



# Northwest YMCA Group Fitness Class Schedule 2019

Location	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Studio	5:15am	Cycling	Bootcamp	Cycling	Bootcamp	Cycling	
	7am	PCC class	8:15am Bootcamp Express	PCC class	8:15am Bootcamp Express		
	8am	HIIT		HIIT		HIIT	8:10 Cycling
	9am	Qigong	Tabata Power	Qigong	Tabata Power	PiYO	
	10am	Senior Aerobics	Piloxing	Senior Aerobics	Piloxing	Senior Aerobics	HIIT
	11am	PCC class	Zumba	PCC class		Zumba Gold	11:15 Zumba
	12noon	Zumba	PCC Class	Zumba	PCC Class		12:15 Zumba
	3pm	Calm & Centered				Little Dancers 3-6pm	
	4pm	Yoga	Yoga	Yoga	Yoga		PCC Dance
	5pm	Sports Cond	20/20 Challenge	Sports Cond	20/20 Challenge		
	6pm	New class coming soon	Cycling	New class coming soon	Cycling	Zumba Fit	
	7pm	Zumba	Zumba	Zumba			
8pm	PCC class		PCC class				
Community Room	6:30am		Sunrise Yoga		Sunrise Yoga		
	8am	Senior Aerobics		Senior Aerobics			
	8:30am		Yoga		Yoga		
	9am	Yoga		Yoga		Chair Yoga	BODYPUMP
	10:15am						BODYPUMP
	5:30pm	BODYPUMP		BODYPUMP			
	6:45pm	BODYPUMP		BODYPUMP			
GYM	10:10am		Silver Sneakers Classic		Silver Sneakers Classic		
	11:10am		Silver Sneakers Circuit		Silver Sneakers Circuit		
	12:10pm		Chair Yoga		Chair Yoga		
Fitness Center	7:30am		Functional Fitness		Functional Fitness		
	8:15am	GTS®		GTS®		GTS®	GTS®
	8:30am	TRX Fit		TRX Fit			
	8:45am		GTS®		GTS®		
	9:15am	GTS®		GTS®		GTS®	
	9:30am	TRX Sweat	GTS®	TRX Sweat	GTS®		GTS®
	10am		TRX		TRX Sweat	TRX	
	5:30pm	TRX	5:15 pm Kids GTS	TRX	5:15 pm Kids GTS		
6:30pm	GTS®	TRX Sweat	GTS®	TRX Sweat			

## **LOW INTENSITY**

**Calm & Centered:** Gentle Stretches for the whole body, with breath work for energy, focus, and balance .

**Chair Yoga:** This class will move your body through a series of seated and standing yoga poses.

**Qigong:** An ancient Chinese health care system that integrates physical postures, breathing techniques, and focused attention. 18 yrs & older

**Silver Sneakers Classic@:** Move to music with exercises designed to increase muscle strength, range of motion, and daily activities. Chair is used for support.

**Silver Sneakers Circuit@:** Increase your cardiovascular and muscular endurance power with a standing circuit workout. Chair offered for support.

**Senior Aerobics:** Low impact aerobics for all fitness levels. Enhance strength, balance, and flexibility.

**Sunrise Yoga:** Centering breath work and poses to help build strength, stamina, flexibility, and sense of grounding to carry throughout the day.

**Yoga:** YMCA yoga classes are designed to work with various levels of experience in a way that is meditative, relaxing, strengthening and safe. Ages 9 and up.

**Zumba Gold:** Latin moves and dances designed for active older adults and beginners.

**Youth & Teen GTS:** For ages 8-15yrs old. This class is designed to Work on strenght and coordination

## **MODERATE INTENSITY**

**20/20 Challenge:** You will be challenged with 20 minutes of cardio and 20 minutes of strength. Challenge yourself to new goals!

**PiYO:** Unleash your power with Pilates, Yoga and non stop movements! you will sweat , stretch and strenghten all in one workout. No weights are used in this class.

**TRX FIT:** This class is a blend of cardio and strength conditioning. Take your TRX fitness to the next level. Intermediate/Advanced exercises.

**TRX:** This class uses a suspension trainer and your body weight. Challenge yourself to a few rounds of muscle conditioning core focused exercises. Ages 16 and up.

**Zumba Fit:** A total workout combining all elements of fitness - cardio, muscle conditioning, balance, and flexibility

**Zumba:** A mix of low intensity and high intensity latin dance moves for an interval style calorie dance fitness workout. Exercise in disguise.

## **MODERATE TO HIGH INTENSITY**

**Bootcamp Express:** This is a 30 min high intensity class, which will test your stamina to the max, will challenge your cardiovascular system.

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

**Functional Fitness:** This class uses equipment to teach you how to understand and perform foundational movements , improving your performance.

**Tabata Power:** This structured interval workout consists of 20 seconds of all-out work, followed by 10 seconds of rest, for 8 rounds

**Sports Conditioning:** This high intensity workout combines sports moves and strength conditoning that will challenge your stamina and cardio respiratory system.

**Boot Camp:** A high intensity class with a focus on cardio and muscle conditioning.

**HIIT:** High intensity interval training that combines strength and cardio conditioning for a full body workout.

**GTS Group @:** The Strength Series facilitates a dynamic, fun and quick full-body strength and endurance workout in just 30 minutes.

**TRX Sweat:** Using specially designed workouts for strength, power and endurance, this 60 minute class will make you sweat. This class features the TRX and bikes.

**Piloxing:** High energy fusion of boxing, dance, and standing Pilates. High or low impact options.

**BODYPUMP:** BODYPUMP Using barbells and the rep - effect . Using high reps for a all a full body workout. For any fitness level.