



Northwest YMCA Group Fitness Class Shedule, Sept 9th - Dec 31st 2019

Location	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Studio	5:15am	Cycling	Bootcamp	Cycling	Bootcamp	Cycling	
	8am	HIIT	Sports Cond *	HIIT	Sports Cond *	HIIT	8:10am Cycling
	9am	Qigong	Tabata Power	Qigong	Tabata Power	PiYO	
	10am	Pure Cardio *	Piloxing	New class Sept/Oct	Piloxing		HIIT
	11am	PCC class	Zumba	PCC class	Kick it up	Zumba Gold	11:15 Zumba
	12noon	Zumba	PCC Class	Zumba	PCC Class		12:15 Zumba
	3pm	Calm & Centered				Little Dancers 3-6	
	4pm	Yoga	Yoga	Yoga	Yoga		PCC Dance
	5pm	Sports Cond	20/20 Challenge	Sports Cond	20/20 Challenge		
	6pm	New class Sept/Oct	Cycling	New class Sept/Oct	Cycling	Zumba Fit	
7pm	PCC class	Zumba	PCC class				
Community Room	6:30am		Sunrise Yoga		Sunrise Yoga		
	8am	Yoga	Yoga	Yoga	Yoga		
	9am	BODYPUMP	BODYCOMBAT	BODYPUMP	BODYCOMBAT	Chair Yoga	9:15am BODYPUMP
	10:15am	BODYPUMP	BODYPUMP	BODYPUMP	BODYPUMP	BODYCOMBAT	
	5:15pm	BODYPUMP		BODYPUMP			
	6:30pm	BODYPUMP		BODYPUMP			
GYM	8am	Senior Aerobics		Senior Aerobics			
	9am	Senior Aerobics		Senior Aerobics			
	10am	Senior Aerobics	Silver Sneakers Classic	Senior Aerobics	Silver Sneakers Classic	Senior Aerobics	
	11:10		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

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

Pure Cardio : An energetic cardio workout using varied formats to prevent you from getting into a cardio rut (no weights or floor work) * Starts on Sept 16th*

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.

BODYCOMBAT: is a mixed martial arts inspired workout, that fuels cardio fitness and conditions your whole body

Sports Conditioning: This high intensity workout combines sports moves and strength conditoning. * Morning classes start on Tues Sept 17th *

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