LES MILLS BODYFLOW**	
	12:30 PM	LES MILLS CXWORX*					
	4:30 PM	LES MILLS BODYPUMP		LES MILLS BODYATTACK**			
	5:20 PM		POWER CORE**	LES MILLS BODYPUMP	POWER CORE**		
	5:35 PM	LES MILLS CXWORX*					
	6:10 PM	LES MILLS BODYATTACK	ZUMBA FITNESS		LES MILLS BODYPUMP		
6:30 PM			LES MILLS CXWORX*				
BOXING	6:15 AM			TRX**			
	9:15 AM						TRX CIRCUIT
	12:15 PM	TRX**	POWER CORE**	TRX CIRCUIT**			
	5:30 PM	TRX		TRX	LES MILLS BODYCOMBAT 5:20 pm		
	6:30 PM		ULTIMATE BOXING		ULTIMATE BOXING		
CYCLING	8:30 AM						CYCLING
	11:30 AM	CYCLING				CYCLING	
	12:15 PM		LES MILLS RPM		LES MILLS RPM		
	4:30 PM				INTRO TO CYCLING		
	5:30 PM		LES MILLS RPM				
YOGA	9:00 AM						GOSHINJITSU
	11:45 AM	VINYASA YOGA	GENTLE YOGA	HATHA FLOW YOGA	HATHA YOGA	HATHA YOGA	
	5:30 PM	GOSHINJITSU	HATHA YOGA	VINYASA YOGA			
POOL	9:00 AM	DEEP WATER FITNESS		DEEP WATER FITNESS		DEEP WATER FITNESS	
	10:15 AM	SHALLOW WATER FITNESS		SHALLOW WATER FITNESS		SHALLOW WATER FITNESS	

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

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.

BODYFLOW®

A blend of Tai Chi, Pilates, and yoga to strengthen your entire body through safe and simple movements and will leave your mind and body feeling calm and centered.

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

A high intensity class with a focus on cardio and muscle conditioning.

CHAIR YOGA

Structured for individuals with limited flexibility, this class will move your body through a series of seated and standing yoga poses that focus on posture, balance, flexibility, and breath work.

CXWORX®

Build a stronger core in just 30 minutes working the abdominals, lower back, hips and glutes. Options shown for all fitness levels.

CYCLING

An indoor cycling class set to exciting music tracks and choreographed to provide an excellent workout and improve cardiovascular conditioning.

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.

GOSHINJITSU

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

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.

MAT PILATES

Combining the body, mind and breath in this mat workout that builds a strong and flexible foundation, increases balance, and core strength.

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!

POWER CORE

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

RPM®

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

SENIOR AEROBICS

Low impact aerobics for all fitness levels. Enhance strength, balance, cardio, and flexibility.

SILVERSNEAKERS® CLASSIC

Move to music through a variety of exercises designed to increase muscular strength, range of motion and activity for daily living skills. Hand held weights, elastic tubing and balls are used during the class. A chair is used for seated or standing support.

STEP

High intensity aerobics class that utilizes fast paced choreography on a step.

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 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.

WATER FITNESS

This class is high energy, low-impact fitness designed for all ages and all fitness levels. Deep water fitness uses buoyancy belt.

ZUMBA®

A mix of low and high intensity latin dance moves, for an interval style calorie dance fitness workout - exercise in disguise!

Classes have a maximum based off capacity of people and available equipment. Classes are on a first come first serve basis. Instructors are able to vary the class to individual needs. All levels are welcome to any class.
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Children between the ages of 8-15 must be supervised by their parent or guardian in the class. Children under age 13 are not permitted in strength based classes. Children cannot be in the class if they are not participating. No one under age of 16 may be in the free weight area or boxing studio.
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