

# September 2019

**RAINED OUT: Text YFITNESS to 84483 to receive alerts for class changes**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am	Cycling (Donna)	Step (Robin) 1st, 3rd and 5th Tuesday GRIT™ (Tricia) 2nd and 4th Tuesday	Cycling (Kim)	GRIT™ (Tricia) 30 min HIIT class	Express Cycling 30 min Donna/Cici small basketball court	
	BODYPUMP™ (Gretel)	Cycling (Michele)	Cardio Fusion & Abs (Donna)		BODYPUMP™ (Gretel)	
6:15am					CXWORX™ 30 min (Traci) small basketball court	
8:00am	PiYo Live (Cynthia)	Cycle & Strength (Traci)	Total Body Conditioning (Allison)	PiYo Live (Cynthia)	BODYCOMBAT™ (Jackie) *KF	Cycling (Variety)
						GRIT *not offered each Sat. Check Sat. Lineup
9:00am	Zumba® (Jin) *KF	BODYPUMP™ (Traci)	Zumba (Ellen) *KF	BODYPUMP™ (Michele)	Zumba® (Mae) *KF	*Dealers Choice (Variety)
	Cycling (Cynthia)		Cycling (Cici)		Cycling (Cynthia)	
	Cardio/Muscle/Mind Small basketball court		Latin Beat Workout (Laura) small BBall Court		Cardio/Muscle/Mind (Laura) Small basketball court	
10:00am	CXWORX™ 30 min (Julie)	PiYo Live (Allison)	Yoga 10:00am (Ester)	PiYo Live (Allison)	Yoga 10:00am (Ali)	
10:15am	Yoga (Marilyn) Activities Room					Yoga (Variety)
11:10am		Strength & Balance (Sally)		Strength & Balance (Sally)		
12:00pm	BODYPUMP™ (Traci)		BODYPUMP™ (Traci)Express 30 min		BODYPUMP™ (Julie/Jamilia)	
12:15-12:45pm		Y-30 (Jenn)		Y-30 (Jenn)		
12:30pm			CXWORX (Traci) 30 min			
4:30pm		Zumba *KF (Jin)	BODYPUMP™(Jen)	Zumba® (Lindsay) *KF		
5:30pm	BODYCOMBAT™ (Jen) *KF	BODYPUMP™ (Donna)	Zumba (Mae) *KF	BODYPUMP™ (Teresa)	BODYCOMBAT™ (Karin/Jada) *KF	
	Cycling (Jamilia/Gina)	Cycling (Cici)	Cycling (Jamilia)	Cycling (Cynthia)		
6:30pm	Zumba® (Lindsay) *KF	GRIT ATHLETIC/CARDIO (Kristi) 30 min HIIT class	BODYCOMBAT™ (Kristi) *KF	GRIT™ STRENGTH (Teresa) 30 min HIIT class		*KF= Kid Friendly (At discretion of instructor- children under 12 must have a parent present)
	Yoga (Marilyn) Activities Room		Yoga (Tracy) Activities Room			
7:00pm		CXWORX™ (Kristi) 30 min		CXWORX™ (Julie) 30 min		

## Fitness Class Descriptions

### Stretch/Recovery Classes

**Yoga:** Designed to increase flexibility, strength and balance while improving posture, coordination and focus.

### Cycling Classes

**Cycling Program:** The latest in cross training, cycling is an instructor-led program and is appropriate for beginners as well as avid bicyclists. It's a high energy class with great music and motivating Instructors riding a varied mixture of flats, hills & sprints while burning calories all the way!  
**Cycle & Strength:** Cycling combined with strength training for a complete exhilarating workout.

### Cardio/Strength Specialty Classes

**BODYCOMBAT™:** is a high-energy martial arts-inspired workout that is totally non-contact. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. \*Express Format: 30 min

**BODYPUMP™:** is the original barbell class that strengthens your entire body and challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. \*Express Format: 30 min working Warm up, Squats, Chest, & Back.

**CXWORX™:** Challenging but achievable core workout for all fitness levels. Workout includes resistance bands, weight plates, and body weight exercises.

**GRIT: LES MILS GRIT™ Series** features 4 unique workouts (Strength, Cardio, Plyo & Athletic) featuring High Intensity Interval Training designed for ultimate results in minimum time. 30 Minute Class. Not a beginner class.

**HIIT:** High-intensity interval training (HIIT) is a form of interval training that involves repeated bouts of high intensity effort followed by varied recovery times. The idea is simple: less total time required to make a big change...more bang for your buck! Come work out and see for yourself!

**PiYo Live:** Musically driven, full-body high-intensity, low-impact workout using the stretch and strength influences of pilates and yoga. Modifications offered.

**Step:** High intensity, low impact movements performed on a step platform for aerobic conditioning.

**Cardio Fusion & Abs:** Working with weights, tabatas, and core work. Appropriate for all fitness levels; modifications shown.

**Strong by Zumba:** A high intensity interval training (HIIT) workout using more traditional fitness moves for a more athletic conditioning style workout! Using your own body weight, you will gain muscular endurance, tone and experience an increased after burn.

**Total Body Conditioning:** This class incorporates strength & Cardio segments using equipment such as dumbbells, resistant bands, Swiss ball, a mat, and your own body weight for a total body workout.

**Y-30:** 30 minute full-body workout with various exercises using weights, bodyweight, balls, and bands. Appropriate for all fitness levels; modifications shown.

**Zumba:** Latin-inspired dance fitness class. Zumba is fun, different, easy and effective.

### Beginner/Active Older Adult Classes

**Cardio/Muscle/Mind:** The movements and choreography are simple but the intensity will be low to moderate. It includes cardio, strength, abs, balance, and stretching. This class is perfect for all ages and fitness levels.

**Latin Beat Workout:** A fun upbeat workout with a Latin flair for all ages and fitness levels.

**Strength & Balance:** Strengthen your muscles and maintain stability with core and balance exercises created to enhance your quality of life.

**\*KF= Kids Friendly:** all workouts labeled KF welcome children ages 8-11 to workout with their parent/guardian with respect to the other members and the etiquette of classes. Youth Certified children (12-17) may attend all classes without a guardian. (Must wear wristband indicating YC or not)