



# GROUP EXERCISE & SMALL GROUP TRAINING SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

LOHSE FAMILY YMCA - **EFFECTIVE SEPTEMBER 6, 2019**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>AEROBICS STUDIO</b>	6:00 AM			30' STEP		30' STEP	
	6:15 AM	LES MILLS BODYPUMP					
	6:30 AM		45' MAT PILATES	45' LES MILLS BODYPUMP	45' MAT PILATES	45' BOOTCAMP	
	7:30 AM		HATHA YOGA	LES MILLS BODYFLOW	GENTLE YOGA		LES MILLS BODYPUMP 8:20 am
	9:00 AM	Silver&Fit.		Silver Sneakers FITNESS		Silver Sneakers FITNESS	LES MILLS BODYJAM 9:30am
	10:00 AM	Silver&Fit.	CHAIR YOGA	MILD SALSA	CHAIR YOGA	Silver Sneakers FITNESS	LES MILLS BODYFLOW 10:30 am
	12:00 PM	30' LES MILLS BODYATTACK					
	12:15 PM		45' LES MILLS BODYPUMP	45' LES MILLS BODYCOMBAT	45' LES MILLS BODYPUMP	45' LES MILLS BODYFLOW	
	12:30 PM	30' LES MILLS CXWORX					
	4:30 PM	LES MILLS BODYPUMP	45' LES MILLS BODYCOMBAT	30' LES MILLS CXWORX	45' LES MILLS BODYFLOW		
	5:20 PM		45' POWER CORE	30' LES MILLS BODYATTACK 5:00 pm	45' POWER CORE		
	5:35 PM	30' LES MILLS CXWORX		LES MILLS BODYPUMP			
	6:10 PM	LES MILLS BODYJAM	ZUMBA FITNESS		LES MILLS BODYPUMP		
<b>BOXING</b>	6:15 AM			45' TRX			
	9:15 AM						TRX CIRCUIT
	12:15 PM	45' TRX		45' TRX CIRCUIT		45' MIXEDFIT	
	5:30 PM	TRX		TRX	LES MILLS BODYCOMBAT 5:15 pm		
	6:30 PM		ULTIMATE BOXING		ULTIMATE BOXING		
<b>CYCLE</b>	9:15 AM						LES MILLS RPM
	11:30 AM	CYCLING		45' LES MILLS RPM		CYCLING	
	12:15 PM		45' LES MILLS RPM	LES MILLS GRIT SGT** 12:20 pm	45' LES MILLS RPM		
	5:15 PM		LES MILLS GRIT SGT**		LES MILLS GRIT SGT**		
<b>YOGA</b>	9:00 AM						SELF DEFENSE BEGINNER
	11:45 AM	VINYASA YOGA	GENTLE YOGA	HATHA FLOW YOGA	HATHA YOGA	HATHA YOGA	SELF DEFENSE ADVANCED 10:00 am
	5:30 PM	SELF DEFENSE BEGINNER					
	6:30 PM	SELF DEFENSE ADVANCED	LES MILLS BODYFLOW				
<b>POOL</b>	9:00 AM	DEEP WATER FITNESS		DEEP WATER FITNESS		DEEP WATER FITNESS	
	10:15 AM	SHALLOW WATER FITNESS		SHALLOW WATER FITNESS		SHALLOW WATER FITNESS	
<b>TRAIN</b>	12:30 PM	BOOTCAMP BURN *SGT*				TABATA TRAINING *SGT*	

\*\* Small Group Training (SGT) Sessions are FEE BASED.  
All SGT sessions are 30 minutes in length  
\$8/session or 10-session pass: \$49.95

Sign up for Y Notified at <https://tinyurl.com/LohseNotification> and receive a text or email when changes occur in your favorite class.

# GROUP EXERCISE 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.

## **BODYJAM®**

The cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as on breaking a sweat.

## **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.

## **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!

## **MIXXEDFIT**

A people-inspired fitness program that combines explosive dance movements with bodyweight toning.

## **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.

## **SELF-DEFENSE**

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

## **SILVER & FIT®**

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 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.

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.

# SMALL GROUP TRAINING SESSION DESCRIPTIONS

## **BOOTCAMP BURN**

Bootcamp Burn is a 30-minute high-intensity circuit-style bootcamp using a variety of tools including battle ropes, slam balls, TRX Straps and more!

## **GRIT®**

Les Mills GRIT® is 30-minute HIIT sessions: short rounds of high-intensity exercise followed by periods of recovery. Les Mills GRIT® comes in 3 styles: Strength, Cardio & Athletic. Strength uses barbells, plates & bodyweight. Cardio uses bodyweight exercise focused on speed and intensity. Athletic uses a bench combined with multi-dimensional sports conditioning.

## **TABATA TRAINING**

Tabata Training is a 30-minute session offering short bursts of peak effort using the formula of work/rest ration of 2:1. The session includes alternating periods of short intense anaerobic exercise with shorter and less intense recovery periods. A variety of exercises and training methods are included to target major muscle groups for a whole body workout.

## **SMALL GROUP TRAINING SESSION FEES:**

**10-Session Pass: \$49.95**

**1-Session Drop-In: \$8**

**\*Space is limited, first come first serve**

## **Lohse Family YMCA**

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