



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	Starting May 21st 8amBODYCOMBAT	PCC class			
	8am	HIIT		HIIT		HIIT	8:10am 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	Kick it up	Zumba Gold	11:15am Zumba
	12noon	Zumba	PCC Class	Zumba	PCC Class		12:15pm Zumba
	3pm	Calm & Centered					
	4pm	Yoga	Yoga	Yoga	Yoga	Little Dancers 3-6pm	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					
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	9:15am BODYPUMP
	10:15am	BODYPUMP		BODYPUMP		BODYCOMBAT	
	5:15pm	BODYPUMP		BODYPUMP		Starting May 17	
	6:30pm	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®
	8:30am	TRX Fit		TRX Fit			
	8:45am		GTS®		GTS®		
	9:15am	GTS®		GTS®		GTS®	
	9:30am	TRX Sweat		TRX Sweat			GTS®
	10am		TRX		TRX Sweat	TRX	
	5:30pm	TRX	5:15pm Kids GTS	TRX	5:15pm Kids GTS		
	6:30pm		TRX Sweat		TRX Sweat		

LOW INTENSITY

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

Chair Yoga: Structured for individuals with limited flexibility or those who want a nice gentle yoga practice. Focus is on breathing, quieting the mind combined with formal standing yoga poses or with the aid of a chair.

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. Enhances 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.

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

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

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: 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.

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

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

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

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

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.

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

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

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

Speed, Agility and Quickness (SAQ): This type of training enhances workouts for anyone who is involved in recreational sports.

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

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

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.

Kick it up: This class is designed with different powerful and defensive moves. This class whill not have any floor work